



Extension

UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

Hopefully summer has gone OK for everybody. We met on August 22nd for our annual picnic. Weather was pleasant, nice shelter, and scenery was very beautiful. After the picnic, we had the executive board meeting. Seven members were present.

During the meeting we did our committee reports. April Anderson gave her report on all the activities she is involved with as the Health and Wellness Educator through the extension office. She is very busy and we're fortunate to have her at the extension office supporting us and the community. We will be giving money for the silent auction at the state conference. Also, we will be filling up the shoe box for Nicaragua that we will take to the state conference .

The West District Fall Fest will be October 10th. The registration is in this newsletter.

We made plans for our Fall Fest. It will be on November 3rd at LaGrange Town Hall. Save the date. Registration will be in the October newsletter. See you there.

Take Care,

Jean Boak

September 2022

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**MONROE COUNTY
HEALTH & WELL-BEING
EDUCATOR**

**April Anderson
608-269-8722**

REMINDERS

September 19th-22nd—HCE State Conference
Stoney Creek Inn, Onalaska

October 10th—HCE Fall West District Meeting
McMillan Library, Wisconsin Rapids

November 3rd—Fall Fest
La Grange Town Hall



ANSWERS TO THE FOURTH OF JULY WORD SCRAMBLE

ASTSET = States

ENDDEEEPNICN = Independence

DEARAP = Parade

LUEB = Blue

TENIUD = United

TWEHI = White

AEQTIULY = Equality

ERIRFKWOS = Fireworks

ARLANCDITEO = Declaration

FDREOME = Freedom

DER = Red

ILBEYTR = Liberty

MONROE COUNTY HCE INFORMATION

2022 Executive Board Members

President: Jean Boak (372-4354)
Vice President: Louise Buchholz (435-6435)
Secretary: Sue Baker-Young (633-6457)
Treasurer: Bernie Arena (272-3371)

2022 Educational Program Chairmen

Cultural Arts: Louise Buchholz (435-6435)
Family: Bernie Arena (272-3371)
International: Barbara Mueller (372-9077)
Membership/Marketing: Phyllis Snider (372-5473)

For more information please contact:

Jean Boak, President at (372-4354)

UW-Extension Office

(608)269-8722

April Anderson, Health & Well-Being/FoodWise Educator
april.anderson@wisc.edu

Newsletter Deadline

Information for the HCE newsletter is due by the **20th** of the month for the following month's newsletter.



INTERNATIONAL NEWS

I will be going to the State Conference and will take one shoe box filled with smaller items for the Wisconsin Nicaragua Project. Please bring any of the suggested items to your early September club meetings. Or you can get the donated items to Louise, Bernie, Jean or me asap. Items you might include in the shoe box:

For Sewing

Sewing Machine Needles
Spools of Thread
Scissors/Cutting Wheels
Bias Tape / Lace / Buttons
Measuring Tapes
Pins / Needles



For Cooking

Wooden Spoon
Measuring Spoons
Measuring Cups
Cupcake Papers
Spatulas



For Gardening

Garden Gloves
Garden Clippers
Garden String
Garden Markers



For Hair / Personal

Combs & Brushes
Hair Clippers
Hair Clips / Barrettes
Barber Scissors
Rollers



- -Barbara Mueller, International Representative

POLLINATOR NEWS

What did you do for our pollinators over the summer? Bernie and I went to a pollinators in-service at Justin Trails. Several members visited Scott Parker's peonies. A group of seven went on the Prairie Walk at Jim and Bernie's hobby farm near Cataract. My Monarch "nursery" was very slow this year; I released only 20 Monarchs, while last year I released 40 of the beautiful butterflies.

DON'T GIVE UP!

- - Barbara Mueller



HCE KICKS INTO HIGH GEAR

Local clubs will be gathering soon to begin another chapter in our organization. It's funny that although so much has changed in the world, our core values and mission remains the same.

We are providing educational opportunities that strengthen families, developing leadership skills, building coalitions, and promoting friendships and understanding with all people.

Please join in some of the upcoming activities.

This month our West District is hosting the state conference at Stoney Creek. It promises to be a grand affair. There is still time to register for a day or two at the event.

Our West District meeting will be held in Wisconsin Rapids on October 10, 2022. The registration is in this newsletter.

Our own Fall Fest will be held November 3, 2022 at the LaGrange Town Hall. That registration will be in your October newsletter. There could be some fun surprises.

Hope to see most of you at some of these great events. Please join us!

