



Extension
UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

Summer again. We have had some pretty warm days but the last couple of weeks we are thankful for the much needed rain. Now we need more rain! We had our Executive Board meeting and breakfast at Perkins. Very informal and short. Then we went to the Necedah Wildlife Refuge event. Very interesting! It's a nice place to visit, young or old! Our summer pot luck picnic will be August 21 at Memorial Park, Sparta, at noon, shelter #2. I hope you're able to join us for good food and good company! After eating we will have a short Executive Board meeting. We have to make some fall plans. There are four of us planning to attend the State Conference, September 18 - 20, Lake Delton. If you would like to come, registration is due by August 15. If you would like to come just to enjoy the cultural arts displays, you don't need to register. You do need to check the times when the cultural arts room will be open. This display is very impressive!

Take care!

Jean

AUGUST 2023

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**MONROE COUNTY
HEALTH & WELL-BEING
EDUCATOR**
April Anderson
608-269-8722

CALENDAR OF EVENTS

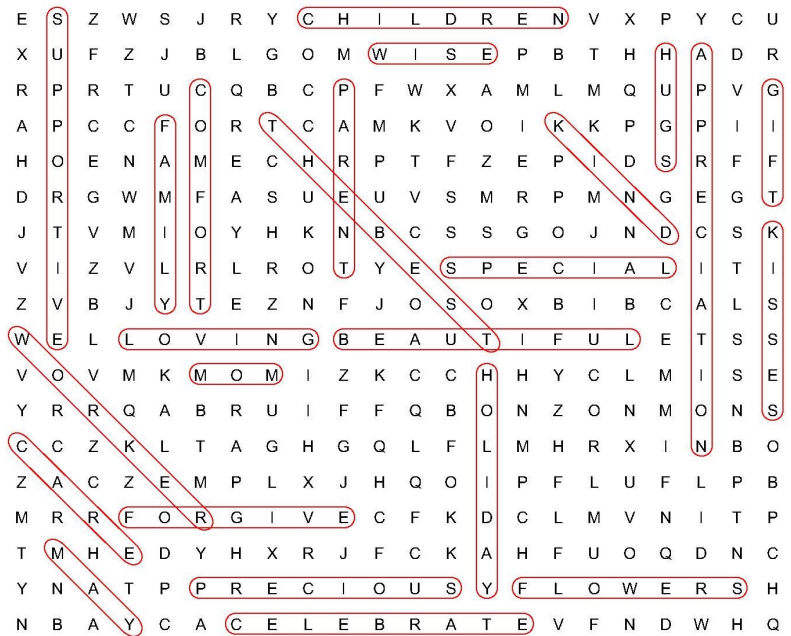
September 18-20th— WAHCE State Conference, Lake Delton

October 9th— West District Meeting at Trinity Lutheran Church in Loyal, WI (Clark County)

October 30th— Monroe County Fall Fest



Mother's Day Word Search Answers



MONROE COUNTY HCE INFORMATION

2023 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)

2023 Educational Program Chairmen
Cultural Arts: Louise Buchholz (435-6435)
Family: Bernie Arena (272-3371)
International: Barbara Mueller (372-9077)
Membership/Marketing: All Members (372-4354)

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.



IN MEMORIAM

In Loving Memory 

Winnie Joos passed away on June 22, 2023, at the age of 97. She spent the last four and a half years with her daughter, Karen Joos.

Winnie was a 70+ year HCE member, serving as the WAHCE president from 1998-2021. During her tenure she was the lead delegate to the Triennial ACCW Conference in South Africa. She also traveled to Washington, D.C. to present over 5,000 handmade ornaments (made by Wisconsin WAHCE members) to be placed on the Wisconsin Millennium Tree. She also was involved in the First Book (now Wisconsin Bookworms) project at the beginning, accepting the UWEX Chancellor’s Award.

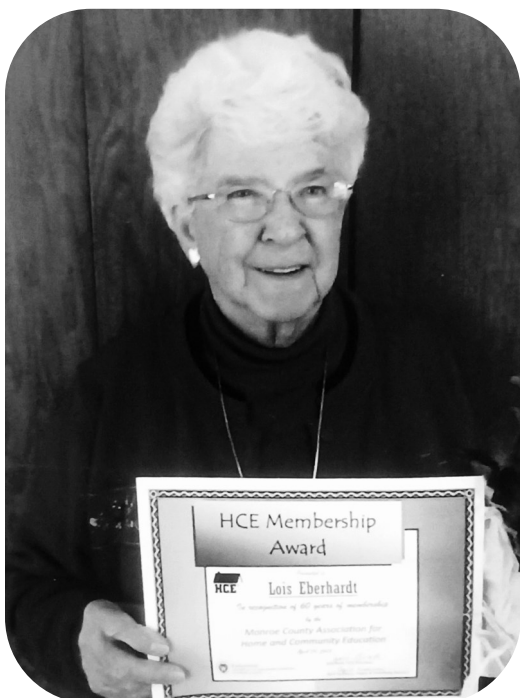
She was tenacious, fun-loving and hardworking. She was very crafty, doing quilting, sewing, crocheting, tatting, knitting, scrapbooking and card making.

