

HCE CONNECTION

Wood County

Home and Community Education

February 2023

Message From The President



Welcome February! Here in Wisconsin, it is rather fun to shift our thoughts from ice and snow to hearts, flowers, and candy as we think ahead to Valentine's Day! However, in reading up on the short month of February, I found that this month isn't just about Valentines. This month is supposedly also about purification – so how timely is it that as I write this in late January, I am looking forward to Jackie Carattini's lesson February 2nd at McMillan Library entitled "Cut the Clutter – Tips for Getting Organized"! Wow!

And it gets even better – I read that February is the month to prepare for spring – and in bringing the promise of longer days here in the Northern Hemisphere. Guess what? I was allowed a peek at the spring projects Denise and Nicole are planning for us to make at our Craft Day March 2, and trust me; they will really help us get excited for a fresh change of season!

Of course, since February only has 28 days, it is the only month of the year that often goes without having a full moon. Since we look forward to coming out of these dark winter months, we will be anxious for our April 6 presentation at McMillan entitled "Multiply Your Joy with Fragrant Herbs" by Horticulture Educator Janell Wehr.

So, as we send out our Valentine messages this year to friends and family, let's invite them to grow and learn with us as we spread the word that HCE is the place to be in 2023!

In Valentine's Day Love and Friendship, Peggy

Please note: We are saddened to learn of Nicki Jarosinsk's recent loss in the passing of her dear sister. Our hearts go out to Nicki and her family in their loss.

Some things to look for in this edition:

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Flyers enclosed: Home Projects Opportunities

Wisconsin Bookworms Donation Request

Fundraising efforts for Wisconsin Bookworms is under way for the current school year. Once again, Wood County HCE members who are able, are asked to support this worthy cause by purchasing a set of books for the 2023—2024 school year. Each set contains eight books at a cost of \$25.00.

- W** is for **Wisconsin Bookworms**
- I** is for **Interest**. I'm interested in all kinds of books.
- G** is for **Good**. Be a good listener when someone reads to you.
- G** is for **Great**. Books can be great friends.
- L** is for **Love**. I love to read.
- Y** is for **You**. I love all of you!

Submitted by: Faith Kettner Wausau, Wisconsin

To make a donation, make check payable to **Wood County HCE** and mail to:

Wood County HCE
c/o Christine Goodness
1194 Kimball Avenue
Nekoosa WI 54457-1556

You can purchase a set of books in honor of someone. We will send them a notice of your donation. Include your name and the name and address of the person you are honoring.

A notice of your donation will be sent to them.



YES! I would love to support the Wisconsin Bookworms project by purchasing a set of books for the 2023—2024 school year. I have enclosed payment of \$25.00.

Name: _____

In Honor Of: _____

Address: _____

Phone Number: _____

Exercises for Shoulder Pain

Dr. Carl DeLuca, DPT, OCS

Do these strength exercises for **3 sets of 20 reps 3x a week.**

These are meant to help with shoulder discomfort.

**Dr. Carl's
Corner**

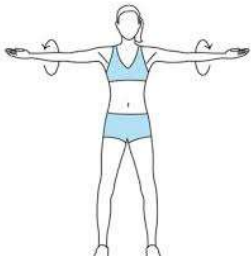
1. **Broomstick Arm Raises** - Hold a broomstick and raise the arms up and down.

Helps reaching my cat when she somehow climbs a dresser and is afraid to jump down.

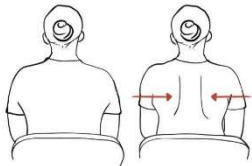


2. **Shoulder Circles** - Reach arms out and draw circles.

We want less shoulder pain so we can spend more time petting our furry friends!



Shoulder Blade Squeezes



3. **Shoulder Blade Squeezes** - Tighten the upper back and squeeze the shoulder blades together.

4. **Table Slides** - Sit in front of a table and slide your hand on the table forwards, backwards, and all directions. Wax on, Wax off!

WAX ON



WAX OFF





**Wood County
Association For Home & Community Education
Officers & Coordinators**

Name	E-Mail	Position	Telephone
Carol Grorich	grorichf@tds.net	Marketing	(715)884-6598
Connie Eisch	ceisch@boku.net	Treasurer	(715)325-3255
Pat Klein	klein145071@gmail.com	Club 51 President	(715)886-3665
		Scholarship	(715)886-3665
Agnes Langeberg	langberg@wctc.net	Rudolph Pines President	(715)424-1517
Jackie Carattini	jackie.carattini@wisc.edu	Family Living Educator	(715)421-8437
Jim & Diane Nickel	denickel@solarus.biz	International	(715)886-4230
Sandra Oleson	roleson@wctc.net	Family & Community Outreach	(715)886-3219
Christine Goodness	acgoodness@yahoo.com	Wisconsin Bookworms	(715)886-5294
Denise Mancl	deedeemancl@gmail.com	Membership	(715)886-5727
		Cultural Arts	(715)886-5727
Peggy Wettstein	dpwettstein@wctc.net	Scholarship	(715)886-5518
		Wood County President	(715)886-5518
Linda Hobbs	clhobb@wctc.net	Secretary	(715)435-3267
Linda Reber	preber7593@solarus.net	Historian	(715)421-9668
		Scholarship	(715)421-9668

