

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 715-526-4863.

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!

You do not need to wait until a new quarter starts. Strong Bones is a self paced class and you can start any time!

JOIN NOW!!!!



Zion Lutheran Church
1254 S Union Street, Shawano
Mon/Wed 8:30 am – Regular class
Sue True & Nancy Schultz

Mon/Wed 8:30 am – Advanced class
Linda Olson
Tue/Thur 7:30 am – Regular & Advanced class
Kara Skarlupka

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/Jackie Schmidt

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

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

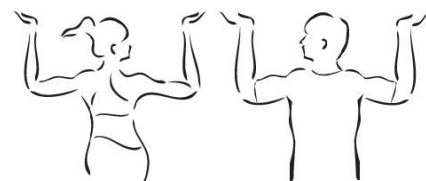
St. Anthony Church
430 Swanke Street, Tigerton
Mon /Thur 4:30 pm/-Regular Class
Debra Brandt

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

Hillcrest Primary School
Lower Resource Room #201-202
Use Lower Level Exterior Door
Mon/Wed – 4:30 pm – Regular class

**If you are interested attending a class in
Hatley at St. Florian's Parish please contact
our office at 715-526-4863 or St. Florian's at
715-446-3085 and ask for Josie.**

Lifting towards better health!!



HEALTHY FAMILIES AND COMMUNITIES

Working for Wisconsin Families

Shawano County UW-Extension



Jan.—Feb. 2019

Invasive pest found in wreaths, prompting disposal warning!

An unwanted visitor has shown up for the Christmas holidays.

An invasive pest has been found on holiday decorations such as Christmas wreaths, and state regulators are cautioning consumers to burn them or bag the affected material and throw it in the trash after they are no longer used.

Inspectors for the state Department of Agriculture, Trade and Consumer Protection found stock with widespread infestations before Christmas of an insect known as elongate hemlock scale at large retail outlets. The insect was not found on any Christmas trees.

The agency issued immediate orders to the retailers that wreaths, swags, boughs and arrangements of evergreen boughs in hanging baskets, pots, mugs and sleighs had to be disposed.

The retailers are Menards, Home Depot, Kmart, Stein's Garden & Home, and Pick 'n Save stores. However, the agency said other retailers that purchased evergreen stock from out of the state might also have been affected.

Agriculture spokeswoman Donna Gilson said wreaths and other products from known Wisconsin suppliers would not be affected because the insect is not known to have established itself in the state.

Gilson said that anyone who purchased wreaths and other evergreen ornamentation about a week before Christmas or later from the affected stores are also not expected to be impacted.

There have been isolated discoveries of the insect during the holidays in past years before wreaths and other materials were sold to the public. This year's discovery was far more widespread, Gilson said.

The agriculture department says consumers should not place the decorations in a compost pile or set them out for brush collection. The best option is to burn the material or bag it and place it in waste containers, the agency said.

Gilson said that her agency has not coordinated disposal requirements with municipalities. But as the state's plant health regulator, officials have the authority to make such requirements.

Elongate hemlock scale is a native to Asia and has been introduced to Michigan and other eastern states.



The brown spots visible here on the underside of the needles of an infested tree are the "scale" covering immature insects.



EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-4863 or 866-526-2128.

In the case of the retailers where the insect was discovered, evergreen material was found to have come from four suppliers in North Carolina. The agriculture department also was able to stop infested boughs from Virginia before they reached stores.

The Asian insect poses a threat to Wisconsin Christmas tree farms, native hemlock, balsam firs and ornamental conifers. Elongate hemlock scale saps the nutrients as it feeds on the underside of conifer needles.

Gilson said the insect itself is not likely to kill native plants but could weaken trees that could make them susceptible to other diseases. The insect has several growth stages. After hatching from eggs, “crawlers” begin feeding on the underside of needles and secrete material or a “scale” that covers them as they grow. The crawlers can infect other plants. Also, wind and birds may spread insects to new trees.