I am thankful for having known and worked with her.

- - Bernie Arena



MEMBER AWARD



Congratulations! 

Lois Eberhardt was honored at Spring Fling as a **60 year member!**

Congratulations, Lois!

INTERNATIONAL



For the State Conference in September, we will be packing a shoe box of items for Nicaragua. Please bring the items to the August picnic and September meetings. The complete list is in the May Bridge. The list includes items for sewing, gardening, cooking and hair/personal item.

- - Barbara Mueller

BIRDS, BEES & BUTTERFLIES

Birds, Bees & Butterflies Offered Fun Learning Experiences

Jean Boak, Barbara Mueller, Ann Baker, Suzanne Baker-Young and I ventured out to the Necedah National Wildlife Refuge following the June 10, 2023, executive board meeting held at Perkins.

It was a beautiful day to walk the trails.

We visited with naturalists about their displays, which included native plants, bird houses, birding ideas, the Bumble Bee Brigade and protecting our pollinators.

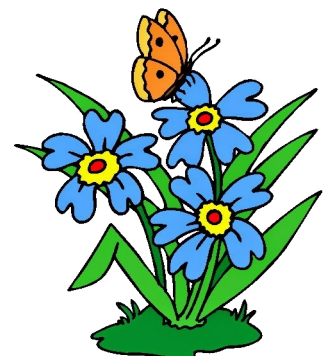
At 1 p.m. we attended Susan Carpenter's presentation on, "Native Plants and Native Bees". She shared many beautiful photos with the group.

Jean and I walked a bit further to the vendor area where sale products included nature cards, birdhouses, pollinator plants, Karner Blue Butterfly booklets, honey sales and beer tasting.

The event also featured arts and crafts, door prizes and a silent auction.

The Friends of the Necedah Wildlife Refuge handed out free origami paper cranes and free milkweed plants. It was a fun afternoon.

- - Bernie Arena



SCHOLARSHIPS



Scholarship Recipients Set High Standards

Maureen Cook and Annah Tiber are the recipients of this year's scholarships.

Annah graduated from Baraboo High School and will be attending the University of Wisconsin La Crosse campus in the fall. She earned a community service letter for volunteering more than 75 hours annually. She also earned the state "Spirit of Excellence" award as a junior for her scholarship, service and leadership out of 1,000 high school applicants.

She is a musician, a golfer and a volleyball player. She graduated as a Magna Cum Laude Honor Student.

Anatomy and physiology, along with biology, have inspired Annah to pursue a career as a radiation therapist.

Annah is the daughter of Troy and Michelle Tiber.

Maureen Cook hails from Wilton. She is a graduate of Royall High School.

She played volleyball and participated in track, along with many extracurricular activities.

Maureen broke her back when she was a junior, and had to give up sports. She stayed involved with her team, and helped her coach work with eighth grade students. She has also assisted the youth volleyball program as a volunteer coach.

She obtained her CNA license at the age of sixteen while working at Mile Bluff Medical Center in Mauston. She has completed her freshman year of college, and will attend Viterbo University this fall. She credits her Mom for inspiring her to become a nurse.

Maureen is the daughter of Chelsea Cook and Alan Cook.

These young ladies are the granddaughters of Mary Cook.

-- Bernie Arena

ANNUAL PICNIC

Picnic in the Park Set for August 21st

Our annual picnic will be held on Monday, August 21, 2023, at Shelter #2 in Memorial Park in Sparta.

The event will begin at 12 noon, and it is a potluck affair.

We will be preparing a shoe box of items for our Nicaragua partnership. They are in need of the following items: Sewing: sewing machine needles, spools of thread, scissors, cutting wheels, bias tape, lace, buttons, measuring tapes, pins and needles; Gardening: gloves, clippers, string and garden markers; Cooking: wooden spoons, measuring spoons, measuring cups, cupcake papers and spatulas; Hair and Personal Care: combs, brushes, hair clippers, hair clips, barrettes, barber scissors and rollers.

We will be taking a photo for the recipients and putting a note in the shoe box for them for a personal touch.

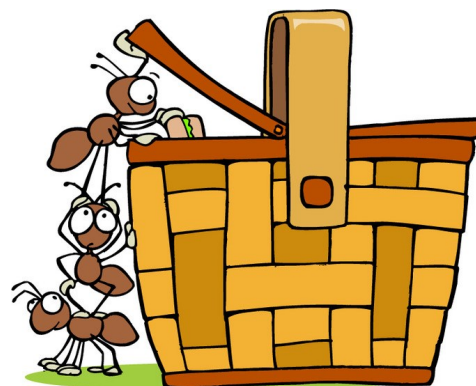
We will also be collecting items for Brighter Tomorrows. They provide hope to individuals facing domestic abuse by providing advocacy and support. All donations to them must be unused and unopened.

