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## Homemaker Reflections

IOWA COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

January-February 2023

Welcome to 2023 with the Iowa County HCE! I hope everyone enjoyed a pleasant Holiday season with family, friends, food, and fun!

We are starting a new year of HCE events, lessons, and fun. The 2023 Program Book, filled with plans for educational programs and worthwhile activities, is enclosed with this newsletter. 2023 also brings many opportunities for HCE members to be involved:

- We need volunteers (and food buyers) at the Share Day at Culver's on February 28<sup>th</sup>! Funds raised are used to support scholarships for graduating seniors.
- We would love to see your smiling faces at Spring Council on April 13<sup>th</sup> in Dodgeville.
- Would you like to meet HCE members from neighboring counties? Plan to attend the State HCE Conference in Wisconsin Dells in September or the Spring District Meeting on April 20<sup>th</sup> in Monroe!
- Want to try some new experiences and learn some leadership skills? Officers for clubs and at the county level are also always needed.

As we begin a new year, amid winter in Wisconsin, I wonder if you **consider yourself an optimist or a pessimist?** Do you see the glass as half-full or half-empty? A 2022 study published by the *Journal of American Geriatrics Society* found that optimism is linked to longevity and healthy aging. They found that focusing on positive thinking can add an average of 4.4 years to a lifespan! That is amazing!

Research also shows that what your brain produces depends in part on your thoughts, feelings, and expectations. If you're sick, but you have hope and a positive attitude and you believe that you'll get better, your brain is likely to produce chemicals that will boost your body's healing power.

So how do we try to find the bright side and adjust our mindset? Here are five tips to help you become more optimistic:

☺ **Focus on what's going well.** Write down three things that have gone well in the past day. These can be large, like getting a raise, or small, like "I talked with an old friend today." Describe the cause of each event, and credit yourself for the part you played in it, such as "I made that phone call I've been putting off for a long time."

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- ☺ **Practice gratitude.** Write down three things in your life that you are grateful for. This kind of focus on what enriches your life can help keep your thoughts and feelings more positive.
  
- ☺ **Look for the benefits.** Think of a negative event from your near or distant past. Write it down. Now think of something positive that has or could come of it. Write it down. For the positive thought, use larger handwriting or a favorite color.
  
- ☺ **Look ahead.** Picture yourself doing something that feels good. Expect good things to happen.
  
- ☺ **Build yourself up.** When you need it, lean on others or your faith to build more strength. Say to yourself often, "I am strong."

Wishing you a **POSITIVE 2023!**

Deb Ivey, President

### ***Upcoming Dates for Iowa County HCE***

**January:** Club programming planning for 2023 with program books

**January 9:** United Fund application due for Wisconsin Bookworms

**February:** Project lesson - Brain Teasers (will be mailed to members)

**February 15:** HCE newsletter deadline for March/April 2023

**February 28:** HCE Day at Culver's

**March 7:** Project Lesson - Advance Directives



### **2023 Program Book**

The 2023 HCE Program Book is included with this newsletter. We are planning to resume in-person lessons and meetings and are looking forward to being together. Watch the newsletter for the times & locations of our lessons and programs. Special thanks to all of the members who returned the program planning surveys. Our Program Planning Committee members Lu Borcharding, Jeanne Lisser, Lynn Halverson, Lois Jean Clifton, and Deb Ivey used your preferences to create the plans for lessons that meet the needs and interests of our members.

### **Club Dues**

As a reminder for the next time you meet with your club members, 2023 HCE dues are \$10.00 and will need to be paid by April 1<sup>st</sup>, 2023. The dues include \$5.00 for the WAHCE State and \$5.00 for Iowa County. IACHE dues are used for postage and operation costs. Dues may be mailed to Jeanne Lisser at 300 5<sup>th</sup> Ave., Hollandale, WI 53544; please include your name, address, and club name.



