

## Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding to our class schedule. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-6136.

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!

In April we will have classes in Marion and Tigerton, days and times will be announced closer to April. Since there is limited space give the office a call to reserve your spot. If you are interested in becoming an instructor a Strong Bones training will be in Appleton on June 1st.



**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 class  
Kara Skarlupka

Tue/Thur 7:30 am – Advanced class  
Nancy Schultz

Tue/Thur 8:00 am—Men's Class  
Joe Stellato

**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/Chris Verbeten

**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 4:30 pm/Fri 2:00 pm-Regular Class  
Debra Brandt/Deb Bahr

**Shawano High School**  
220 County Road B, Shawano—Orchestra Room  
Tue./Thur. 4:00 pm-Regular Class  
Sharon Buss

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



FAMILY LIVING EDUCATION

## Working for Wisconsin Families

Nancy Schultz, Family Living Education  
Shawano County UW-Extension



March/April 2017



# The EAP Connection

## Three Easy Steps to Self-Care

**Self-care** can be a touchy subject, partially because our society largely views self-care as overly indulgent. Establishing a good self-care routine may seem selfish and counterintuitive, but there is a simple truth contained in the order of helping yourself before you are able to help others. You cannot help others to the best of your ability if you are stuck fighting your own battles. If you are not your best self, how can you provide the best support to those around you? It is important not only to monitor your own well-being, but keep it well maintained so you can take care of yourself and others when your help is really needed.

In order to develop your own self-care routine, consider your physical, mental, emotional and spiritual components of your own life and evaluate them using the following 3 steps:

### Discover when, where, why and how you feel deprived.

It's important to figure out where you feel deprived in your life. Ask yourself the following questions: where do I feel deprived? What do I need more of now? What do I want or what is causing me to feel resentful and why? List those out.

### Create an “absolute *no* list.”

Knowing what you *don't* want to do is just as important as knowing what you do. This list represents the things that you refuse to tolerate in your life. The ultimate goal is to make you free to be your best self. Make a list of things you don't want to do or would like to give up in the future. Post your list in a visible place, and read through it every day.

### Find your own rhythm and routine.

Routine isn't boring. Rather, routine gives our lives stability, security, safety and serenity and is rejuvenating. Think of uplifting routines like getting enough sleep, having a regular date night or a girls' or guys' day out. To develop your own rhythm and routine, ask yourself, “What one routine could I put into place this month that would improve my life the most?” Write it down and schedule it into your life for the next 30 days. After a week, do you feel more relaxed and healthier?

### Don't forget to share your plan.

Sharing your plan with your support system will help you to fulfill your goals.

Self-care takes practice. At first it might seem awkward to say no to something or someone. At first, you might feel guilty for taking time for yourself. But with practice, it'll become more natural and automatic. And you will notice that you feel a whole lot more fulfilled.

*Modified from: Cheryl Richardson @ PsychCentral.com*

### HOW TO USE YOUR EAP:

For additional information, visit our website [www.ERCincorp.com](http://www.ERCincorp.com) or simply call 1-800-222-8590.







# 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.

## HCE Home & Community Education

### “Alternative Medicine”

**March 7th @ 5:30 pm** Shawano County Courthouse—Room C

Learn more about comprehensive natural medicine resources that focus on alternative and holistic approaches to health and wellness. Dorothy Bemis, guest speaker.



Cost is \$3.00 for non-HCE members.  
Call 715-526-6136 to register

## VITA

The VITA program is a cooperative effort by the IRS, WI Dept. of Revenue and United Way of Shawano County. Volunteers prepare and e-file taxes for low to moderate income families. (*Annual income less than \$64,000; if income is more the website charges a fee.*) VITA income tax assistance is available for: Individuals/ couples of any age with income under \$64,000, individuals with disabilities, elderly individuals and individuals who qualify for the homestead credit or the earned income credit. There are different sites throughout Shawano Counties; Shawano sites are sponsored by CoVantage Credit Union and Shawano Community Education, for the Shawano area please call 715-526-8200 ext 3226 for an appointment.