Aging Mastery Program® Join the adventure!



Shawano County Aging and Shawano Community Education will be running the Aging Mastery Program® soon!

The Aging Mastery Program® (AMP) encourages mastery—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Limited spots available: Sign up now!

The program will launch on **April 3, 2019**, but participants have to be signed up by **March 15, 2019**.



Please RSVP to: Shawano Community Education
715-526-2192, Ext. 3202 shinglr@shawanoschools.com
by March 15, 2019

Parent's Forever—Co-Parenting Class

A class for parents in the process of divorce, already divorced, or never married but separating.

Topics of discussion include the effects of divorce, how you can help yourself and your children cope better during this stressful transition, how to co-parent so that everyone in the family recognizes how to keep children from being put in the middle, communication skills that can help you and your child(ren) lead happier, less stressful lives.

How do these classes help families?

- The single best predictor of a child's well-being is continuing, meaningful involvement with both parents.
- Children cope well when parents cope well.
- Children do best when they are not caught in the middle.
- Children need a support system.
- These classes can help you help your children.

To Register

Complete the registration form. You can get one from the County Clerk of Courts, or by calling Shawano County Healthy Families & Communities Coordinator at 715-526-4863 or email kara.skarlupka@co.shawano.wi.us

After receiving your registration form and \$15 fee, we will confirm your class date and time.

Childcare **will not** be provided.

Hillcrest Primary School—Shawano
Next class in April, 2019—Call for dates
5:30 pm to 7:30 pm
Fee \$15.00

Facilitator: Kara Skarlupka
Healthy Families & Communities Coordinator
**Resources provided by the
University of Minnesota Extension

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 within the community. If you have any questions or concerns e-mail Angie Wilber at iwanttoteach@hotmail.com or call/text to 715-851-6247.

Strong Bones

We are looking at starting a Strong Bones class up in Birnamwood and Mattoon!! If you are interested in leading a class or attending please give the office a call! Once we secure an instructor and a facility we can start the class. The next instructor training is on February 28th in Stevens Point. Shawano County will pay for all expenses related to the class for training. Give the office a call and talk to Kara. 715-526-4863

LIFTING PEOPLE TO BETTER HEALTH



Strong Bones

Wisconsin Grower Training

On January 23rd at Angie's on Main, Shawano County will be hosting DATCP's training for anyone selling produce/fruits/vegetables. Non-exempt farms will require at least one staff member to be certified. If you would like more information on if you are a non-exempt farm please call our offices. Or visit the web at: fsmaproducesafety.wiscweb.wisc.edu

Reaching Out to All Caregivers of Parents, Spouses, Siblings...

You Have Questions.
We Have Answers.



We are offering
three free Saturday
Caregiver Events
all geared to answer
these questions.

FINANCE

How can I afford the
healthcare I need?
What are my options?
How can Medicare and
Medicaid help?

Saturday, Jan. 5
at the Fellman Center
607 E. Elizabeth St, Shawano
10 am-noon

Listen to the Shawano
County Elder Benefit
Specialist answer your
questions on Finances
for people over age 60.

RESOURCES

What is a CBRF?
What is a RCAC?
Why do social workers
use so many acronyms?
Is in-home care
an option?

Saturday, Feb. 9
at the Fellman Center
607 E. Elizabeth St, Shawano
10 am-noon

Enjoy a Resource Fair with
all the resources available
in Shawano County.

CAREGIVING

How can I keep from
burning out?
Do others feel this way?
What is this illness
Dementia?

Saturday, March 9
at The Main Event
206 N Lemke St, Cecil
10 am-noon

Thomas Thibodeau
Viterbo University
on the stresses of
caregiving and learn
YOU ARE NOT ALONE!

SHAWANO COUNTY HUMAN SERVICES 715-526-4686
Sponsored by Wolf River Dementia Care Network & The Forget Me Not Fund

**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, audiotape, etc.) should contact 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.