

## 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  
September 9th to December 18th  
The cost of the class is \$58

***On September 9th we have a class  
starting in Birnamwood at the  
Matsche Center at 5:30 pm on  
Monday's and Thursday's.***



HEALTHY FAMILIES AND COMMUNITIES

## Working for Wisconsin Families

Extension Shawano County

July—August 2019

## Healthy Families & Communities Programing

***Later this year Shawano County Healthy Families & Communities Programing will be hosting a few different programs. If you are interested in any of these programs or would like to see something else, please call the office and let us know your thoughts.***

### Healthy Living with Diabetes

Maybe you took some things for granted - like eating what you want, when you want or taking a break from exercise. Then you found out you have diabetes. Now managing your medications and lifestyle feels like a full time job. It can be overwhelming.

## 6 weeks. 15 hours. A lifetime of new options for a healthier you!

Everyone knows new habits take time. In the Healthy Living with Diabetes (HLWD) workshop you get the time and encouragement you need to make the changes you want to make. You'll build new skills, practice what you learn, and share your experience with others. You'll set your own goals and priorities. Week by week, you'll see what works for you and take steps toward healthier living.

### Who Gets Grandma's Yellow Pie Plate

There can be powerful messages in who gets what. Planning ahead allows for more choices, the opportunity for communications, and fewer misunderstandings and conflicts.



This workshop contains 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.

### PALS

Maybe you used to be physically active, but an illness or injury made exercise a challenge, or maybe exercise has never been your thing. No matter. It's never too late to start and that's where PALS comes in. PALS - or Physical Activity for Lifelong Success - is a program specifically designed for older adults who either don't exercise or haven't exercised in a long while. Gathering with your peers and going at your own pace, PALS has been researched and proven to improve walking speed and distance in participants.

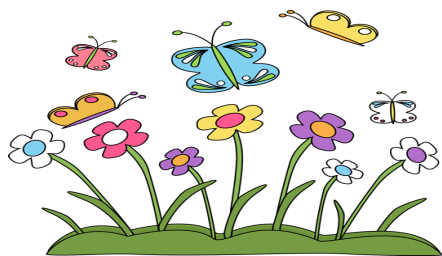
Physical Activity for Lifelong Success (PALS) is an evidence-based program designed to help older adults who are sedentary become more active. The program meets 3 times a week for 10 weeks, followed by 6 months of coaching sessions (calls or in person) to facilitate behavior change and improve physical activity levels of participants.

### Master Gardener Volunteer Program

Level one training. Shawano County offers the level one training every two years unless we have enough demand for one. If you are interested, call our office and get on the waiting list. This is a 13 week course. When you have completed the course you come out with

Continued on Page 3





# EDUCATIONAL OPPORTUNITIES



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

## Parent's Forever—Co-Parenting Class



### NEXT CLASS—July 17th & 24th—5:30 to 7:30 Shawano County Courthouse—Lower Level

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](mailto:kara.skarlupka@co.shawano.wi.us)

## Parent Cafe

Where parents come together to make friends, share ideas, and learn ways to strengthen their families.

**When:** July 25th and August 8th, 2109

**Where:** First Presbyterian Church  
100 Presbyterian Street, Shawano, WI 54166

**July 25th topic:** Fostering Well-Rounded and Healthy Children Within Blended/Step and Single Parent Homes.

Kara Skarlupka will be presenting a shortened version of the Parent's Forever—Co-Parenting program. Everyone is invited to come. This is a free event with dinner included. Childcare is available if needed. To reserve your spot please call Pilar Gauthier at 715-524-6813.

The August 8th session will be "Addressing and Managing Trauma". Participants will learn what trauma is, its impact on anxiety, memory function and learning, emotions, and discuss strategies for developing effective coping and resilience.



## Shawano Farmer's Market is in full Swing!

The Shawano Farmer's Market is in its fourth week. It is still located in the same area but with the park renovation completed the market has moved into the park and off the road. They have great vendors, everything from veggies to crafts to smoked fish and meats! Plus entertainment and food vendors. A MUST SEE if you are in Shawano from 8 to 12 on a Saturday.

## Upcoming Classes

a wealth of horticulture knowledge to be able to go out and volunteer to educate other people. The Wolf River Master Gardener Association is our local association and is very active in Shawano and Menominee Counties!



### Taking Care of You!

In short, *Taking Care of You* is a workshop where adults learn effective stress reduction strategies for their body, mind, and spirit. By completing the full workshop, participants gain more than 30 possible techniques to support their well-being.

Typically, the program lasts four weeks, meeting two hours per week. However, trained facilitators are able to use program elements to meet individual group needs and time frames, so don't hesitate to ask questions.

*Taking Care of You* (TCY) is a research-based program that offers practical strategies and experiences to help people deal with the stress in their lives. Managing life's challenges in healthy ways allows participants to take better care of themselves and their overall health. Each week explores topics

through small group discussion, self-reflection and activities. Participants will consider ways to:

- Become more aware of the mind-body connection and how to use this awareness for better health
- Develop habits that can lead to a healthier person: body, mind, and spirit
- Respond versus react to the stress in life
- Discover opportunities in life's challenges
- Find ways to bring more joy into life
- Simplify life
- Live more in the moment

## Beekeeping

Introduction to Beekeeping will be held on the following Thursdays at the "From the Earth Farm" at N7534 Maple Road, Bowler. Class times are 4:45 to 5:45pm.

Class Topics are as follows:

July 18th—Bee and Pollinator Habitat Check  
August 15th—Honey Harvest  
September 12th—Bee Check  
October 17th—Winterizing Bees

Classes may be rescheduled due to weather. If you would like to receive class notifications and other updates, please contact Kellie Zahn, Ag Agent at 715-793-3031 or [kellie.zahn@mohican.com](mailto:kellie.zahn@mohican.com)



**For more information on the WWF:** Contact the Extension Shawano County Office,  
Room 109—311 North Main Street, Shawano, WI 54166

• 715-526-6136 • <http://shawano.uwex.edu/> • 711 for Wisconsin Relay

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