

Good News

WALWORTH COUNTY ASSOCIATION FOR HOME & COMMUNITY EDUCATION
c/o UW-EXTENSION, 100 W. WALWORTH ST., PO BOX 1001, ELKHORN, WI 53121 (262) 741-4951

President's Notes

By Mary Vander Veen

If you are a subscriber to *Update*, the state WAHCE newsletter, I hope you read the NVON News article by Lylene Scholz, our past state president who is now the NVON President. Last fall, Lylene and Marcelline Protheroe attended the ACWW Triennial in India, where they had an interesting experience.

I'll quote from Lylene's article:

"One day when we were sitting having a cup of coffee at tea break, a lady came up behind me, put her hand on my shoulder, and said, 'Wisconsin, thank you, thank you, thank you for clean water.' I wasn't sure just what she was referring to, but her name is Chenwi Mary Magdalene, and she is from Cameroon. Then, she began telling me about the success of the water project that WAHCE financed in Cameroon in 2010 and 2011 and the difference clean water is making in the lives of the people in the village. I then told her about the water filters NVON has sent to Nigeria. She was very interested and said that since Nigeria is a bordering country to Cameroon, she would see for herself what they are and how they work."

Lylene said, "This is the second year of the NVON Water Around the World Project, and we have already touched many lives. We all contribute to various causes, but rarely do we receive such a heartfelt 'thank you.' What a great way for Pennies for Friendship to build friendships around the world."

Be sure to sign up for Smart Gardening Day! There are two classes with well-known chefs, and Jenny has a class on dehydrating foods. All will be good topics for a lesson to share with your club. Of course, there will be topics on gardening, also. If you can help that day, we will certainly appreciate it. Hopefully, your club will have a donation for the Wisconsin Bookworms Raffle and cookies for lunch.

I hope we will have some entries in the "Build an Owl" Cultural Arts category. Each county is to have an entry, and the winner will be picked by popular vote at the WAHCE State Conference. Our county entries will be selected at our International Night on April 24th, along with the Cultural Arts entries.

All for now. The only thing I can think to say about the weather is "THINK SPRING!"

SPRING 2014



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Our sympathy to Jan Batten on the loss of her husband. Our thoughts and prayers are with her.

We're happy to see Emma Peterson is up and about after breaking her leg December 2.



Program Coordinator's Report

By Eileen Guthrie, Program Coordinator

Are you the guilty person who sang, "Let It Snow, Let It Snow, Let It Snow"? We certainly are having an old fashioned winter this year. We have been spoiled over the last several winters, but it, too, will come to an end. As I am writing this, the sun is shining, and it feels quite pleasant outside.

Along with your program book, there is a handy little brochure telling about HCE, who we are, and what we do. Please give this brochure to your friends and neighbors who do not belong to HCE. Invite them to one of your meetings and to Day of Learning, Evening of Learning, or Smart Gardening Day, and see if you can interest them into becoming a member of HCE. If we all work hard at this, we could grow in numbers.

I hope you were not too inconvenienced by Day of Learning being postponed from Tuesday, February 18 to Tuesday, March 4. As the snow was falling on Monday, February 17, we were concerned our speaker Tammy Vaassen would have trouble getting here from Lancaster.

Plans are well on their way for **Smart Gardening Day**, which is **Saturday, March 22**. Plan to attend; the classes offered can be used for your HCE club meetings. I am sure there will be a class that would be of interest to you. There are also jobs that you can help with. Presenters have support items for their classes that need to be brought into the building from their vehicles, put into the classroom, and then again moved out of the classroom for the next speaker; they would appreciate the help. We can use help in the kitchen, especially when it is time to serve lunch, and help clearing and washing the tables. **Remember, each club is asked to bring 4-dozen cookies for the lunch.**

On **April 23**, the **WAHCE Southeast District Meeting** will be at Le Clare Farms in Fond du Lac.

