

Satellite



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Shawano County Home & Community Education Jan.-Feb. 2021
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As I write this another Christmas has passed. Hopefully, everyone had a wonderful Christmas and were able to share it with some family. Hopefully, we will never have another year like this again. I had family members and friends that had Covid. I also had it but not really bad. So, let's go forward into 2021 with a good outlook. Happy New Year!

I still recall Friday, March 13, working in the Gift Shop at ThedaCare when the decision was made to close because of Covid. I just never thought it would be for the rest of the year; and as of now, I'm not sure when it will re-open. I surely miss the time spent working and visiting with so many people.

As for HCE, we are going forward but at first with no meetings. So, within this Satellite, we are enclosing two lessons that will be our January and February topics. Hopefully, you will get something useful from these lessons. If we aren't able to meet in March, we will send out another lesson. As for April, that is International Night, which at this time I'm not sure if there are any Foreign Exchange Students in the area. Then in May, it's Spring Event, and hopefully, we can get together by then.

The Executive Board is working on the 2021 yearly booklet. As for State related functions the date is set for September 20-22, 2021 for the State Conference in Stevens Point. The Central District, which we are a part of, is hosting it, so Shawano County HCE will be doing table favors for one of the meals. This has always been a great time to be with other HCE members from the State, and of course, participate in new learning experiences. October 14, 2021 is the date set for the Fall Learn-In with Waupaca County. It will be the 36th Annual event.

As we go forward one day at a time, we will keep you all up to date by emails, mailings, or phone calls.

Helen Raddant, HCE President



Calendar of Events

Jan 2021	
1	Happy New Year!
18	Martin Luther King, Jr. Day
20	Inauguration Day
Feb 2021	
2	Groundhog Day
7	Super Bowl
15	Presidents Day
17	Ash Wednesday

International Night Ideas!

April has always been our night to have a Foreign Exchange Student who's visiting our area present an educational program about their home country for us. Although we're not sure if are any Foreign Exchange Students in our area this year, we can still go forward with an educational program about another country or intriguing place.

If anyone knows of someone who has gone on a vacation somewhere of interest, please let me know. I know in the past, we had someone from CRI present to us about a foreign country. Possibly, we have some options out there. Let me know if there is an HCE member or someone you know who could present a lesson about a country, city, or intriguing place to visit for us.

Looking for an Executive Board Secretary

We are still in need of a person to be our Secretary. If you could help us, please call me at 715-526-2919. We meet 4 or 5 times during the year. The time and day of week is planned to work around all our schedules. Meetings usually last about 2 hours. So please give it some thought.

Member Contribution and Healthy Lifestyle Hours

Don't forget to **log your hours** on the enclosed calendars in your booklets. Doing so each month will make it easier to turn in your hourly contributions for the year, which starts June 1, 2020 and goes through May 31, 2021.



LIKE us on Facebook

Be sure to **LIKE us on Facebook**: *Shawano County Home and Community Education*, where we keep you updated on events, interviews, photographs, coming events, and more.



Wisconsin Bookworms

Sandy Wendorff has distributed the books to the three facilities at which we read. For January and February, the staff at each facility will read the book, do the activity, and hand out the books. Sandy will keep us up-to-date as to when we will be able to go into the facilities and read to the children. If you were a reader in the past, Sandy will contact you.



Not a crafter? Consider Becoming One During the Pandemic

By Charu Suri

Picking up an old craft or delving into a new one is a positive way to get through the coronavirus pandemic, according to mental health experts. “You might try knitting or something new; individuals should find what grabs them; that’s so important for creativity.”

A 2013 study published by the *British Journal of Occupational Therapy* found that knitting confers the well-being of those who engage in the hobby. The responses from 3,545 knitters worldwide showed a significant relationship between knitting frequency and feelings of **calm** and **happiness**. An earlier review of studies published examined the connection between art-based interventions and healing, showing the potential for **art to promote healing**.

