

# HCE CONNECTION

## Wood County Home and Community Education

February  
2024



Happy New Year to All! I do believe that 2024 is going to be a very good year for HCE! We have a year before us full of great plans for each month; and we are positive and enthusiastic about our service to our community!

I just came in from shoveling snow after the first real snowfall we have had for the season – I thought perhaps I had forgotten how to use the shovel, but it came back to me rather quickly as I began my mission of moving the beautiful white stuff!

Our first lesson of 2024 will be on February 1; our topic being “Elder Abuse.” Jackie’s article in this publication will give a more in depth description of the presentation. Please plan to join us for this informative program and bring a friend!

Be sure to also set aside the afternoon of March 7 to attend our Spring Craft Day with Denise and Nicole! Craft Days are always so much fun – we visit while we work on our project – and often we are joined by others outside of our organization who have seen our advertisement and have come to learn a new craft. Thus, it is a great opportunity to sit and tell others about HCE while we work together!

Stay warm and cozy during the month of January, my friends! Peggy

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# 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!

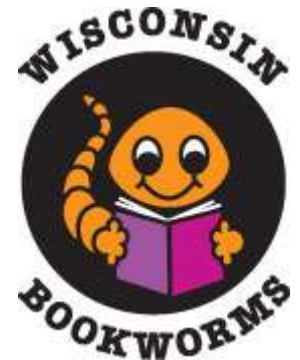
Submitted by: Faith Kettner Wausau, Wisconsin

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: \_\_\_\_\_



## Officers & Coordinators

<u>Name</u>	<u>E-Mail</u>	<u>Position</u>	<u>Telephone</u>
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
Marilyn Cournoyer	hikville@wctc.net	Rudolph Pines Co-President	(715) 435-3662
Darlene Schumacher	darlenschumacher41@gmail.com	Rudolph Pines Co-President	(715) 424-2851
Jackie Carattini	jackie.carattini@wisc.edu	Family Living Educator	(715)421-8437
Jim & Diane Nickel	denickel@solarus.biz	International	(715)886-4230
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:**

Nicki Jarosinski 5580 County Road F Wisconsin Rapids WI 54494	Program	(715) 424-1572
Nicole Mancl 2503 County Road G Nekoosa WI 54457-1556	Cultural Arts	(715)451-8151

## Club News

### WOOD COUNTY HCE FALL KICK-OFF MEETING MINUTES

SEPTEMBER 12, 2023

The meeting was called to order at 9:30am by President Peggy Wettstein at the Nekoosa Lester Library. The meeting was opened with the Pledge of Allegiance and the Homemakers Creed. There were 23 members present and 2 guests.

President Peggy thanked Club 51 for hosting the event and Denise Mancl for making the decorations.

Secretary's Report: Linda Hobbs read the minutes from the August 8, 2023 Board of Directors Meeting held in the Nekoosa Lester Library. Ardell Mueller accepted the minutes and Linda Gentry seconded the motion to accept the minutes.

Treasurer's report: President Peggy read the treasurer's report. The report was accepted and put on file.

#### Old Business:

The Wood County HCE tax exempt form was handed out to anyone attending the State Conference, for use at the Hotel.

The Wood County Display Board was at the meeting for everyone to see. Peggy thanked everyone who worked on the Display Board for the State Conference.

We are getting standard size boxes to collect items for Nicaragua that will make shipping items easier.

Ocean Spray Cranberries donated items for the Wood County basket, raffled at State Conference. Linda Hobbs sent thank you notes, for the various items donated for the State Conference.

Darlene has collected 30 items for the Cultural Arts Raffle. The money is used to pay for the judges and the ribbons given to the winners.

Craft Day is October 5, 2023, at McMillan Library all purpose room. Friday September 15<sup>th</sup> is the deadline for registering for the workshop. The registration form is in the HCE Connection.

Articles for the October HCE Connection are due October 6<sup>th</sup> to Jim and Diane Nickel.

The West District Meeting is in Loyal, October 9, 2023, hosted by Clark County. A paper was passed around to sign up and pay the \$12.00 fee. Peggy will send the information in.