No E-mail:

Judy Steinert 402 North Section Street Nekoosa WI 54457-1556	Family & Community Outreach	(715)886-4165
Linda O'Donnell 5096 Creamery Road Nekoosa WI 54457-1556	Program	(715)886-3351
Nicole Mancl 2503 County Road G Nekoosa WI 54457-1556	Cultural Arts	(715)451-8151

Club News

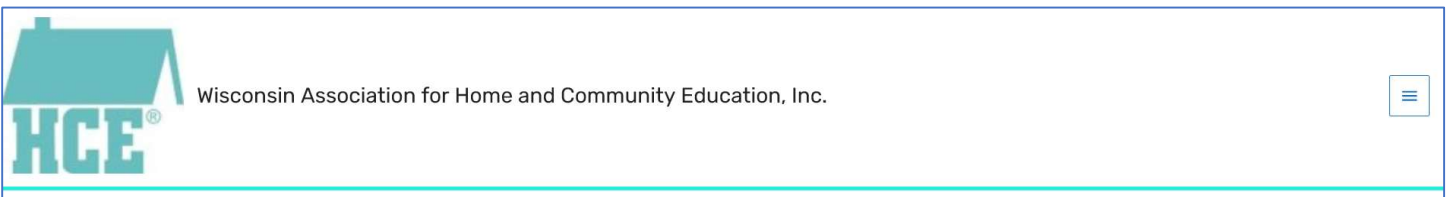
SAVE THE DATE

Rudolph Pines would like to invite all HCE members to County Day, May 2, 2023. It will be held at the Elmer Blonien American Legion Hall on Main Street in Rudolph, starting at 9:00 AM. More information will be in the next issue of the HCE Connection. See you all in May!

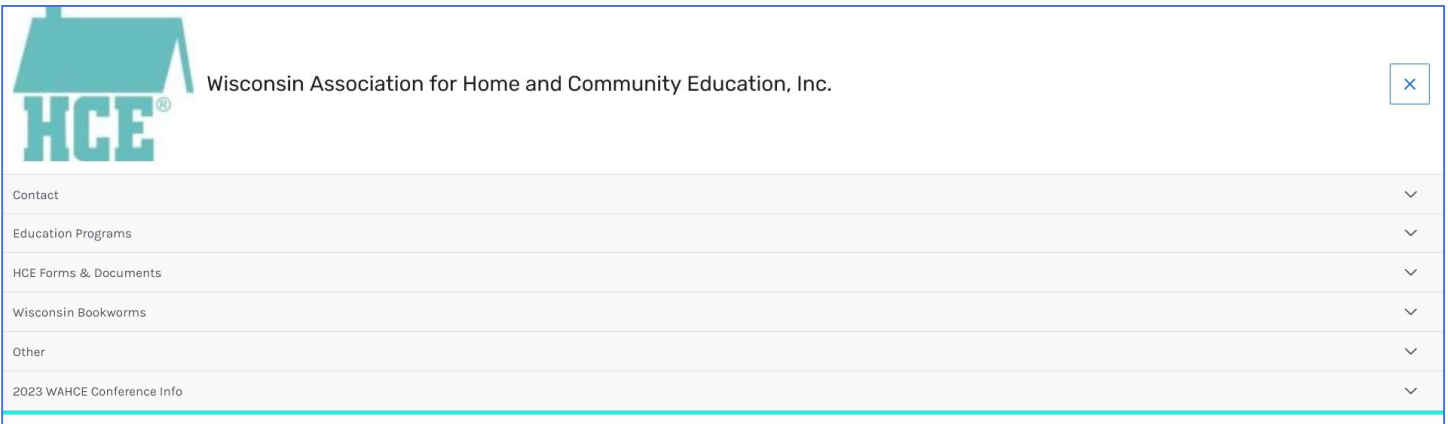
Rudolph Pines HCE Club

WAHCE Web Page Update

In case you did not know, the web page for WAHCE has changed this year. The home page looks a little different.

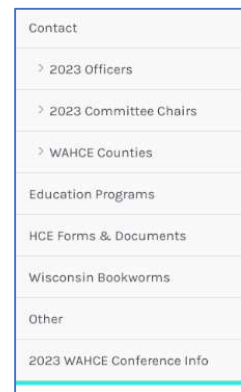


The little symbol that looks like three lines in a square box, is now your pull-down menu. Click on that and it will bring up the following screen.