April 24 is our **International Study**. Note that we will be having our **International Study at the Government Center at 6:30 p.m.** Hi-Lo's have been busy preparing a special menu for our dinner. Be sure to come and hear the experiences that Hannah Earle, a student from Elkhorn High School, will tell from her year as an AFS-USA Exchange Student. I am sure you will enjoy every word she has to say, along with the pictures she took while living in India.

If you have something to share from your club, please send your report to the UW-Extension office by **Friday, May 9**. That is the deadline for the newsletter. We are all interested to know what fellow club members are doing. I am sure there is someone in your club who would like to write an article to share with the rest of us.

June 9 is the next **Executive Board Meeting**. Do you have something on your mind that you want to share with the Executive Board? Then, either tell a board member about it, or come to the meeting.

Be sure to save **July 9** for the **Mystery Tour**. I am sure you will enjoy whatever Barb Papcke has planned for us.

Remember, if you have an idea for a project lesson, please write it down and let me know, so we can try to get someone to present it; or if you have something you would like to present to us, be sure to either tell me or contact the UW-Extension office.

Cultural Arts

By Winnie Shelton

In the last newsletter, the green sheet for cultural arts was printed. We need a deadline to submit this form so that Karen Walter and Winnie Shelton will know if a judge should be at the International Dinner. Email dgshelton@wi.rr.com by April 7 to let us know if you have an item for judging.





Walworth County HCE
International Night
 April 24, 2014
 Government Center, Elkhorn
 6:30 P.M.



AN EVENING IN INDIA

Speaker: Hannah Earle

Recipes and Menu: Hi-Lo's

Booklet: DuAnn Webb

****Please bring your own table service****

- Presentation of HCE Scholarship
- Cultural Arts entries will be judged. Be sure to send in your entry.
- Winner of "Build an Owl" Cultural Arts Challenge will be selected
- Bring donations of fabric, sewing notions, and baking utensils for Nicaragua
- Pennies for Friendship for Water Filters

Mystery Tour

By Barb Papcke, Family & Community Life

By now, I hope that you have reserved **July 9, 2014** for the Mystery Tour. Once again, the destination is a "mystery." We will no doubt fill the bus again. Plan to have a fun-filled day, and enjoy the ride. More information and the reservation form will be in our next *Good News* newsletter in May. Hope to see you July 9!





Stitches of Love

By Eileen Guthrie, Stitches of Love Coordinator

There is a sewing meeting scheduled for **Tuesday, March 11 at 9:00 a.m. at Millard Church**. We will be working on projects to sell at the fair. Bring your sewing machines and scissors, along with any other gadgets you like to use when you are sewing. There will be an opportunity for those of you who do not sew to help in other ways. Remember to bring your own lunch and enjoy a mid-morning treat that will be provided. Hope to see you there!

Recently, I made some deliveries to Waukesha and Burlington hospitals, along with a stop at Fairhaven in Whitewater. I delivered 50 hats and 50 comfort pillows to Waukesha and 32 comfort pillows to Burlington Hospital. Recently, there has not been as big of a need for hats because some other groups are making them too. Comfort pillows seem to be needed the most. The Breast Care Coordinators from both hospitals asked me to thank all of you for sharing your gifts and talents with their patients. They always say how much the patients appreciate the little pillow they receive after the procedure they had. Here is the thank you I received from Fairhaven after I delivered Lap Robes for some of their residents:

Dear HCE Members,

Thank you for the wonderful lap blankets. They will go to good use for certain! I appreciate your time and talent for the benefit of our residents! God bless you in your endeavors!

-Terrie, Leisure Services

There was also a thank you note received at the UW-Extension office:

I received your "Stitches of Love" at WMH on 1/20/14, and I am grateful. The pillow and bag are just beautiful. Thank you.

-Edie

Free Your Mind

By Eileen Guthrie, Program Coordinator

When we met to plan the programs for 2014, one of the suggestions was keeping our minds fresh. Here are a few exercises to keep our minds clear.