#### Committee Reports:

Community and Family Outreach: Continue to document your volunteer hours for HCE projects. Give the information to Mary Thomas. Each hour is valued at \$31.82. This information can be used to apply for local grants.

Marketing: HCE merchandise items are listed in the Update. Any questions contact Carol Grorich, she can get the items you want to purchase.

Bookworms: Christine Goodness reported that all the book orders are here. She has contacted Head Start to set up a schedule for reading.

Membership: Denise continues to do articles about HCE in local publications. There is a plaque that says An HCE Member Works Here that can be displayed at your work site. Annual membership forms were handed out, please complete and return them to Denise Mancl.

Scholarship: No report given.

Program: Three lessons are scheduled yet this year. Craft day, October 5, 2023, Denise and Nicole Mancl will do the Craft Lesson for 3 craft projects. Canning Meat, November 2, 2023, Jackie Carrattini will present the lesson. No bake treats, December 7, 2023, Denise Mancl, will present the lesson and Peggy Wettstein will help. The information will be in the next HCE Connection.

New Business:

The HCE Christmas Party will be December 5, 2023 at McMillan Memorial Library in Wisconsin Rapids and hosted by Rudolph Pines Club. Information and registration will be in the October HCE Connection.

Election of officers and chairman was held, the results are below.

Bookworms: Christine Goodness

Marketing: Carol Grorich

Scholarship: Linda Reber

Membership: Denise Mancl

Programs: Nicki Jarosinski

President Elect: Marilyn Cournoyer

Meeting was adjourned at 10:40am, by President Peggy Wettstein, with the HCE Prayer Creed.

Respectfully submitted, Linda Hobbs Secretary

RUDOLPH PINES MEETING MINUTES

October 17, 2023

The meeting was called to order by Vice President Marilyn Cournoyer at 1:25 with the Homemakers Creed. Present was Marilyn Cournoyer, Nicki Jarosinski, Darlene Schumacher, Joella Stoltz, Ardell Mueller, Clare Grosskreutz, Lori Heil and Hostess Linda Hobbs.

Secretary Report: Linda Hobbs read the minutes from the August 9, 2023 meeting. The minutes were accepted and approved as read.

Treasures Report: Ardell Mueller gave the report. The report was put on file. Ardell will be giving the collected Pennies for Friendship donation to Connie Eisch by October 31, 2023.

A discussion was held about collecting Club dues; it was decided to collect money when it is needed. Other charitable contributions will be discussed at future meetings.

Nicki Jarosinski will host the next meeting November 15, 2023 at 1:00.

Plans for the County Christmas Party at McMillan Memorial Library December 5<sup>th</sup> were reviewed from the previous meetings. Marilyn will look into having a speaker or lesson December 5<sup>th</sup>. An invitation for the Christmas Party was put in the October HCE Connection. Lori Heil showed us a craft she is making for the party.

Darlene reported on the money made by Wood County HCE, from the tickets to see the Gatlin Brother's Concert in Wisconsin Rapids. Thank you to Darlene for doing this fund raiser.

Sponsoring a Brat Fry at Quality Foods was discussed. We would like to do it about mid May 2024. Darlene will talk to Merlin about scheduling it.

We will have our club Christmas Party at Perkins, Tuesday December 12<sup>th</sup> at 1:00. Bring a white elephant gift to exchange.

Workshops from the Conference were discussed. Possibly doing Recycling Batteries and a Mini day trip or Mystery Trip could be done in the County.

A donation Basket from Rudolph Pines was given to the Scott Fuller fund raiser at Pittsville. His mother and grandmother are members of HCE.

The meeting was adjourned at 3:05 with the Homemakers Prayer.