Domestic abuse is a huge project of ACWW (Associated Country Women of the World) with their, "Orange the World" project.

Currently they need baby wipes, kids toothpaste, baby wash, diapers, liquid hand soap, dish soap, paper towels, toilet paper, laundry detergent, dishwasher soap/tabs, all purpose cleaners Lysol cleaning wipes, shampoo, conditioner, nail polish, makeup, shaving cream, hair brushes and combs, hair bands, deodorant, mouthwash, toothpaste, feminine pads and tampons. Gift cards are also appreciated.

Monetary donations for either project are also of great value to them.

-- Bernie Arena



BRIGHTER TOMORROWS COLLECTION - AUG PICNIC

Brighter Tomorrows provides hope to individuals facing domestic violence and sexual assault in Monroe County. Last year they helped 311 survivors of abuse by providing them with advocacy and support.

Monroe County's need is greater than their existing budget can handle. They rely solely on grants and the generous support of community members.

They are reaching out to our community for help with their efforts. No donation is too small to make a difference.

Monroe County HCE will collect items for them at our August picnic on Monday, August 21, 2023.

Items currently needed include baby wipes, kids toothpaste, baby wash, diapers, liquid hand soap, dish soap, paper towels, toilet paper, laundry detergent, dishwasher soap/tabs, all purpose cleaners, Lysol cleaning wipes, shampoo, conditioner, nail polish, makeup, shaving cream, hair brushes/combs, hair bands, deodorant, mouthwash, toothpaste, feminine pads and tampons.

Currently they do not need toothbrushes/hotel toiletries, food products, clothing items, razors or bar soap.

All donations must be unused and unopened.

Monetary donations and gift cards to local merchants are also greatly appreciated.

Thank you for considering this worthy cause.

- - Bernie Arena



PROTEIN & VITAMIN B12

Get enough protein and vitamin B12

Protein can help prevent muscle loss as you age, and many older adults don't get enough. Lean meats, poultry, and eggs are good sources of protein – but most older adults already eat the recommended amount of these.

So branch out and try these tips to include a variety of healthy protein choices in your eating routine:



Seafood – eat fish or shellfish instead of meat a couple times a week



Soy – drink unsweetened fortified soy beverages (soy milk) and add tofu to your stir-fry, soups, and stews



Dairy – drink low-fat (1%), fat-free (skim), or lactose-free milk with meals and add low-fat yogurt and cheeses to your eating routine



Beans, peas, and lentils – use black beans, red lentils, or chickpeas in place of meat in your favorite recipes

Many older adults have trouble getting enough **vitamin B12**. You can get B12 from:

- Foods from animal sources – like meat, seafood, dairy products, and eggs
- Fortified plant foods with added vitamin B12 – like fortified soy milk and some whole-grain breakfast cereals



What about taking supplements?

It's best to get most of the nutrients you need from foods and drinks. But some older adults may need supplements to get enough of certain nutrients, like vitamin B12 and vitamin D.

Talk with your doctor **before** you start taking any supplements.

SUMMER SELF-CARE BINGO

Prioritize your self-care this summer by completing a BINGO from the board below

UNPLUG FROM TECHNOLOGY FOR A DAY	COMPLETE A CREATIVE PROJECT	GO FOR A WALK	PUT YOURSELF FIRST FOR AN ENTIRE DAY	VISIT A NEW PLACE
PLANT SOMETHING	LISTEN TO YOUR FAVORITE MUSIC	DO SOMETHING NICE FOR SOMEONE ELSE	LEARN SOMETHING NEW	HAVE A PICNIC IN THE PARK
TAKE A NAP	SPEND TIME IN NATURE		CALL A FRIEND	DO A RANDOM ACT OF KINDNESS
LIST THREE THINGS YOU ARE GRATEFUL FOR	STRETCH	WRITE A LOVE LETTER TO YOURSELF	SELF HUG	SIT IN SILENCE FOR 10 MINUTES
SPEND TIME WITH YOUR FAVORITE PEOPLE	ORGANIZE A NEIGHBORHOOD CLEAN-UP	REVISIT SOMETHING YOU ENJOYED AS A CHILD	MAKE A VISION BOARD OF YOUR DREAMS	START A NEW BOOK

Send a photo to info@randomactsofkindness.org or post on social media with #RAKtivist once you've completed a BINGO.



Altruistic August 2023

MONDAY



7 Give time to help a project or cause you care about

TUESDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

WEDNESDAY

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

THURSDAY



3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

FRIDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

SATURDAY

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

SUNDAY

6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together