Gillett Public Library—920-822-8100  
Pulaski Senior Citizens Center—920-855-6224  
Menominee Indian Tribe of WI—715-799-5139



## 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. Any questions or concerns people have you can e-mail Angie Wilber at [iwanttoteach@hotmail.com](mailto:iwanttoteach@hotmail.com) or call/text to 715-851-6247.



## Community Programing



### Intro to Canning and Food Preservation

This class will provide an overview of canning procedures and the science behind them. Learn the difference between water bath and pressure canners and when to use each. This is a great “introduction” class for new canners or those who may need a refresher. Instructors: Linda Olson, Master Food Preserver and Nancy Schultz, Family Living Educator, Shawano County UWEX.

Wednesday, June 7 at the SCHS in Room 1001  
6:00 pm – 8:00 pm — Fee: \$8.00  
Plus \$5 ingredients fee to instructor.

### Jams & Jellies

This class will provide information and tips for making jams, jellies, preserves, conserves, and marmalades. These are all fruit products that are jellied or thickened. These soft spreads are fun to prepare and add class, as well as character, to any meal. They also make excellent gifts.

Wednesday, June 21 at the SCHS in Room 1001  
6:00 pm – 8:30 pm—Fee: \$8.00  
Plus \$5 ingredients fee to instructor.



Instructors: Linda Olson, Master Food Preserver and Nancy Schultz, Family Living Educator, Shawano County UWEX.

## Grandma's Yellow Pie Plate

Thursday, May 18

SCMS Room 103



6:00 pm to 8:00 pm

Fee: \$5

*Plus \$10 materials fee paid to the instructor at class.*

This workshop shows a step-by-step process to passing on personal possessions. It is designed to be an effective tool for a variety of family groups working to make decisions in different situations.

You will find this workshop helpful as you consider inheritance issues following a death or a family crisis, during a move to an apartment or nursing home, as you prepare a will, or when you carry out the wishes of a loved one. There can be powerful messages in who gets what. Planning ahead allows for more choices, the opportunity for communications, and fewer misunderstandings and conflicts.

Instructor: Nancy Schultz, Family Living Educator, Shawano County UW-Extension and Linda Olson.

## Boys & Girls Club of Shawano



### RIBBON CUTTING!

For The Boys & Girls Club of Shawano

**March 21st from 4-6pm**

The Boys & Girls Club of Shawano is BUSTING INTO THE SHAWANO COMMUNITY and we want to celebrate! Join us for pizza and light refreshments while you experience The Boys & Girls Club of Shawano and all that it has to offer. This is a family event—all are encouraged to attend. Come ready to have FUN and have a chance to win prizes! We will be in the Olga Brenner School Cafeteria.

For information to enroll your child in this program please contact Kim Lodewegen, Site Director 715-524-2131 ext. 4120 or at:

[lodewek@shawanoschools.com](mailto:lodewek@shawanoschools.com)

Shawano BGCGB

**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..

## Stepping On



The Stepping On workshop meets for 2 hours a week for 7 weeks.

### Topics include:

Simple and fun balance and strength training  
The role vision plays in keeping your balance.

How medication can contribute to falls.

Ways to stay safe when out and about in your community.

What to look for in safe footwear.

How to check your home for safety.

### Class Schedule

Tigerton—Community Center  
Thursdays 9:30 am – 11:30 am  
March 30 to May 18, 2017

**No Class April 13th**

Shawano-Theda Care Medical Center  
Tuesdays 9:30 am – 11:30 am  
March 14 to May 2, 2017

**No Class March 28th**

**Class 1:** Introduction, Overview, and Risk Appraisal  
**Class 2:** The Exercises and Moving About Safely  
**Class 3:** Home Hazards  
**Class 4:** Community Safety and Footwear  
**Class 5:** Vision and Falls and Vitamin D  
**Class 6:** Medication Mgt. and Mobility Mastery Experience  
**Class 7:** Review and Plan Ahead

### How to register:

Contact Heidi Russell,

[heidi.russell@co.shawano.wi.us](mailto:heidi.russell@co.shawano.wi.us)

715-526-4686 or

Toll Free call 1-866-526-2130

No Cost to participate.