Respectfully submitted, Linda Hobbs Secretary

## WOOD COUNTY HCE BOARD OF DIRECTORS MEETING MINUTES

NOVEMBER 14, 2023

The meeting was called to order at 9:10 AM, at the Lester Nekoosa Library by President Peggy Wettstein, with the Pledge of Allegiance and Homemakers Creed. Those attending the meeting were Peggy Wettstein, Linda Hobbs, Sandy Oleson, Nicki Jarosinski Denise Mancl, Christine Goodness, Jacki Carratini, Linda O'Donnell, Agnes Langeberg, Darlene Schumacher and Marilyn Cournoyer.

Secretary's report: Linda Hobbs read the minutes from Fall Kick-Off Business Meeting September 12, 2023 at the Nekoosa Lester Library. Denise Mancl made the motion to accept the minutes and Christine Goodness seconded the motion. Minutes were approved as read.

Treasurer's Report: No treasurer's report was given.

### Old Business:

Fall Kick-off was discussed. Everyone enjoyed the day and the lesson about Japan. Thank you to Mike Hittner, for the great presentation.

State Conference was discussed. Christine Goodness would like to have pictures of Book Worms readers on the Wood County Display Board for next year. Everyone enjoyed their workshops and lessons. The food was good but the hotel was too small for the number of people there. Next year it will be In Appleton.

Craft Day, October 5<sup>th</sup> was discussed. Denise Mancl would like an earlier registration deadline for future craft days. It is hard to estimate the quantity of craft supplies needed. Most items need to be ordered. Ten people attended the craft day. Peggy thanked Denise for taking care of the event.

Jackie Carratini reported on the Canning Meat lesson November 2, 2023. It was well attended. In the future she will have fliers about the lesson at the Library and who to contact to register. There was some confusion at the Library about the lesson and who was doing it.

The deadline for the December HCE Connection is November 17<sup>th</sup>; get your articles to Jim and Diane Nickel. Darlene Schumacher reported on the profit to Wood County HCE, for ticket sales attending the Gatlin Brothers Concert in Wisconsin Rapids November 2, 2023.

### Committee Reports:

Scholarship: Linda Reber and Pat Klein are on the committee. Peggy Wettstein will email the HCE scholarship information to all the high school guidance counselors in Wood County in January.

Cultural Arts: Darlene Schumacher reported that the forms have been changed for this coming year and a better category explanation is on the forms. Everyone will get the copies of the new forms.

Membership: Denise Mancl reported that all membership forms have been sent to the state. She will have HCE fliers at all the lessons.

Book Worms: Christine Goodness has the readers scheduled at 3 different sites. She would like to have more volunteer readers during the winter months. Head Start values the readers time, books given to the children and book bags at \$639 per hour of in kind service. An article about Book Worms, would inform the public of the value of the HCE Organization to the community and the number of years we have been doing this program.

Programs: Nicki Jarosinski will be the Program Director starting in 2024. The lessons will be held on the First Thursday of the Month at McMillan Library, from 1:00 to 3:00. Here is the schedule. January 2024 – no lesson scheduled, February 1, 2024 – Elder Abuse, March 7, 2024 – Craft and Service Project, April 4, 2024 – Intergenerational Projects for Families, June 2024 (date to be scheduled), a tour of the FOCUS facility in

Wisconsin Rapids, July & August – no lessons scheduled, September 10, 2024 with Fall Kick-Off – Mindful Intentional Eating, October 3, 2024 – Craft Day, November 7, 2024 – Keep Your Keys (vehicle driving challenges), December 5, 2024 reserved date for possible lesson.

New Business:

2024 dates: County Day May 7, 2024 at Nekoosa Lester Library, hosted by Club 51. Fall Kick-Off September 10, 2024 at McMillan Library, hosted by Rudolph Pines Club, and the Christmas Party December 2, 2024 at Nekoosa Lester Library, hosted by Club 51.

Jackie Carratini reported there is a delegation from Nicaragua visiting the area 11/30/2023 to 12/09/2023.

There will be a Welcome Party December 1<sup>st</sup>, from 4 to 6 PM at the Ashley Bar on Highway X in Mosinee. They will be at the Rose House Café in Stevens Point. December 2, at 11:00 AM to display their sewing skills on treadle sewing machines.