The brain “is a very adaptive organ with

Club Secretaries:

Please mail/email one copy of your meeting minutes to your **Center Chair** & mail/email another copy to Becky Moore, **Satellite editor**, each month, so your club’s information can be shared in the “Beams” article in each newsletter. Becky’s address and email along with the Center Chairs’ information are listed in the HCE booklet.



survival mechanisms. It’s hard-wired to pay attention to threats, and its fear response can be activated by triggers such as negative news.” Crafting can calm us because it shifts our attention away from such triggers. It also gives people a sense of productivity and is “an excellent way to break up the monotony of the day.”

Not yet published findings show that many people turn to crafting during times of stress. “Our findings have shown that the more actively engaged you are to a craft, the more often you do it, the more there are benefits.”

Crafting can help us maintain a connection to the outer world. “We’ve lost a lot of the sensory input right now that we normally would have gotten when we were out in the world, so when you knit and paint and do those tangible things, you have the joy of textures like the colors of paint or wool, and you get to replace some of these sensory stimuli.”

Happy Crafting!

www.washingtonpost.com/lifestyle/wellness/home-crafts-coronavirus-pandemic-calm/

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, audiotope, etc.) should contact Kara Skarlupka—Healthy Families & Communities Coordinator for 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. 711 (Wisconsin Relay)

HCE Healthy Lifestyle Report

The HCE Healthy Lifestyle Report form is enclosed in this newsletter, so please use it to keep track from February 15, 2021 to May 8, 2021. After this date, please send the completed form to Sandy Wendorff by May 24, 2021. She needs them to compile all information before sending the total results to State. Thanks for sending your forms to her soon after the deadline.

Sandy Wendorff
W7382 Anderson Ave.
Shawano WI 54166

Thanks in advance for doing this.

Impact of HCE Member Contribution Report

The HCE Member Contribution Report form is enclosed in this *Satellite*. Hopefully, you have been keeping track since June 1, 2020 and will continue to track until May 31, 2021.

This is the survey for which we received 3rd in the State last year. So, please continue to keep track and see if we can do earn an even better rating this year. Keep track of events, fundraising, community outreach and your donation value during this time.

After completion, please send your results to me, Helen Raddant, by June 15, 2021. I will then compile the numbers from the County and send them onto State,

Helen Raddant
W6697 Waukechon Road
Shawano, WI 54166

Again, thanks for your time keeping track of these things.

Stuck Inside? Consider Writing a Letter

Nicolas Gilmore from *Saturday Evening Post* shares 8 reasons to keep writing letters.

1. Letters are personal, and a handwritten note shows the recipient how much they mean to you.
2. The message in a letter is more meaningful. Writing out your thoughts gives you clarity on what you want to say exactly, and it affords your recipient a richer experience.
3. Letters are tangible—they're a type of correspondence that you can see, touch, smell (add some fragrance to your letter), and keep.
4. Letter writing slows us down in a fast-paced world. It calms us and helps us to find some moments of peace in our crazy days.
5. Practice handwriting in your letters, or even show off your handwriting. There are few opportunities these days to do so.
6. It's a way to keep your history: Saved letters tell a story, unlike a deleted text or email.
7. You can add personalized art. Ink, watercolor, and pencil drawings have added tailored graphics to letters throughout history.
8. The recipient will thank you. There are few happier surprises than walking to your mailbox to discover a chatty letter from a friend or family member.



Nuts for Nutrition

Alice Henneman, MS, RD, Extension Educator

UNL Extension in Lancaster County

Web: food.unl.edu • E-mail: ahenneman1@unl.edu



Know how. Know now.



Can a handful of nuts a day help keep you healthy? And how much, exactly, is a handful?

Nuts and Your Health

The 2015 Dietary Guidelines All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when prepared with little or no added solid fats, sugars, refined starches, and sodium—are nutrient-dense foods.