--Bernie Arena



AGING MASTERY PROGRAM

The gift of time, what will you do with it? The Aging Mastery Program® (AMP), developed by the National Council on Aging is a nationwide program whose core philosophy believes modest lifestyle changes can produce big results, leading to improved health, stronger economic security, and overall well-being.

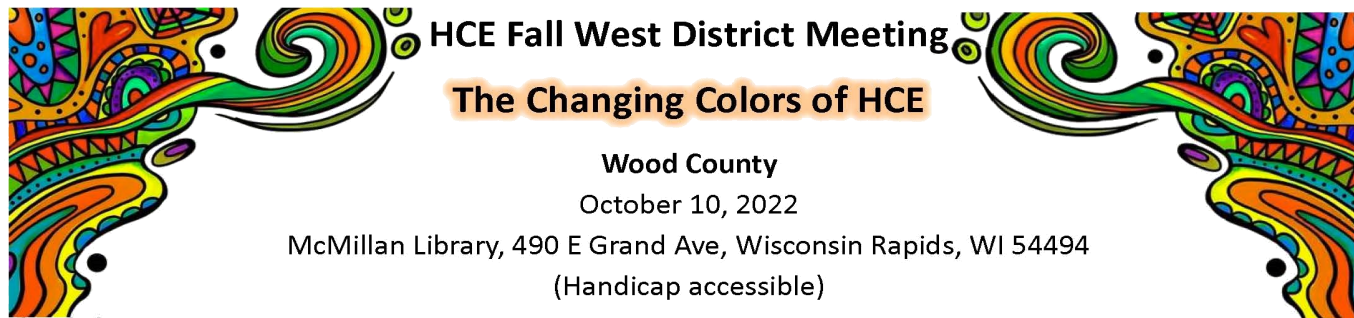
UW-Madison Division of Extension in partnership with Monroe County ADRC are excited to offer AMP to residents 55 and over.

The **5-week virtual program** covers Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advance Planning, Healthy Relationships, Falls Prevention and Community Engagement.

This program is being offered for **FREE (\$290 value)**. Classes to be held using Zoom Videoconferencing – Zoom training available.

Date: Mondays & Wednesdays in September
September 26th, 2022 through October 26th, 2022
Time: 1:00 p.m. - 2:00 p.m.

For more information or to register, call (608) 269-8722 and ask for April Anderson or email April at april.anderson@wisc.edu.



HCE Fall West District Meeting

The Changing Colors of HCE

Wood County

October 10, 2022

McMillan Library, 490 E Grand Ave, Wisconsin Rapids, WI 54494

(Handicap accessible)

Schedule:

- 9:30 a.m. Registration, coffee, refreshments
- 10:00 a.m. Welcome ... Diane Nickel, Wood County President
- 10:05 a.m. Jackie Carattini - Do **YOU** Know How Valuable You Are?
- 11:05 a.m. Short Break
- 11:20 a.m. Business Meeting - Joan Staffon, West District Director
- 11:50 a.m. Short Break
- 12:05 p.m. Lunch (BBQ Pulled Pork on a bun, Cheesy Potatoes, Cole Slaw, Brownie)
(Based on availability)
- 12:50 p.m. Short Break
- 1:05 p.m. Sing-Along Entertainment
- 1:25 p.m. Committee Reports
- 1:55 p.m. Invitation to Spring West District Meeting – Adams County
- 2:00 p.m. Wrap-Up

Member/Club Registration

HCE West District Meeting: Monday, October 10, 2022

Name(s) _____

County _____

Phone: _____ Email: _____

The cost of this meeting is \$12.00 per person which includes morning refreshments and lunch.

Please make check payable to:

Monroe County HCE

Send to: Bernie Arena

4261 Basswood Road

Sparta, WI 54656

By

September 20, 2022.



FALL FEST CHECK LIST

Our Fall Fest is slated for Thursday, November 3, 2022. It will be held at the LaGrange Town Hall, with registration beginning at 9 a.m. There are a few changes this year and a few things that will remain the same.

The Executive Board decided to do a potluck instead of having the event catered. Find one of your favorite fall recipes and polish it up. What a great time of year for a potluck. Yum.

Our second change involves the two baby baskets for the first boy and the first girl born at Tomah Health during HCE Week, November 6-12, 2022. The hospital will permit us to bring back the baby baskets instead of doing the gift certificates. The baskets are always so colorful and such a nice surprise for the families. All items in the baskets must be brand new. It's always fun to put them together.

We will also collect new and gently used children's books for distribution as part of our "Family" project.

