

Strong Bones

The Strong Bones program will start its maintenance schedule on the week of November 23rd, it will run through December 30th. The first week of January will start our new 12 week session.

We would like to expand our program to the Western side of the county. If you are interested in becoming a Strong Bones instructor please contact our office. Class cost range from \$10 to \$20.

Maintenance Strong Bones Sessions:

Zion Lutheran Church

1254 S Union Street, Shawano
Mon/Wed 8:30 am – Regular class
November 23rd to December 30th

Mon/Wed 8:30 am – Advanced class
November 23rd to December 30th

Tue/Thur 7:30 am – Regular class
November 24th to December 29th

Tue/Thur 7:30 am – Advanced class
November 24th to December 29th

Mon/Thur 2:30 pm – Regular class
November 23rd to December 28th

Sacred Heart Church

302 S Main Street, Shawano
Tue/Thur 3:45 pm – Regular class
November 24th to December 29th

Total Fitness

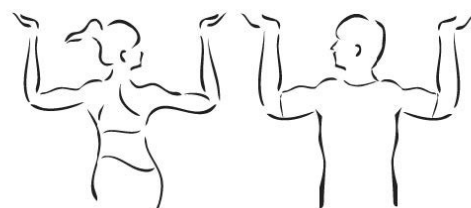
203 E Green Bay Street, Shawano
Monday 12:00 pm – Regular class
November 23rd to December 28th

St. Francis Solanus

724 Mader Street, Gresham
Monday at 4:05 and 5:15 pm – Regular class
November 23rd to December 28th

St. Paul Lutheran Church

240 E Green Bay Street, Bonduel
Mon/Fri – 7:30 am – Regular class
November 23rd to December 28th



Understanding & Responding to Difficult Behaviors

Tuesday, December 1st, 10 am to Noon at the Shawano Community Middle School, Room 103, Cost is Free

Behavior is a powerful form of communications and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.



Life Stages

Caregiver Stress: Take Care of Yourself

Tuesday, Nov. 3rd—10 am to noon, SCMS, Room 103
There is no cost for the class.

Caregivers will gain a better understanding of the disease, the changes and how these may affect their caregiving journey. Learn what stress is, how to identify stress and initiate an action plan to lessen caregiving stress.

Ladies Day Out

Saturday, November 21st, 9 am to Noon.
Verkuilen Wellness Center
1401 Elizabeth St., Shawano, WI

No charge. Reserve your spot at this event or if you have questions call 715-524-6720. There will be vendors, specialized services and refreshments to help the ladies enjoy the weekend while husband hunt.



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
Shawano County UW-Extension

Nov.—Dec. 2015

Safe Preserving: Apples, the best of the fall harvest

Posted on [October 7, 2015](#) by [Barb Ingham](#)



Multiple Apples hanging from an Apple tree on a bright blue background

With the bounty of Wisconsin's harvest all around us, it's a great time of year to think of preserving the sweetness and tang of apples for enjoyment all year round. Fall weather brings the best fresh apples in bushels. Apples can be dried, made into applesauce or apple butter, or made into jelly. Apple pie filling may be canned or prepared and frozen.

The **National Center for Home Food Preservation** recommends certain varieties for **freezing** including: Golden Delicious, Rome Beauty, Stayman, Jonathan and Granny Smith. Varieties that are good for making **applesauce** and **apple butter** include: Golden Delicious, Rome Beauty, Stayman, Jonathan, Gravenstein and McIntosh. Red Delicious apples and newer varieties such as Honey Crisp are best eaten fresh. They do not freeze or cook well.

Follow these tips for canning apples. Choose firm apples at the peak of maturity for preserving. When making **applesauce**, a mix of apples with complementary sweet and tart will make the best, most flavorful, sauce. Always follow a **tested recipe**. **Apple butter** is a favorite in my family and has many of the same preparation steps. Tested recipes are available for making a **tasty, robust apple butter** and a **no-sugar added apple butter** made with Sucralose. Consider using a slow cooker or Nesco roaster for cooking the apples at a low temperature without added water when preparing sauce. For apple butter you must add the apple cider and vinegar for safety sake! Hot pack the applesauce or apple butter into clean, hot pint or quart jars and close with a 2-piece lid. **Always follow with a processing step** in a **boiling water canner** or an **atmospheric steam canner**.

A processing step in a boiling water canner or an atmospheric steam canner is necessary to ensure a safe, high quality preserved product. The heat from the boiling water or steam penetrates into the jars and destroys spoilage bacteria and harmful pathogens and could make the product spoil or become unsafe. Instructions that call for using an oven for canning are **not safe**. The dry heat of an oven may destroy

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.

the sealing surface in the lid, and dry air is not effective at transferring heat into the jar. Think about it: the steam from a pot of boiling water at 212°F will burn your hand in an instant; but you can hold your hand in a very hot oven (400°F) and, as long as you don't touch a rack or pan, you won't be instantly burned.