You can click on the Titles on the left side of the screen to bring up the information that is available for that topic or you can click on the down arrow on the right side of the screen. This will then give you a drop-down menu below the topic that you can click on.

Clicking on the arrow on the right side of the page on Contact, will give you this screen:



You can then click on 2023 Officers or 2023 Committee Chairs or WAHCE Counties



Denise Mancl



Nicole Mancl



Wood County HCE Program Craft Project

When: March 2, 2023
Time: 1:00 to 3:00pm
Where: McMillan Library
All-Purpose Room

Here is the bird bath that Denise will be showing people how to make. It can be adorned with pine cones or silk flowers.



Here is a picture of the welcome sign that Nicole will be teaching. You can use whatever color paint you want. And whatever bow you would like to use.

Flyers will be sent to all the members pertaining to the costs of the lessons.



Wisconsin Bookworms

Christine Goodness
Bookworms Chairperson
(715)886-5294



Wisconsin Bookworms

I hope everyone is enjoying their winter. I just got done shoveling a bunch of wet heavy snow. When I came into my home I took a minute to read an article in a magazine. This is something as an adult we take for granted. It is important to encourage children and yourself to keep reading during the winter months.

In February we will be reading the book “My Heart Fills With Happiness”, to the Head Start Children. This book reminds us to reflect on and cherish the moments in life that bring us joy. Think about what makes us glad and brings us joy. Maybe it was something someone said to you, or maybe it was something you smelt; like coffee in the morning, maybe it was a daily devotion you read, or some simple activity like watching the birds at the bird feeder.

Practice gratitude by being open about it. Talk about it to others including children. Gratitude has four parts, but we often forget to support the whole practice. Each day try to build gratitude in yourself, your children and your family.

- What do we notice in our day that we can be grateful for?
- How do we think about why we have been given those things?
- How do we feel about the things we have been given?
- What do we do to express appreciation in turn?

I'm looking forward to reading the book to the children. I'm going to start practicing gratitude in this new year. Hopefully my heart will fill with happiness!

If anyone would like to be a volunteer reader please let me know 715-886-5294.

Keep Reading!

Christine Goodness

Wood County Bookworm Coordinator



Warm Winter Greetings!

As we dive into 2023, I would like to challenge you. If you were able to attend the West District meeting this past fall, I spoke about the value that YOU and the impact that YOU have on those around you. I encourage you to work on that value and power you have this year. I talked about the value of connection and how important it is for human beings of all ages! Research tells us that connection is vital throughout our lives. We need to foster it as we age and as our lives change. Recent studies found that the more connections you have can lead to longer and healthier lives. Building and maintaining connections does not have to be complicated. Try a few of these steps this year.

First, schedule check-ins with those in your life. It can be a text, phone call or stopping to chat after church. A scheduled check-in or something that is routine can be of value for both parties. It gives you something to look forward to but also helps you both feel wanted. That someone else cares.

Next, physically reach out to someone in your life. Do you like getting mail that is not a bill or junk mail? Most people do. It's a happy surprise in our day. Dig out some cards and stamps and let those in your life know you are thinking of them. It can be a thinking of you card or maybe a funny joke. The idea is connection and letting others know you are thinking of them. Do you have young people in your life? Children, grandchildren, great-grandchildren, nieces or nephews? What a great opportunity to let them know you are not only thinking of them but that they are important! Right now, in our world we ALL can use a gentle reminder that someone loves us and is thinking of us!

Lastly, spend a little time thinking about what you are good at? What is something that brings you joy as you do it? Is it baking or maybe knitting or crocheting? Is it gardening or caring for others? Are you blessed with a great voice or an eye for art? EVERY single person has something they are good at. It can be something as simple as sending out letters and cards. Once you figure out what that is for you, schedule it into your day, week, month or year. Spend time planning out what you want to do this year. Let yourself imagine or dream up a project or two. Set goals for yourself of what you want to accomplish. Then make and take the time in your schedule to actually DO those things that make you feel good. You might not be able to do what you once could but don't focus on the past. Focus on what you CAN do now and make it a part of your routine. Once you have your "thing" identified and worked into your schedule I want you to think about how to share it with others. Can you turn it into a volunteer activity? Before you say, oh I'm too old for that, I'll stop you right there! There are plenty of opportunities that you can do right from home, even from the comfort of your recliner. Reach out to United Ways 211 to ask about volunteer opportunities in your community. Ask at your local senior center, church, school district, or even township. Reach out to our local hospitals to see what they are in need of. Reach out to those in your life to see if you can share it with them! (If anyone is an expert on making cream puffs, let me know! I'll schedule a lesson!) You have talents and skills that others want to learn. Yes, they probably can watch a video of it but in person is so much better!

You, your time, your talents and your compassion for those around you IS valuable! Please take and make the time this year to realize how valuable you really are to those around you!

Jackie L. Carattini

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