## **THANKS to our HCE Board!**

Many thanks to our Board members who completed their terms at the end of the year:

Debra Ivey, President  
Lois Jean Clifton, Vice President  
Jeanne Lisser, Treasurer  
Mary Leix, Western Center Chair  
Lu Borcharding, Vice President for Program & Membership Chair

Congratulations to those elected or re-elected in October 2022:

Debra Ivey, President  
Elaine McCann, Vice President  
Jeanne Lisser, Treasurer  
Lynette Miess, Cultural Arts Chair

Our gratitude to those who continue to serve:

Jean Slapak, Secretary  
Nancy Carden, Eastern Center Chair  
Lynn Halverson, Western Center Chair  
Lois Jean Clifton, Vice President for Program  
Wilma Dolan, Wisconsin Bookworms Chair

We are still looking for a Membership/Marketing/Public Relations Chair for 2023-2024. Let Deb Ivey know if you are interested.

## **ADRC Sends Thanks!**

THANKS to Lynette Miess for creating a few “dammit dolls” for the ADRC Caregiver Renewal Day. They would welcome more to use at future events in case anyone has some time & creative juices to share.



## 2022 SOUTHWEST DISTRICT FALL HCE MEETING

Iowa County HCE hosted the 2022 Southwest District Fall HCE meeting on October 27<sup>th</sup> in Barneveld. Forty-eight people attended, including 16 Iowa County HCE members (that is 37.5% of the overall attendance and about 27% of our membership!). Thank you, Iowa County HCE!!

Ruth Schriefer, Iowa County Family Living Agent, was also in attendance and a super helper! Lynette Miess decorated the name tags to add a fall festive theme.

Iowa County HCE members Jean Slapak and Elaine McCann provided an outstanding program. Jean highlighted her experiences writing a book and encouraged others to write one, too. Elaine spoke on "Women and Homesteading" and was dressed for the occasion in a print dress, an apron and a bonnet, like those worn by women homesteaders. She shared many statistics, stories and pictures.



Jeanne Lisser, with assistance from Lynette Miess and Deb Ivey, led the next activity, where attendees made homemade butter by shaking a jar of milk and created their own corn husk doll like the one pictured. There were some very creative doll makers, and it was a fun activity building on the Homesteader theme. Your club can learn more about these lessons and find directions in the November program materials shared with each club.



Members of the Barneveld Lutheran Church (many of them Birch Lake HCE members) provided a delicious lunch, with folks assigned to tables so they could get to know new people. Again, it added to the day of learning and fellowship.

The afternoon included a district meeting centered on plans for the 2023 State HCE conference scheduled in Wisconsin Dells. Iowa County is in charge of finding gifts for the presenters. We have also submitted ideas for speakers and may be asked to assist in other ways.

Local products given as door prizes were a popular gift. It was a fun day. Thank you to all for attending and for helping in any way. And mark your calendars for spring 2025, when it will be Iowa County's turn to host the spring district meeting!

## What's Coming Up in Extension? Opportunities to learn for you or someone you know...

### Aging Mastery Program

Thursdays - January 12-March 16, 2023

9:30-11am (in-person or Zoom)

Registrations due January 6<sup>th</sup>, 2023 by calling the Extension Office at 608-930-9850.

This 10-part series was developed by the National Council on Aging, and for this series there are choices for those who want to participate! We are offering in-person sessions in Dodgeville and in Darlington, and for those who prefer Zoom, we'll be doing that at the same time! Participants will receive a great workbook to supplement the sessions. Bridget Mouchon from Green/Lafayette Counties and Ruth Schriefer from Iowa County are co-facilitating this series. Topics include healthy eating & activity, sleep, finances, medications, relationships, falls prevention, and more.



**Aging Mastery Program**<sup>®</sup>

National Council on Aging

### Wise Wisconsin

Wednesdays - February 1-March 8, 2023

9-10am via Zoom (no in-person sessions)

Register for one of more of the sessions @ <https://go.wisc.edu/i2165a>

The weekly sessions will be presented by Extension educators, and scheduled topics include age-related hearing loss, social connections, scams, community engagement, celebrating nature, and container gardening.

