

## Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding to our class schedule. Currently we have the following classes set up for the holiday (maintenance) but you can join at any time of the year. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-6136.

**\*\*NEW\*\*** classes starting up Deb Brandt and Joe Stellato two of our newest instructors will be starting classes in January. Deb is from the Western part of the county and will be holding a class in Wittenberg at Holy Family-St. Williams Parish at 202 N Ellms St. Deb is still deciding on days and times, if you would like to participate in this class please call 715-526-6136 and let the office know what would be best for you.

Joe will be starting a man's class also at the first of the year in the Shawano area. The place, day and time also has yet to be determined. If you would like to participate in this class again call our office.

## Maintenance Session will run to the week of December 30th 2016

**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

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

**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  
Deb Bahr

**Clintonville Community Center**  
30 S Main Street, Clintonville  
Mon/Thur – 1:00 pm – Regular class  
Tami Buchholz

\$30 registration fee includes class materials  
\*\*Minimum Class size is 15\*\*

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

**At the present time you can attend the Mohican Family Center class free of charge. No excuses!!**



Lifting towards better health!!



FAMILY LIVING EDUCATION

## Working for Wisconsin Families

Nancy Schultz, Family Living Education  
Shawano County UW-Extension



Nov.—Dec.. 2016

### **Multiple Life Roles May Be Source Of Caregiver Stress** *Informal caregiving may offer personal benefits to person providing care*

*By Kristin Litzelman, University of Wisconsin-Extension specialist in family and financial well-being during mid to later life*

It's no mystery that many informal caregivers—individuals who provide unpaid support to family members or friends with illness or disabilities—often feel stressed.

“Informal caregivers’ responsibilities can cover a wide range,” says Kristin Litzelman, a University of Wisconsin-Extension specialist in family and financial well-being during mid to later life.

Litzelman says caregivers may provide emotional support and help with cleaning or physically moving around the house. Medical and health-care tasks, such as coordinating medical appointments, dealing with insurance, and sometimes even medical procedures that would once have taken place in a hospital, may also be part of caregiving. Sometimes, care extends to providing financial support.

Other life obligations don't stop when caregiving begins, Litzelman says. Many caregivers have important roles and responsibilities such as jobs, parenting or running a household.

All of that can add up to an overwhelming situation, she says. If caregivers don't take care of themselves, they can burn out or develop their own health problems.

#### **Caregiving may not be the issue**

At first glance, it might seem like caregiving is the problem. “Research suggests, however, that it isn't caregiving itself that contributes to poor quality of life and other health problems in caregivers; rather, it is the stress that can result from the multiple roles caregivers play,” says Litzelman.

This distinction is important, says Litzelman, because informal caregiving can actually have benefits for the caregiver. Feeling good about themselves and having a sense of purpose are two of the benefits caregivers report.

“That sense of purpose and responsibility can contribute to better health and quality of life,” says Litzelman. “Caregiving itself is not a bad thing, and can actually contribute to positive emotional health for caregivers.”

#### **Attitude is important**

Even if caregivers have a lot on their plate, it doesn't automatically mean they will feel stressed or overwhelmed. “An important piece of the puzzle is how caregivers perceive or appraise the situation. When they have the resources to deal with the challenges presented by caregiving, it may not feel stressful,” says Litzelman.

For caregivers who report low levels of stress, some research shows that they may actually have better outcomes than people who aren't informal caregivers, ranging from better quality of life to lower mortality risk, explains Litzelman. It is the caregivers with high levels of stress who are at risk for burnout, depression, extreme fatigue and other health problems.

“Another important consideration is that caregiving stress alone is not to blame for burnout and poor quality of life in caregivers,” says Litzelman. “Stress from other areas of life, like paid employment, interpersonal relationships, or financial difficulties, can all accumulate and contribute to quality of life and mental health problems.”

Litzelman says that how people feel about their stress—if they see it as harmful, or as beneficial—can affect how it impacts them.



# 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.

## Resources available

According to Litzelman, the good news is that there are many resources—respite care, educational classes, support groups, even financial assistance—for family caregivers.

In Wisconsin, most family caregivers can get more information about resources they are eligible for by contacting their local [aging office](#). Online resources like the [Family Care Navigator](#), or in-person connections with hospital social workers, faith leaders, or others, can also point caregivers in the right direction.

“Caregivers also benefit from taking time to take care of themselves,” says Litzelman. “Research tells us that activities like exercise, mindfulness and cultivating a sense of gratitude are all associated with better well-being in family caregivers.”