Mary Cook will again coordinate the silent auction. This is always a fun part of our Fall Fest.

I am still working on getting a speaker for that day.

Reserve the date now, and mark it on your calendar, **November 3rd.**

It'll be a fun gathering.

- -Bernie Arena



FRUITS & VEGETABLES MONTH

**September is National Fruits & Vegetables Month**

The 2022 National Fruits & Vegetables Month theme is "Celebrating The Roots Of Our Food." Fruits and vegetables are the foundations of our diets. The *Dietary Guidelines for Americans* recommend we make half of our plates fruits and vegetables.

Everyone knows how healthy fruits and vegetables are for us. There's even a growing body of evidence that eating fruits and vegetables is predictive of increased happiness, life satisfaction, and well-being. The Produce for Better Health Foundation's research indicates that those Americans who eat fruits and vegetables most days per week say that they experience physical, emotional, and social benefits.

To celebrate National Fruits and Vegetables Month consider participating in the MyPlate Bingo activity for the entire month of September! Throughout the month circle the fruits and vegetables you eat on the MyPlate bingo card, which can be found on the next page. If you really want to challenge yourself see if you can eat all the fruits and vegetables on the bingo card during the month of September!

Also, consider joining the Have A Plant® Movement and get new recipes, snack hacks, meal ideas and other tips from chefs, registered dietitians, as well as food and wellness experts by visiting www.fruitsandveggies.org.





United States Department of Agriculture

MYPLATE BINGO

Circle the fruits & vegetables you eat throughout the month.

Fruits	Vegetables	Fruits	Vegetables	Fruits
				
				
		Free Space 		
				
				

ChooseMyPlate.gov/Families

August 2016

USDA is an equal opportunity provider and employer.



Autumn Word Search



X	O	R	F	M	Y	S	D	C	P	I	N	E	C	O	N	E	C	O	O	L	B
G	N	H	S	E	U	C	C	Y	H	S	R	N	R	A	I	N	C	O	A	T	L
F	K	T	V	A	I	J	Z	V	D	A	F	U	I	B	I	Y	T	K	S	C	W
F	T	H	A	N	K	S	G	I	V	I	N	G	Y	U	V	Y	W	S	U	H	Q
N	D	U	S	B	R	D	C	Y	I	R	K	G	J	L	B	K	P	Q	E	E	X
O	Y	E	L	L	O	W	M	T	M	O	U	H	E	X	E	S	I	U	Y	S	N
V	K	B	P	K	Q	B	U	S	Q	U	I	R	R	E	L	A	J	A	G	T	V
E	X	Y	C	W	I	L	M	K	A	O	Q	Q	I	Y	V	Y	F	S	O	N	U
M	J	H	A	L	L	O	W	E	E	N	J	O	S	P	Y	H	L	H	C	U	H
B	D	H	A	R	V	E	S	T	L	P	F	V	F	A	L	L	R	D	T	T	A
E	D	U	Q	Z	P	P	V	U	P	W	P	V	O	R	A	N	G	E	O	S	Y
R	Q	N	T	S	E	P	T	E	M	B	E	R	K	N	I	B	K	V	B	P	S
R	L	I	F	L	T	W	P	O	U	U	A	Q	Y	J	G	F	V	H	E	U	T
A	X	C	E	G	A	U	R	W	G	A	R	E	A	W	Z	D	I	H	R	M	A
N	C	I	O	N	O	D	D	F	I	S	S	J	C	P	G	O	E	S	M	P	C
W	N	O	H	R	D	X	T	W	Y	X	M	O	L	Z	P	V	D	C	F	K	K
T	V	X	R	G	N	P	S	E	A	S	O	N	O	B	Y	L	E	C	C	I	I
S	Q	C	T	N	L	T	E	L	Z	L	G	C	O	I	D	Z	E	U	L	N	R

PUMPKIN
COOL
ORANGE
OCTOBER
YELLOW
NOVEMBER

ACORN
SEASON
CHESTNUTS
PINE CONE
LEAF
APPLE

SQUIRREL
HALLOWEEN
SQUASH
PEARS
THANKSGIVING
CORN

HAYSTACK
FALL
RAINCOAT
HARVEST
SEPTEMBER
CHANGE

Self-Care September 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5 Forgive yourself when things go wrong. Everyone makes mistakes	 6 Focus on the basics: eat well, exercise and go to bed on time	 7 Give yourself permission to say 'no'	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it
12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you
19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing
26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are	 	

Happier • Kinder • Together

ACTION FOR HAPPINESS