**Wise Wisconsin**

A LIFE SPAN PROGRAM VIRTUAL LEARNING SERIES

### Powerful Tools for Caregivers

Mondays - February 13-March 20, 2023

5:30-7pm via Zoom (no in-person sessions)

Registrations due February 6<sup>th</sup>, 2023 by calling the ADRC in Green County at 608-328-9499.

Caregiving is rewarding, but it can be challenging, too. Caring for someone with an injury or illness - such as dementia, cancer, heart disease, Parkinson's disease, stroke, or others - can be physically, emotionally, and financially demanding. This weekly series will focus on your well-being and will be facilitated by Laura Steiner from the Green County ADRC and Ruth Schriefer from Extension in Iowa County. Studies have shown that Powerful Tools for Caregivers helps:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, & other helpers
- Find & use community resources

Powerful Tools  
**FOR** Caregivers

### Planning AHEAD for End-of-Life Decisions

Tuesdays - March 14-April 25, 2023

Noon-1pm via Zoom OR 6-7:30pm in-person in Platteville

Registrations due March 7<sup>th</sup> by calling the Extension Office at 608-930-9850.

Planning AHEAD is an end-of-life planning series for all ages developed by UW-Madison Division of Extension faculty and staff. This 7-session research-based program will help participants understand how to prepare for the end of life for themselves or a loved one, and why it's important to have a plan in place.

*planning* **AHEAD**

# DONATE WHILE *You Dine!*



You have to eat anyway, why not enjoy a delicious Culver's meal and support a worthy cause at the same time? 7% of all sales on **Tuesday, February 28** at Culver's of Dodgeville will support the Iowa County HCE, which provides scholarships for local high school students and books to young children through the Wisconsin Bookworms project.



Thank you for your support!



## Feeling Hungry?

The HCE Fundraiser at Culver's to support our Bookworms project and scholarships is set for Tuesday, February 28<sup>th</sup>, 2023. This continues to be a very important and helpful fundraiser for us. Culver's will contribute 7% of all sales that day to help support Iowa County HCE, Wisconsin Bookworms, and high school scholarships. We encourage you to:

- Post the enclosed full-page flyer somewhere in your community
- Use the enclosed smaller flyers to invite your friends and family to dine at Culver's on February 28<sup>th</sup>
- Dine out (or drive-thru!) with us that day!

Elaine McCann & Jean Slapak are scheduling our volunteers for that day. Give them a call if you can help out for a couple of hours. Thanks!



## Homemaker Reflections

Iowa County Association for Home & Community Education

### EXECUTIVE BOARD

Debra Ivey, President  
Elaine McCann, Vice President  
Jean Slapak, Secretary  
Jeanne Lisser, Treasurer

### Center Chairs and Education Programs

Nancy Carden, Eastern Center Chair  
Lynn Halverson, Western Center Chair  
Lois Jean Clifton, Programs Vice President  
Lynette Miess, Cultural/Textile Arts Chair  
Wilma Dolan, Wisconsin Bookworms Chair  
Vacant, Membership/Public Relations/  
Marketing Chair

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Ruth Schriefer, Human Dev & Relations Educator  
Vacant, 4-H Coordinator  
Maggie Milcarek, FoodWI Nutrition Coordinator  
Kathy Lange, FoodWise Nutrition Educator  
Barry Hottmann, Community Resource Educator  
Lynn Perkins, Area Extension Director  
Josh Kamps, Amanda Cauffman, & Jackie  
McCarville, Multi-county Agricultural Educators  
Joe Bonnell, Natural Resource Educator  
Tom Harman, Department Assistant

Office Hours: Monday through Friday  
8:00 am to 4:30 pm  
<https://iowa.extension.wisc.edu/>