The Brat Fry's cannot be scheduled until January 2024 at Quality Foods and Piggly Wiggly.

Christine Goodness reported about a Service Project for Wood County with First Choice Pregnancy in Wisconsin Rapids. They would like a small bag with products for new mothers that could be included with the items they provide for the baby's needs. This will be discussed at the Christmas Party.

The Constitution and By Laws need to be reviewed. Peggy Wettstein provided copies of the present ones. Christine Goodness made a motion that a committee of at least 2 members from each club would be formed to review the Constitution and By Laws. It was seconded by Sandy Oleson and approved. Members of the committee are Linda O'Donnell, Pat Klein, Marilyn Cournoyer, Nicki Jarosinski and Linda Hobbs. They will meet November 28, 2023 at 9:30, at the Nekoosa Lester Library. Any Changes will be read at the Christmas Party December 5, 2023 and published in the HCE Connection. The changes will be voted on at County Day May 7, 2024.

The Mileage Reimbursements policy was read for information and copies given out at the meeting. Mileage reimbursements requests should be given to Treasurer Connie Eisch.

There has been some confusion on who gets the Membership forms and dues. Connie Eisch and Denise Mancl discussed the matter and agreed that Connie Eisch should get the membership forms and dues. Connie will then give Denise the membership forms that she needs.

Peggy Wettstein and Marilyn Cournoyer have the standard size packing boxes for Nicaragua, to be used to collect donated items at future HCE events.

Agnes Langeberg made a motion to close the meeting, Nicki Jarosinski seconded the motion. Marilyn Cournoyer closed the meeting at 11:10 with the Homemakers Prayer Creed.

Respectfully submitted, Linda Hobbs, Secretary

The Board of Directors meeting dates were not discussed at the meeting, they are here for your information:

February 6, 2024

April 9, 2024

August 13, 2024

November 12, 2024

All meetings will be at the Nekoosa Lester Library, starting at 9:00 AM

Minutes for the Club 51 meeting November 16th 2023

The meeting opened with the Pledge of allegiance followed by the Homemakers Creed.

Roll call was taken. There were nine members present.

The minutes were read from our October meeting. Christine G made a motion to approve the minutes. Peggy W made a second motion. The motion carried.

Treasurer's report was given by Linda Gentry. Denise made a motion to accept the treasurer's report as read. Virginia made a second motion. The motion carried.

Carol Grorich give us an update on Shirley Fuller's son Scott. There was a fundraiser held to help him with medical expenses and it was very successful there were lots of baskets and items for the raffle and he was very grateful for all of the donations.

#### Old Business

The Romemakers from Adams County will call when they are ready to make the curtains for the Nekoosa School district. Any members from Wood County can volunteer to help cut out or sew the curtains.

Christine contacted the family center regarding donations however they have not gotten back to her yet. She also called First Choice and they said that they had plenty of supplies for the babies. Things that they need would be for the new moms. Possibly a bag that contains personal Care items for the new mothers. This idea was presented at the County board meeting. First Choice said that 10 to 15 would be enough for one year's supply. Jackie Carattini is also checking with the Hannah House to see if they have a need for donations. All of these donations might qualify for community service awards next year for Wood County.

Denise told everyone that she was given a donation of new toothbrushes that can be placed in the gift bags that we are planning for County day. She also got enough packets of salsa mix. Sandy will check with Solaris, the Ho-Chunk casino, and someone she knows who sells Avon. Peggy will check with paper City savings. All of these businesses may have items to donate.

#### New Business

Club 51 will hold their Christmas party on December 1st 2023. Happy hour will start at 5:30 followed by supper at 6:00 p.m. everyone will need to bring their own place settings. We will have the gift exchange this year. Gifts for men and women should be of a \$10 value. Everyone should also bring two bingo prizes and Christmas cards to exchange with fellow members. Sandy will bring a door prize. Everyone who can attend volunteered to bring a food item.

Pat Klein and Linda O'Donnell will attend a county meeting to go over the county bylaws.

Peggy wanted everyone to know that she has platte books.