Choose MyPlate (a recommended food pattern to help people implement the dietary guidelines) states, “In general, 1 ounce of meat, poultry, fish, 1/4 cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 ounce of nuts or seeds can be considered as “1-ounce equivalent” from the Protein Foods Group.”

Nuts, with their healthy fats, are higher in calories than some other sources of protein and MyPlate recommends: “Choose unsalted nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry, not in addition to these items.” At the 2,000 calorie level, MyPlate recommends approximately 5-1/2 “1-ounce equivalents” from the Protein Group

A Handful of Nuts

How many nuts are in a handful of nuts? A handful equals about 1-ounce. This serving size corresponds to the serving size listed on the “Nutrition Facts” panel on food labels. The International Tree Nut Council Nutrition Research & Education Foundation gives these examples of the average number of nuts per 1-ounce portion.

- Almonds (20–24)
- Brazil Nuts (6–8)
- Cashews (16–18)
- Hazelnuts (18–20)
- Macadamias (10–12)
- Pecans (18–20)
- Pine Nuts (150–157)
- Pistachios (47–49)
- Walnuts (8–14)

Feel Like a Nut?

It’s easy to nibble on nuts. Here are two quick ideas. Store shelled or unshelled nuts in an airtight container in your refrigerator for up to 6 months or for a year in your freezer for best quality.

It’s in the Bag

You don’t have to fire up the stove or get out your cookbook to enjoy nuts. Your handful of nuts may be enjoyed — simply — out of hand.

Divide a container of nuts into small snack bags for easy snacking at home, office, or on the road. Simply count, weigh 1 ounce of nuts on a kitchen scale, or grab a handful and store in each snack bag. Keep in the refrigerator until you’re ready to enjoy! A handful of nuts may help you resist the gooey sweet roll in the breakroom at work.

Just a Sprinkle

Sprinkle nuts into these foods:

- Salads
- Yogurt
- Cereal
- Pasta
- Cooked vegetables
- Muffins and pancakes (toss a handful or two into your batter)

For added flavor, try toasting nuts. View directions for toasting nuts on next page.

Here’s a trail mix you can make with your favorite nut or combination of nuts.

Trail Mix

(16 servings • Serving size: 1/4 cup)

- 1 cup almonds
- 1/2 cup chocolate chips or M&M’s
- 1 cup dried fruit
- 1/2 cup dried cranberries
- 1 cup oatmeal squares

Measure ingredients and put in a large zip-close bag. Shake to mix. Portion into single-serving zip-close bags.

Per serving: 140 calories, 20 grams (g) carbohydrate, 6 g fat, 3 g protein

Source: North Dakota State University Extension Service at www.ndsu.edu/eatsmart



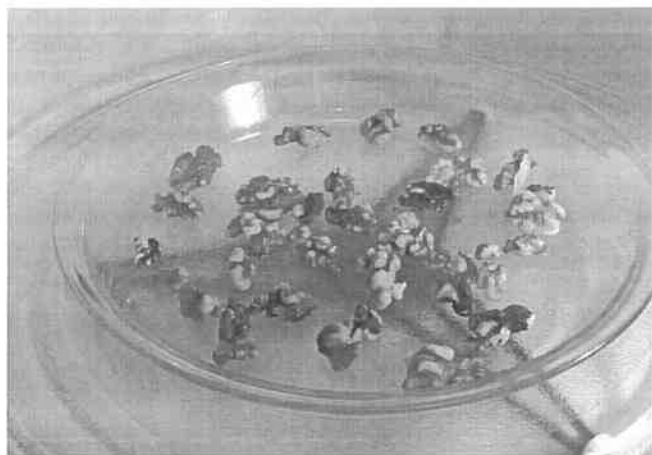
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Extension’s educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

Toasting Nuts and Seeds Using Microwave, Oven, or Stove-Top

Enjoy the health benefits of a daily handful of nuts or a couple of tablespoons of seeds by sprinkling them on cereal, yogurt, salads, soups, pasta, and vegetables. Toast them for added flavor. You can toast them using your microwave, oven, or stove-top.