Breathe, Breathe, Breathe

Breathing deeply is one of the most important things we can do to keep our minds mentally alert. Twenty percent of the air we breathe goes to our brains. Seniors are notoriously shallow breathers. Practice this breathing exercise, as advocated by Dr. Andrew Weil, on a daily basis, and especially before doing a mental aerobic exercise. You can do this sitting with your back straight, lying on your back, standing, or walking.

Exhale completely through the mouth, making an audible sound. Then, close the mouth and inhale quietly through the nose to a count of four. Hold the breath for a count of seven. Next, exhale audibly through the mouth to a count of eight. Repeat for a total of four cycles, then breathe normally. The speed with which you do the exercise is unimportant. What is important is the ratio of four to breathe in, seven to hold, and eight to exhale.



Source: *100 Exercises for a Healthy Brain: Aerobics for the Mind*, by Marge Engelman, PH.D.



Things to Do to Lift Your Heart and Spirit

Smile more!

Listen more intently.

Watch a child discover something new.

MAKE ROOM FOR NEW FRIENDS.

Be free with compliments.

Do something totally silly once in a while!

Tell the people you love that you love them.

Call old friends and catch up on their lives.

Pray more and worry less!

Be quick to forgive others and learn to forgive yourself.

Whatever you do, give it your best shot!

ACCEPT HELP WHEN IT'S OFFERED.

Challenge your body and your brain.

Accept yourself for who you are.

Look at the big picture and don't sweat the small stuff!

Watch the sunset and realize that just as no two sunsets are alike,

So you are a unique and beautiful creation.

From "The Comfort of Home," *Caregiver Assistance News*, North Central-Flint Hills Area Agency on Aging, Inc., February 2004.

Recipe for Better Sleep

Sleep patterns normally change as we age. Older adults take longer to fall asleep, waken more frequently, and spend less time in deep sleep. This is normal.

- 1 cup warm milk or hot water
- 1 regular bedtime hour
- 1 quiet, dark, comfortable room
- ½ hour quiet time before bed
- ½ hour soft music, reading, or meditation while trying to fall asleep

Optional Additions

- 1 low-fat snack
- 1 humidifier
- 5 minutes muscle-relaxing exercise

Mix well and sleep until done (rising time). Do not add alcohol or caffeine within two to six hours of bedtime. Do not add a stimulating book or television show just before mixing. Sweet dreams!



From "A Vision for the Future: Food Assistance for Senior Adults in Kansas," <http://www.ksre.ksu.edu/HumanNutrition/doc10455.ashx>.

On the Move and In the Groove!

By Barb Papcke, Family & Community Life

OK! 1, 2, 3, ready, set, off that couch! From March 2 to May 24, we will be focusing on walking and exercise. In the February *Good News* was the form that you will use to keep track of your activities for the period of March 2 to May 24. You receive 1 point for each 20 minutes of activity. Activities include cleaning, walking, biking, stationary bike, treadmill, swimming, hiking, spring window washing, etc.

If Walworth County HCE does participate, you will need to compile your report and mail it to me by June 1, 2014.

Barb Papcke
N7361 County Road O
Elkhorn, Wisconsin 53121

For Your Health: Chase Away Those Winter Blues

By Barb Papcke

Has the long and lingering winter got you down in the dumps? Here are some tips to help you pick up your mood and beat the winter doldrums:

- ◆ Open up your shades and let the sunlight in.
- ◆ Check those spring seed catalogs. It will get you thinking “spring.”
- ◆ Consider buying different light bulbs. Some bulbs simulate natural outdoor light.
- ◆ Socialize with friends who lift your spirits.
- ◆ Meet a friend for coffee.
- ◆ Include some physical activity in your daily routine.
- ◆ Read a good book. I just finished reading *Driven* by Donald Driver. It was an easy read, but really good. If you would like to borrow it, let me know.