Denise brought another idea for table favors at the senior meal site. It was a paper flower with chocolates glued to it. The idea was given to her by Carol and Pat. Discussion followed and we thought this might be a good idea for Easter time. Denise will come up with a valentine idea for the meal site.

The door price was brought by Peggy W and was won by Carol G.

The meeting closed with the Homemakers Prayer.

After the meeting was finished members of Club 51 gathered to make turkeys filled with candy to be donated to the Nekoosa senior meal site. Denise will drop them off on Monday.





## Wisconsin Bookworms

Christine Goodness  
Bookworms Chairperson  
(715)886-5294

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January, 2024

Happy New Year! The Bookworm program is going well. In December the children received a beginner reading book and a bookmark. On the back of the bookmark it explains the reading program. The objective is to encourage children to develop life-long reading skills that will help them with education and life skills. Wood County has been a proud sponsor of this program for over 25 years. It is through generous donations from members and local community organizations that our program has been successful and makes a difference in children's lives. During the school year, volunteers read a book to the children, and give a free copy of the book, along with an educational activity sheet to take home to help create their own home library. Wood County HCE is reading to over 150 children this year. Your \$25.00 donation will provide for eight free books for a child. Please consider volunteer reading or donating a money gift for this learning opportunity for children.

Keep Reading!

Christine Goodness  
(715)886-5294  
Wood County Bookworm Coordinator  
Let's Party!

### Upcoming Events:

- Elder Abuse with Jackie Carattini  
February 1, 2024 at McMillan Library from 1:00 – 3:00pm.
- HCE Craft Project and Service Day.  
March 7, 2024 at McMillan Library from 1:00 – 3:00pm.
- Intergenerational Family Projects with Jackie Carattini.  
April 4, 2024 at McMillan Library from 1:00 – 3:00pm.



## Jackie Carattini

Winter Greetings!

I hope you all have been enjoying our mild winter. I was super happy to finally see some snow. I know I'm not in the majority but I do find it very pretty!

Winter is a great time to work on your cultural arts projects for 2024. I challenge you to take on learning one new project in 2024. I can just hear some of you saying, I'm too old to learn anything new and the truth is you are never too old! Or choose a project that you started and never finished. We probably all have those. Make it a goal to finish it and share it with your club! That could be a fun icebreaker at your meeting. I'll share mine out loud so you can hold me accountable too. I started a macrame wall hanging that I gave up on and never finished. My goal is to finish it by April. Craft projects are also great for our mental health. It gives you a task to focus on with goals to work toward each day. You also get the sense of pride and accomplishment when you finish the project! So go ahead and craft away... it's good for you!

Be well!

Jackie

## Elder abuse:

How to spot warning signs, get help and report mistreatment

Every person, no matter how old, deserves to be safe from harm by those who live with them, care for them, or have daily contact with them. Yet, approximately [one in 10 people aged 60 and older who live at home experience abuse](#), including mistreatment and exploitation, according to the Centers for Disease Control and Prevention.

Join us on February 1<sup>st</sup> for a presentation by Katie Miloch, Deputy Director Wood County Human Services. Katie will discuss Adult Protective Services and Crisis intervention in Wood County. Adult protective services help elder adults and adults at risk who have been abused, neglected or financially exploited. Katie will give examples and warning signs to look for and explain how to report.

*Jackie L. Carattini*

Jackie L. Carattini  
Associate Professor  
Human Development & Relationships Extension Educator  
University of Wisconsin-Madison- Division of Extension

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715-421-8441

715-421-8476 (FAX)

UW Madison- Division of Extension

# Membership

Title: Wood County HCE Sponsors Wisconsin Bookworms

Wood County Home and Community Education has been a proud sponsor of the Wisconsin Bookworms program for 25 years. We are celebrating this milestone during the 2023-2024 school year. They provide free books and encourage early literacy reading. The program began in 1998 with innovative grant funding. The volunteers read books to Early childhood children and distribute a copy of the book to the children along with an educational activity sheet sponsored by UW Madison- Division of extension. The program was designed to provide free books and an early reading experience to children from limited income families. Children can create their own in-home Library.