Store any extra toasted nuts or seeds in an airtight container in the refrigerator for 1–2 weeks or freeze them in an airtight freezer container for 1–3 months.



Microwave toasting is easy for toasting smaller amounts of nuts and seeds.

Microwave Toasting

Here's a quick and cool way (with minimal clean-up) to toast nuts and seeds, based on information I received from Linda Gossett, MPA, CFCS, Extension Educator - EFNEP, University of Idaho. This has become my favorite method for toasting smaller amounts of nuts and seeds!

This method works well for amounts ranging from a tablespoon to 1/2 cup. With larger amounts, some are likely to turn dark quicker than others. The time will vary depending on the size, type, and temperature of the nuts/seeds and also may be influenced by the type of microwave.

1. Spread from a tablespoon to 1/2 cup nuts or seeds evenly in a single layer in a flat, microwave-safe dish, such as a 9-inch microwave-safe pie plate.
2. Add a small amount of soft butter or margarine or add a small amount of oil to the nuts/seeds. Use about 1/2 teaspoon fat per 1/2 cup of nuts/seeds; use proportionally less for smaller amounts of nuts/seeds. Stir the nuts/seeds to thinly coat with the fat. This small amount of fat helps with browning and speeds up the toasting process.
3. Microwave on high for 1 minute.
4. Stir and microwave for another minute.

5. Check to see how the toasting is proceeding. Add more microwave cooking time one minute at a time because nuts and seeds can burn quickly. Stir after each addition of time. Small amounts of thin nuts/seeds (sliced almonds or sesame seeds) could be finished at 2 minutes. Larger amounts of nuts, such as slivered or whole almonds, walnuts, pecans, and sunflower seeds will take an additional minute or two to become lightly browned and smell fragrant.

Oven Toasting

1. Preheat oven to 350°F.
2. Toast nuts BEFORE chopping them into smaller pieces.
3. Place nuts or seeds in a single layer in an ungreased shallow pan or RIMMED baking sheet such as a cookie sheet or jelly roll pan. (DO NOT use a baking sheet without sides. You may have nuts or seeds all over the oven if you accidentally tip the sheet when removing it from the oven.)
4. Bake 5–10 minutes or until they are GOLDEN brown. A toasted nut or seed may look more GOLDEN than BROWN. They will continue to brown slightly after they're removed from the oven. Stir once or twice or shake the pan during toasting to aid in even browning.
5. Remove from pan to cool.

NOTE: The first time you try toasting nuts or seeds, it's better to err on the side of under-toasting than over-toasting. As they toast, you'll notice a change in their fragrance as well as their color.

Stove-top Toasting

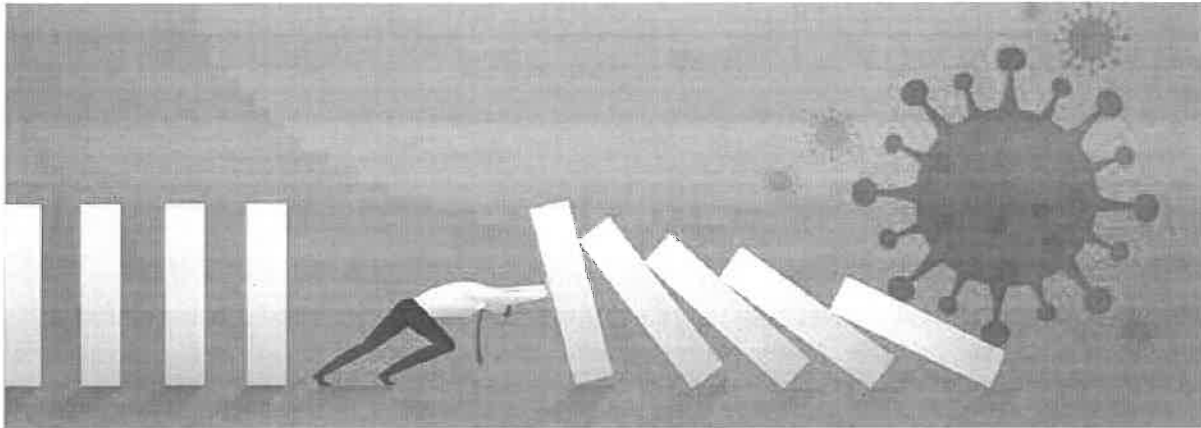
Stove-top toasting works well for small batches of nuts or seeds. With this method, the parts of the nuts or seeds touching the skillet may become darkest, unlike the oven method where they become more of an overall golden color.