According to the calendar, March 20 is the first day of “spring” this year, but maybe we will have to wait awhile. It seems like “Old Man Winter” wants to hang around this year. I would hope that it will break soon and sights of the spring flowers will be peeking out with the return of the first robin.



Working with People in Crisis

By Eileen Guthrie

Here is small portion of one of the POOL classes presented at State Conference. This class was presented by Kathy Metzenbauer, Juneau County UW-Extension Family Living Agent.

Working with People in Crisis

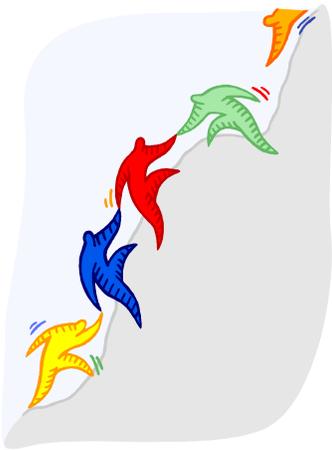
(We were each given a bag with some pretzels in the bag; there was 1 pretzel in some bags and as many as 6 in other bags.)

What would you do?

- ◆ How do you feel about your resources?
- ◆ What did you think to do?
- ◆ Did you ask anyone to share?
- ◆ Did anyone offer to share?



Just as each of you had different amounts of pretzels, people in our community have different resources that are available to them. Often, people do not know what the resources are in their community.



- ◆ What did you think when you opened your bag and found out how many resources you had or did not have?
- ◆ Where or to whom would you turn to?
- ◆ What are your feelings when your needs are satisfied?
- ◆ What are your feelings when your needs are not satisfied? Who would listen to you when you needed someone to talk to? When you need advice, who would you go to?
- ◆ Who could help you make decisions?
- ◆ How would you feel if I told you that you needed to do a budget? Would a spending plan be relevant to this time?
- ◆ How would you feel if you went to a food pantry and heard one of the workers say to another that you did not need their services?
- ◆ What do you think your future will be?

These would be some scary questions to answer if you were in this situation. What types of resources are in your community?

Strategies to Change Behavior

Large complicated tasks, like developing a spending plan, must be divided up into smaller components with opportunities for success. Developing a spending plan is future-oriented, so often beyond the comprehension of the crisis-oriented client. When clients are in crisis, they are focused on their pain, not money. When clients lack the ability to estimate income and expenses, initial budgeting efforts are doomed to fail.

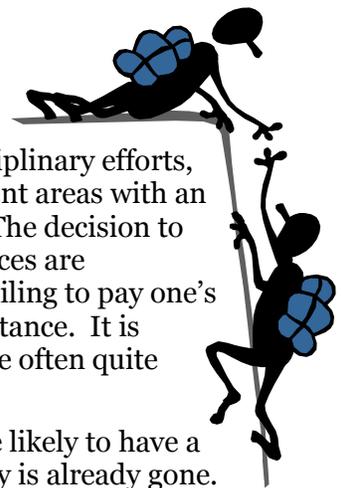
Methods of Help:

- ◆ Focus on success
- ◆ Keep a journal
- ◆ Maintain perspective
- ◆ Offer resources
- ◆ Suggest organization/de-clutter

The dimensions associated with the limited resource audience suggest the need for multidisciplinary efforts, including stress management and building self-esteem, along with the more traditional content areas with an emphasis of decision making skills. You may need to turn a crisis into a teachable moment: The decision to pay one's cable television bill instead of the gas bill can be a rational decision whereby resources are maximized. Paying the gas bill would result in a loss of cable television. On the other hand, failing to pay one's gas bill may not result in disconnections, as various helping organizations often provide assistance. It is important to understand that decisions which appear to be irrational from our perspective are often quite rational from the client's perspective.