Years of research show clearly that children are more likely to succeed in learning when families and communities actively support them. It is important to help children develop their reading skills, so they can do well in school. When children learn to read, they have the key that opens the door to all the knowledge of the world.

Wood County Association for Home and Community Education (HCE) is a non-profit, educational and charitable organization that offers members opportunities to continue to grow, share, and learn. Wood County HCE is reading to over 150 preschool children this year. Your \$25 donation will provide eight free books to children in our County. Please consider a monetary donation to make a difference in a young child's reading opportunity. Your donation can be sent to Christine Goodness, Wood County Bookworms Coordinator, 1194 Kimball Avenue, Nekoosa Wisconsin 54457.

Checks can be made out to Wood County bookworms. HCE is an organization that cares to make a difference in our homes, communities, and the world. Educational programs are also an important part of their work. Programs offered during the past year have included: How to reduce clutter in our homes, Multiplying joy in our homes with fragrant herbs, Canning meat safely, along with two craft sessions , all of which were open to the public and are generally held in the multi-purpose room at McMillan Memorial Library in Wisconsin Rapids Wisconsin.

On February 1st there will be a lesson given pertaining to elder abuse prevention from 1-3 p.m. in the multi-purpose room at McMillan Library.

If you have an interest in joining HCE please contact me via e-mail at [deedemancl@gmail.com](mailto:deedemancl@gmail.com).

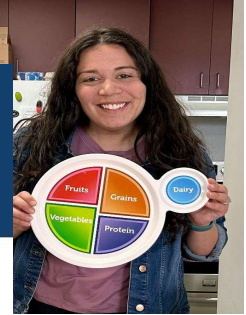
We welcome new members. We always feel we learn as much from them as they do from us. Thank you.

Denise Mancl  
HCE Membership Chairperson  
Christine Goodness  
Bookworms Coordinator

# Strong Bodies Nutrition Tips

## STRONGPeople Nutrition Tip

### Choose Fiber-Rich Foods



Fiber is a very important component of a healthy diet and is found in a variety of foods. The USDA dietary guidelines tell us to “choose fiber-rich fruits, vegetables, and whole grains.” Fiber helps with weight management, protects against heart disease and diabetes, and improves digestive health.

#### WHAT IS FIBER?

Fiber is found in all foods of plant origin. It is what gives plants their structure. Depending on what part of the plant it is from, fiber is either insoluble or soluble. It can't be digested or absorbed into the bloodstream and used for energy; instead, it is excreted. However, fiber provides non-nutritive benefits to the body.

#### INSOLUBLE FIBERS

**Types:** cellulose, hemicellulose, lignin

Insoluble fiber gives structure to the rigid plant cell walls. It is also known as “roughage” and is found in whole wheat cereals, breads, wheat bran, corn bran, and vegetables. As you may guess by the name, insoluble fiber doesn't dissolve in water.

#### How Insoluble Fiber Works in Your Body

- Absorbs water, making you feel full
- Acts as a natural laxative, by causing intestinal walls to contract and relax—pushing food through the digestive tract
- Prevents constipation by bulking up and softening stools

#### SOLUBLE FIBER

**Types:** gum, mucilage, pectin

Soluble fiber has a softer texture and dissolves in water. Soluble fiber is found in oat bran, barley, fruits, and legumes.

#### How Soluble Fiber Works in Your Body

- Pectins form gels with water, making you feel full
- Lowers cholesterol as pectin binds to fatty substances, which are then excreted instead of absorbed by the body
- Helps reduce risk for heart disease
- Helps regulate the body's use of sugars

#### Some Food Sources of Dietary Fiber

Adequate Intake = 25 grams/day

Item	Amount	Fiber	Type of Fiber
All bran cereal	½ cup	10 grams	Insoluble
Avocado	½ med, raw	8 grams	Soluble
Black beans	½ cup, boiled	8 grams	Soluble
Whole wheat pasta	1 cup cooked	6 grams	Insoluble
Oatmeal	½ cup dry	4 grams	Soluble
Raspberries	½ cup, raw	4 grams	Soluble
Apple	1 med w/skin	4 grams	Soluble
Broccoli	½ cup, steamed	3 grams	Insoluble
Whole wheat bread	1 slice	2 grams	Insoluble

#### Quick Fiber Tips

- Eat less refined and more whole grains products.
- Incorporate plenty of fruits and vegetables into your diet.
- Substitute legumes (beans, lentils, peas, soybean products) for meat for some meals.