1. Toast nuts BEFORE chopping them into smaller pieces.
2. Heat nuts or seeds in a dry, heavy skillet over medium heat for 1–2 minutes or until they're golden brown and they give off a rich, toasty fragrance. Watch them closely when using this method as it's easy to burn them.
3. Stir or toss nuts or seeds frequently for even toasting.
4. Remove from pan to cool.

February 2021

Lighten Up Your Heart - Let's Talk Stress!

February Special Interest Study Topic



Little did we know that one of the last HCE Statewide Lessons developed by UW-Extension would be on Stress and Resilience! Then came the Pandemic and we've been stressing about the health of our family and community, the loss of jobs, and the need to keep our personal distance. Yes, we've all experienced old and new stresses in the past few months. But let's spend a moment talking about stress, what stress is and what stress isn't.

First of all, Not all stress is bad. In fact, stress can be a great **motivator**. For instance, stress can motivate us to move on, ask for help, or try something new. We can experience, **Positive stress** like a new job, birth of a child or grandchild, or enjoying a new way to exercise. These stressors trigger our brains and bodies to respond. Our brains might send us stress hormones that flood our body and prepare us for action. That's the feeling like there is a lump in your throat or a weight on your chest. What signs does your body give you to tell you there is stress in your life?

Another kind of stress is called **Tolerable stress**. These stressors tend to be more serious- loss of a job, divorce, financial difficulty- but with supportive relationships, it can be tolerated and overcome. Then there is **toxic stress** which, if left unaddressed can be detrimental to our health and wellbeing. In the presence of stress, resilience is our lifesaver.

Resilience in times of stress is much more than "*Bouncing Back*". Research by Dr. Felitti in studying Adverse Childhood Experiences acknowledges "*...One does not just 'get over' some things, not even fifty years later.*" Here is another perspective that comes out of the ACE research with Dr. Felitti. We need to pay attention to the fact that experiences in childhood make a lifelong impact on people. Our ability to create safe and compassionate interactions will build trust within people. That trust is a starting point to a safe and healthy way of responding to challenges. If we give people the opportunity to talk about their history we begin to support

change and positive experiences. We can support people as they assess their strengths and identify areas of potential growth.

What are the Characteristics of Resilience People? They have....

- Healthy, supportive, caring relationships
- The capacity to make realistic plans and take steps to carry them out.
- A positive view of yourself and confidence in your strengths and abilities.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.

Dr. Brene Brown says we are born “wired for connection” and claims that connection is a basic human need for survival. “You are the average of the five people you spend the most time with.”

What are some skills we can begin to teach ourselves and other to increase resilience?

Problems – We’ve Got Problems

The ability to solve problems increases resilience. When we feel empowered to tackle our problems, we feel more prepared to meet life’s challenges. Problem solving is not a skill that we are born with and many of us have not had the opportunity to learn a specific strategy to identify and solve problems. Use this activity by Greg Hicks in Happiness and Health to work through the process of finding hopeful options in a tough situation and see if you can come to a better solution.

(Finding Hopeful Options Activity)

Reacting in the same old way gets us the same old unsatisfactory, stressful and unhealthy results. By **Recasting** a tough situation we can find our feelings (sadness, fear, anger, joy), find meaning in those feelings and recognize opportunities we might not have seen before.