Timing of the program delivery is also critical. Financial management lessons are much more likely to have a positive impact when taught a few days before income is expected rather than after the money is already gone. Often, people fail by making decisions that result in immediate gratification and have long-term costs.

Do you work at a local food pantry, or have you ever been to a food pantry when people have come to get some food? I have taken some Care Cloth Kits to two different Food Pantries and was amazed at the number of people who need help here in Walworth County. This session on "How to Help People in Crisis" was a real eye opener for many of us in the class.



Wisconsin Bookworms™ Marks 15 Years of Young Child Literacy Program

Remember your favorite childhood storybook? For many people, a special children's book was the spark that ignited a lifelong interest in reading and learning.

Helping children discover good books and the benefits of reading is the goal of the Wisconsin Bookworms™ program, which celebrates its fifteen-year anniversary this year. The program provides eight free books per year to children who otherwise might not be able to own books.

Wisconsin Bookworms™ is a partnership between the Wisconsin Association for Home and Community Education (WAHCE), University of Wisconsin-Extension Family Living programs, and Wisconsin Public Television.

Volunteer readers attend preschool classrooms, reading books and providing classroom activities for the students. Each book comes with an activity sheet filled with suggestions and ideas related to the story that families can do together.

"Research shows reading to children at a young age increases their educational success. Our volunteers know this. They know, too, the joy and satisfaction they receive from bringing this program to young children," comments Debra Downen, WAHCE Wisconsin Bookworms™ state coordinator.

In addition to reading to children, many volunteers provide free book bags and other items for children to use, including bookmarks and mittens.

When the early literacy program began in 1998, 16,500 books were distributed to Wisconsin children. That number has grown to over 42,000 in 2012. Downen estimates over 620,000 books have been purchased and given to nearly 73,000 children over the past fifteen years.

Wisconsin Bookworms™ in Walworth County serves 173 children. 9 volunteer readers dedicate time from their schedules to share their love of reading to Walworth County children. Walworth County's WAHCE organization raises funds to purchase the book sets each child receives.

In 2012, grants to support Wisconsin Bookworms™ in Walworth County were received from Walworth County Home & Community Education, Alliant Energy, Target, Thelma Meyer, Whitewater Lioness, and Community Foundation Elkhorn Fund, according to Emma Peterson, Coordinator of Walworth County. Any donations are greatly appreciated.

Parents whose children participate in Wisconsin Bookworms™ report that they talk more often with their children about books, spend time reading together, and visit the public library.



Think Spring!

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

-Henry Van Dyke

No matter how long the winter, spring is sure to follow.

-Proverb

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.

-Anne Bradstreet

You can't see Canada across lake Erie, but you know it's there. It's the same with spring. You have to have faith, especially in Cleveland.

-Paul Fleischman

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Day of Learning, 9-12; Exec. Board	5	6	7	8
9 	10	11	12	13	14	15
16	17 	18	19	20 	21	22 Smart Gardening Day, 8:30-3:00
23	24	25	26	27	28	29
30	31					

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 	21	22	23 WAHCE Southeast District Meeting, Fond du Lac	24 International Study, 6:30 pm, Gov. Ctr.	25	26
27	28	29	30			

HCE CREED

We, the Homemakers of Wisconsin, believe in the sanctity of the HOME, the cradle of character, blessed by motherly devotion and guarded by fatherly protection. We pledge ourselves: To work for the preservation and improvement of home and community life; To strive for healthier minds and bodies and better living; To promote the welfare of our boys and girls, the nation's greatest asset; To be true to God and country and of lasting service to our homes and communities.



PRAYER CREED

Dear God,

Give us the grace to see the blessings that have come from thee; Give us the strength to do our duty To see in everything some beauty Teach us that love and cheerful giving, Tolerance and decent living, Make our home a place sublime, Where there's no room for hate or crime, A place where good friends gather round; Where laughter, mirth, and cheer abound, Not selfish thoughts, not worldly greed,



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