Feeling more in control of any area of life may also help; for example, [financial coaching](#) to get a handle on balancing retirement saving and medical debt, or [organizing help](#) to keep up with chores and housework.

“Giving caregivers permission and encouragement to take care of themselves can also help. Only by caring for ourselves can any of us successfully care for others,” says Litzelman.

## TAP Into UWEX

How do you Tap Into UW-Extension?

Through more than one million educational contacts each year, the breadth and depth of our University of Wisconsin-Extension reach is unmatched by any other UW institution. UW-Extension impacts are felt deeply in every corner of our state, and often are not shared beyond our workshops, offices, communities or counties.

Through the Tap Into It campaign we are changing that. Tap Into It is UW-Extension first organization-wide effort to encourage telling our stories through our positive impacts. Tap Into It will help us bring awareness to the work we do and build a database of stories and impacts told in the words of those we serve. To follow our progress or submit your own story, please visit the Tap Into It website at [uwex.org](#). Thank you for your continued support of UW-Extension. We look forward to hearing about how you Tap Into It.

## 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.



## SAM'S House

On November 1st, SAM'S House the seasonal shelter opened. SAM'S House provides temporary shelter for men, women, and children who are experiencing homelessness during winter months. It is located at 213 East Green Bay Street, (old Chamber building) Guest are provided with personal care items and meals to meet their basic needs. Guest **Check in is 5:00-9:00 p.m.** and **Guest Check out: 8:00 a.m.** No pets are allowed in the shelter, but we will work with you to find a temporary home for your pet. In order to keep our guests, staff, and volunteers safe and secure we perform background checks, **the following will result in denied entry to SAM's House:** 1. Under the Influence of Drugs/Alcohol, 2. Possession of Weapons, 3. Outstanding Warrants, 4. Conviction for Violent Crime, 5. Conviction for Sexual Crime.



If you are interested in donating to SAM'S House please go to their website at: <http://www.sam25.org/needs-list> or drop off items at Sacred Heart Catholic Parish or call 715-851-7252.

## Boys & Girls Club of Shawano



BOYS & GIRLS CLUB OF SHAWANO

The Boys & Girls Club of Shawano will be opening it's doors on January 9th at Olga Brener Intermediate school. We are excited about this new opportunity for parents and children. The Club will be servicing children in grades 3 to 5. This afterschool program is geared towards Character and Leadership Development, Education and Career Development, Health and Life Skills, the Arts, and Sports, Fitness and Recreation all of which will enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens. To find out more about the Boys & Girls Club of Shawano you can contact Nancy Schultz at 715-526-6136 (Shawano County UWEX).



The mission of **CoVantage Cares Foundation**, Inc. is to provide funds to organizations that provide assistance to individuals, especially those experiencing significant financial challenge, and to organizations working to enhance the quality of life of residents living in the communities served by CoVantage Credit Union.

**CoVantage Cares Foundation will match up to \$40,000 in total donations for local charities collected during the Giving 2sday Campaign. Funds raised in Shawano along with the CoVantage Cares match will be donated to the Boys & Girls Club of Shawano County.**

**Giving 2sday Campaign will run from November 29<sup>th</sup>-Dec 13<sup>th</sup>**

Donations can be made payable to [CoVantage Cares Foundation](#) and dropped off at CoVantage Credit Union, 911 E Green Bay St, Shawano WI 54166 or 604 S Main St, Shawano WI 54166.

**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/> •

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. 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.

## Raising A Thinking Child

Nancy Schultz, Family Living Educator for the Shawano County UWEX will be holding the Raising A Thinking Child program in the spring. If you are a parent of a 4-7 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 and how to help kids care about and understand their own and others' feelings.**

This program is facilitated by Nancy Schultz, Shawano County UW-Extension Family Living Educator. 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 new problem-solving ways.

New classes will be coming this spring, the fee is \$15 per family and refundable at the completion of the class. Scholarships are available. For more information or to register please call the Shawano County UWEX offices at 715-526-6136.

## Co-Parenting Class

The Supporting Children During Divorce: Co-Parenting is a program that focuses on the child or children's experience of divorce and highlights specific co-parenting skills for parents. The program assists parents in understanding and responding to the needs of their children before, during, and after divorce. Guidelines on co-operative parenting and keeping children “out of the middle” provided. Coming to Shawano in 2017!!!