## Nutrition

Hannah Wendels  
(715)421-8530

FoodWise Nutrition Educator  
Wood County

University of Wisconsin-Madison  
Division of Extension



## Wise Wisconsin Virtual Learning Series

# Wise Wisconsin Virtual Learning Series

### Sessions:

2/7: The Power of Awe!

2/14: Wisconsin's First Nations

2/21: Grandparenting; Connecting through Traditions and Rituals

2/28: UW Cancer Carbone Center: Facts, Myths, and Screening for Cancer

3/6: Wise Money

3/13: What's the Deal with No Mow May?

3/20: Preparing to Care: The what, why, and how of supporting a loved one through a health crisis

3/27: We Can Do Hard Things: Tools for current and future caregivers

ZOOM IN ON  
WEDNESDAYS FROM  
9:00 - 10:00AM  
FEBRUARY 7TH -  
MARCH 27TH, 2024

Register here!



**WISCONSIN**  
UNIVERSITY OF WISCONSIN-MADISON

Registration:  
<https://go.wisc.edu/z96rcd>  
For more information, contact Sara  
Richie at [sara.richie@wisc.edu](mailto:sara.richie@wisc.edu)

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

# Planning Ahead Flyer

Join us and begin

planning **AHEAD** for the end of this life

## What is Planning AHEAD?

Planning AHEAD is an in-person 7-session course (one hour each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

## Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

## When is the program?

Dates: Tuesdays ~ March 5 thru April 16  
Time: 6:15 - 7:45 pm  
Location: Portage County Annex Building  
3rd Floor, Room 5  
1462 Strongs Ave, Stevens Point, WI 54481

There is no cost for the class; pre-registration is required.

## Contact us for more information

Register online at: <https://bit.ly/PlanningAHEAD0324>  
or by calling the Portage County Extension Office at 715-346-1316 Registration Deadline: February 28th.

\*\* Questions? \*\* Contact Sherry  
@ 715-346-1321 or [sherry.daniels@wisc.edu](mailto:sherry.daniels@wisc.edu).



## planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



Extension  
UNIVERSITY OF WISCONSIN-MADISON

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.





**Picture frames.**

There are two to choose from. One is embellished with buttons and the other uses nuts. Participants will have to bring their own picture frame, buttons, and nuts.

"Raid your husband's tool bench."

We will provide glue. Cost will be free unless they want the words as shown in the picture that states, "We're Nuts About You" then we will charge \$1.00.

If you are using the words we suggest your frame be at least one and a half inches wide.

**Pencil Holder/Vase**



Bring your own jar and also your own embellishments. We will provide the jute, and the glue. Cost will be \$4

**Farmhouse Decor Sign.**



There will be a limit of 20 people that can sign up for this craft.

We will provide the wood and various sayings will be available.

Farmhouse sign wood is all different colors. Some are stained and varnished and some are painted. First come first served.

The cost will be \$3.00.

**Craft Lesson:**

**When:** March 7, 2024

**Time:** 1:00 to 3:00pm

**Where:** McMillan Library, All-Purpose room

Please check which craft you would like to do.



- Picture Frame      Cost: Free unless you want "We're Nuts About You" then there is a \$1.00 fee.
- Pencil Holder/Vase      Cost: \$4.00
- Farm Décor Sign      Cost: \$3.00 (LIMITED 20 20 PEOPLE)

**Cut on dashed line and return to before February 19, 2024:**

Denise Mancl  
4860 Lynn Hill Road  
Nekoosa WI54457