Other flavorful Options for canning apples include [apple jelly](#), [crabapple jelly](#), [apple preserves](#), [spiced apple rings](#), and [apple chutney](#). And who could forget....[apple pie filling](#). Yum! Extension recommends the use of Clear Jel, a modified corn starch, for thickening pie fillings for canning. In my experience the end result is too thick; I like to use only 75% of the amount of Clear Jel listed in the recipe for a thick, but not too thick product.

If you aren't into canning apple pie filling, you can still **make dessert preparation easy** if you have a freezer. Prepare the pie filling for canning but instead of filling into jars, fill into pie plates lined with plastic wrap and/or aluminum foil. Freeze the filling until firm. Remove from the freezer, wrap securely, and return to the freezer. To make a quick dessert, line a pie pan with pastry dough, unwrap and add a frozen 'filling', and bake as you would a frozen pie.

Tested recipes also exist for guiding you on how to [freeze apple slices](#) or for [drying apple slices or rings](#) for a tasty snack. Safe preserving! Barb

Dear Friends!

This week is National HCE week! What is HCE? It is Home and Community Education. HCE is a non-profit organization that partners with UW-Extension Family Living Programs, at both the state and county level, to bring quality educational programming to our members and our communities.

The HCE motto is "caring to make a difference in our homes, communities and world".

The goal of HCE is to:

- Provide continuing education for members and others on issues that will strengthen families and communities.
- Develop and improve leadership skills of members.
- Build coalitions with other organizations and agencies having similar objectives and concerns as the Wisconsin Association for Home and Community Education.
- Promote friendships and understanding with all people of the world.

Here are some things we learned about in 2015: Quick and Easy Crockpot Meals; Communicating, Problem Solving, and Making Decisions; Couponing; International Night - Egypt; Cancer – Clear and Simple; Vitamin D and You; Cranberries – History and Facts.

Who can become a member? Membership is open to everyone. You can join as a member of a club or you can join as an individual member. Join for only \$11 for the year! It is a great deal! Come and learn, share and grow with us. For more information please feel free to contact me at 715 526-6136.

Sincerely,

Nancy Schultz
Shawano County UWEX Family Living Educator

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/> •

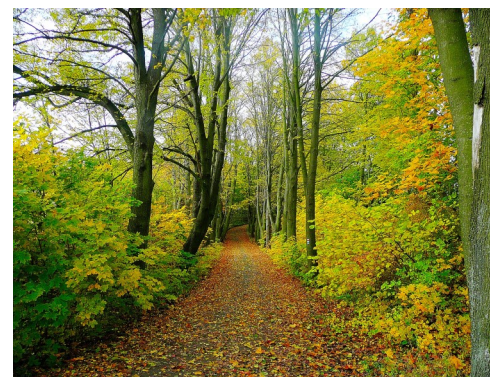
Senior Tax Exchange Program

Local school districts in Shawano County are offering STEP. They recognize and welcome the many gifts and talents our senior citizens have to contribute to our school system. To that end the districts are offering the Senior Tax Exchange Program. Through STEP, senior citizens are given the opportunity to work in the district and apply their earnings (Maximum of \$500) toward payment of property taxes.



Eligibility: Anyone 62 years of age or older who receives Social Security and has taxable property (primary residence) with in their district. Persons interested in applying for a STEP position should contact their home district office to fill out an application form. The STEP applicant indicates the type of work and the amount of hours he/she desires,. This information is matched with a staff member's job request, which will be directly related to his/her primary area of responsibility. An interview will precede actual employment.

Navarino Nature Center



Navarino Nature Center will be closed for Gun Deer Season which runs from November 21st to the 29th.

Wreath Making Class: Sat., Dec. 5th, 9:00 to 11:30 am
Learn how to create a wreath using natural materials from the wildlife area. Finished wreath will be on a 24" frame. \$25 for members, \$30 for non-members.

Watching the Night Sky: Friday, Dec. 11th, 6:30 to 8:30 pm. View constellations, stars and planets using binoculars and telescopes. Inside star/constellation talk before outside observation time. \$4 for members, \$6 for non-members

Christmas Cookie Exchange

Gather friends for an evening of fun! Each class will be divided into five workstations and each group will make different types of cookies or candy. All cookies and candy will be divided between participants. The more people enrolled, the more you will take home! Min/Max: 10/20 Adults & age 14+ with a parent. Instructor is Sue Moede.

What to bring: Your favorite mixing bowl, 2 cookie sheets, measuring cups, spoons and utensils, containers to take home your goodies. All ingredients provided by the instructor.

Class 1: Tuesday, December 15th, 6 to 8 pm. SCHS Room 1001 \$10 registration fee plus a \$20 ingredients fee.

Class 2: Thursday, December 17th, 6 to 8 pm. SCHS Room 1001 \$10 registration fee plus a \$20 ingredients fee. If you would like more information please contact Shawano Community Education at 715-526-2192 ext. 3102

Ingredients fee paid to instructor at class.



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