We can fret, worry, stop eating, overeat, and lose sleep over our problems. But that doesn’t get us to a better place and peace of mind. We can **Find Meaning** if we stop and think...

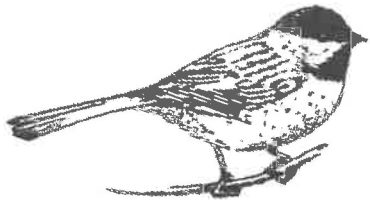
What are the causes of the problem? – What is out of my control, and what is in my control?

What can I do differently?

What do my feelings or instincts tell me?

What can I learn from this?

Hopefulness



“Hope is the thing with feathers that perches in the soul - and sings the tunes without the words - and never stops at all.”

-Emily Dickinson

Directions for Impact of HCE Member Contribution Report

HCE Members, including officers at all levels:

Please use the Member Contribution Report table to keep track of your HCE contributions to your community. Just record your hours at HCE events, fundraising for HCE, community outreach/volunteering, and the value of donations to HCE each month of the year, June through May.



Then total each month and the entire year within the four categories.

Send the completed form to a designated person within your County before June 10, 2021. That person will add up the total hours and dollars for the year and submit it for the entire County:

County Presidents or Designee:

Inform all your members know about this form which covers June through May. Tell them who to send it to before June 10, 2021. When the forms are returned in early June, compile the totals for your County.

Mail the County totals to Helen Raddant, Shawano President for Family and Community Life to W6697 Waukechon Rd, Shawano, WI 54166 before June 15, 2021.

You should include this information:

County: _____

Number of members responding: _____

Events: _____ hours

Fundraising _____ hours

Community Outreach: _____ hours

Donation Value \$ _____

Also let your members know these totals through your HCE newsletter or annual book. Use the information in meeting with local officials and news organizations to let them know how much HCE members contribute to your County.

HCE MEMBER CONTRIBUTION REPORT FOR JUNE 2020 THRU MAY 2021 (See reverse side for directions)

Club member's Name:

County:

Club:

Event: Time spent in hours	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
County HCE Executive Board Meetings													
County HCE Spring Event													
County HCE Fall Event													
County HCE Educational Sessions													
HCE Club Meetings													
HCE District Meetings													
HCE State Meetings													
Event: Total Hours													
Fundraising Activities: Time spent	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
Fundraising Activities Total Hours													
Community Outreach: Time Spent	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
Wisconsin Bookworms Reading Program													
Community Outreach Total Hours													
Donations: Estimated \$ value	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Value
Donations: Total Estimated \$ Value													



Wisconsin Association for Home
and Community Education, Inc.

HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this 4-question survey about maintaining your healthy lifestyle for thirteen weeks, between February 16 and May 9, 2021.

Name (optional) _____

County _____, **Wisconsin**

1. Which activities do you usually participate in weekly? Check all that apply.

☐ walking ☐ hiking ☐ running ☐ dancing ☐ bowling
☐ biking ☐ spinning ☐ yoga ☐ swimming ☐ Tai Chi
☐ Strong Bones or other exercise class ☐ exercise DVD
☐ Other (please list) _____

2. How many times a week are you usually active for ½ hour or more?

☐ 5 or more ☐ 3 or 4 ☐ 1 or 2 ☐ zero

3. How many ½ cup servings of fruits & vegetables do you usually eat daily?

☐ 8 or more ☐ 5 - 7 ☐ 1 - 4 ☐ zero

4. How much of your diet is raised, grown or made within 100 miles of you?

☐ Most ☐ About half ☐ Some ☐ Very little ☐ Unsure

Questions? Email Veronica at **va914@yahoo.com** or phone **608-547-8415**.

Return your completed forms to your County coordinator, or email or mail individual surveys by May 24, 2021.

Send results to:

Sandy Wendorff
W7382 Anderson Ave
Shawano, WI 54166