

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 fall but you can join at any time of the year. 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 at 715-526-6136. The next instructor training session is on October 10th in Wausau. The class is paid by the Shawano County UWEX.

Fall Session will run to the week of November 18th, 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 Kaczowski

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

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

Sept.– Oct. 2016

Can Pokémon Go play a role in positive parenting?

Whether you've simply been looking out your front window or following the news, you've likely witnessed the rise in popularity of Pokémon Go. The new app, a treasure hunt for animated characters within a player's own real world surroundings, is getting plenty of media attention.

Nineteen days after its release, Pokémon Go had been downloaded 50 million times. The game has already sparked conversations among parents and professionals about Pokémon Go's impact on education.

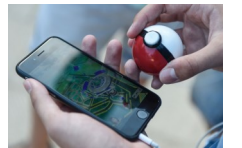
"With such a fast rise to fame, knowing the long-term effects of Pokémon Go on kids is impossible," says Anne Clarkson, University of Wisconsin-Extension digital parenting education specialist. "However, we can apply what we know about other technologies to better predict how to make using new media, like Pokémon Go, a safe and positive experience for kids and parents."

Technology's impact on kids

For generations, parents have been concerned about the negative effects of new media. They may seem tame today, but fairy tales, radio and television all raised concerns when they entered the cultural mainstream.

"New media and technology do change the way we interact with our world," says Clarkson. "Parents can use these new interactions as learning opportunities."

For example, rather than forbidding children to engage with new media like Pokémon Go, parents can use digital games and spaces to strengthen their relationship and help children develop more discriminating media skills.




THE F.R.E.S.H. PROJECT
FOOD • RESOURCES • EDUCATION • SECURITY • HEALTH

Simply scan the QR code,
visit the URL below, or
contact us for a paper copy.



The last day to participate in the survey is September 25th.

www.plan4health.us/?p=2510



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.

Tips for parents

Clarkson says that the key parenting goals of safety, love and learning can help you decide how and if your child will interact with a new technology. She offers questions parents can ask themselves to help assess the impacts of new media.

—How can my child be safe while using this technology?

Treat technology like any other environment in your child's life, Clarkson says. You should know who your child is with, where they are, and what they are doing. Set privacy settings, with your child's help, to "friends only" on apps. Consider having your child log on to apps with an email account they use only for apps and that is not connected to any personal information. When leaving the house to play, set age-appropriate boundaries ("the backyard" or "the park" or "no further than your school").

—Think of scenarios your child may encounter when online,

such as being asked to meet an online contact in person, receiving a mean message, or deciding if they should go on private property to catch a Pokémon. Have your child practice how to respond safely in those situations before you give him or her access to a mobile device. None of these safety measures are one-time-deals; regularly sit down with your child to assess and practice online safety.

—How will I use this technology to show my child I care?

"New media and technology can provide numerous openings to show your child you care," says Clarkson. Some parents play the same game as their child and then text screenshots back and forth of the Pokémon "monsters" they caught or achievements they unlocked. Others send funny texts or talk about their child's online posts. New media functions best when it is used as a tool for interaction rather than a distraction or babysitter.

—How can my child learn and grow from this technology?

Humans are learning machines and learn without appearing to try when fully engaged. Few kids would say they were learning while playing Pokémon Go. But some things they may have learned include knowledge of community spaces (PokéStops and Poké Gyms are linked to public locations) and clearer communication skills (since playing in a group is recommended).

Clarkson says that parents can shape what children learn from new media and technology by intentionally choosing the games kids can play and talking about or playing them together. "You can also let kids be the teacher—admit that you don't fully understand how to play a game or use a new media and ask your

child to guide you," says Clarkson. This approach can give children a sense of accomplishment, and gives both an opportunity to talk in depth.

New media and technology both expand and shrink our world—increasing the places we can access and the spaces that parents need to monitor. The role of parents and other caring adults is to ensure that kids are safe, feel loved, and have the skills to process and learn from the world around them, whether that world is real or virtual.

For more information contact Anne Clarkson,
anne.clarkson@ces.uwex.edu, 608-206-6317



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.

UPCOMING CLASSES:

Hillcrest Elementary School—Sept.29 to Nov. 17th
2:30 to 4:00 pm (Shawano)
WipamanKer'da Head Start—Sept. 26 to Nov. 14th
4:30 to 6:00 pm (Wittenberg)

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. If you are interested in this class that please call our office to register. 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.

Shawano Community Dinner

The next "Shawano Community Dinner" will be held on Tuesday, September 27th 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 or call/text to 715-851-6247.

Shawano County HCE

Upcoming activities sponsored by the Shawano County HCE are "Caregiving Tips for Elderly& Disabled" on October 5th at the Shawano County Courthouse at 5:30pm.

We will cover everything from in home care to institutions, finance, estate planning, living wills, POA for health & finance and caregiving coalitions. \$3.00 fee for non-HCE members.

On November 2nd at the Shawano County Courthouse (5:30 pm) and a repeat session on November 3rd at Zion Methodist Church in Bonduel (1:30 pm) the HCE will be hosting "Food Label Lingo". In this presentation participants will learn to identify all the different parts of the food label such as nutritional value and safety and quality. The information and resources gained will help you speak *food label lingo* with family and friends.

Shawano Community Education Classes

• Canning Apple Products

Wednesday, Sept. 28th, 6 to 8:30 pm

This class we will provide information and tips for canning fruits safely. Canned applesauce and apple pie filling are excellent ways to preserve those apples from your apple tree. The boiling water canner method will be used to preserve these apples for delicious treats all winter long. Fee \$8 and \$5 ingredients fee to be paid to the instructor.

• Canning Venison & Dehydrating Meats/Produce

Wednesday, October 12th, 6 to 8:30 pm

Home canned meat is tasty, tender and easy to use. You will learn techniques for canning meat including the use of a pressure canner. You will also learn how to safely make jerky and how to dehydrate your produce. Each participant will take home a booklet with recipes and directions for each topic covered at class. Instructors: Nancy Schultz, Shawano County UW-EX Family Living Educator and Kara Skarlupka. Fee \$8 and \$5 ingredients fee to be paid to the instructor.

• Who Get's Grandma's Yellow Pie Plate?

Wednesday, October 19th, 6 to 8:30 pm

Passing on Personal Possessions. This workshop will show 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. Fee \$5 and \$12.50 materials fee to be paid to the instructor.

Strengthening Families

This proven program brings parents and their youth ages 8-10 together in highly interactive sessions that improve parenting skills, build life skills in youth, and strengthen family bonds. Over the course of 7 weekly 2-hour classes that begin with a shared meal, parents and youth enjoy individual and shared activities including: large and small group discussion, role playing, positive communication skill building, family bonding, problem solving skill building and participant bonding.

The program will run from every Tuesday starting on October 18 and ending on November 29, 2016. The program will run from 5:30 to 7:30 pm. There is not a fee for this program.

If you know anyone that would be interesting participating in the program, please contact the UW-Extension at 715-526-6136.

2016 Fall Learn-In

The 23rd Annual Learn-In will be held at the Navarino Nature Center on Oct. 13th from 9 am to 2:45 pm. The cost is \$18 and includes a luncheon and variety of breakout sessions including "Make your Next Trip—Good, Better or the Best Ever", Hugs in a Mug-Meals in a Microwave Minute", "Speak Up to Slow Down— Teenage Driver Safety", "It Takes a Village to Raise Our Children", The Hidden Treasurer of Navarino Nature Center. To RSVP please contact our offices at 715-526-6136

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/> •

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.