



Extension
UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

Monroe County Extension Office
206 South K Street
Sparta, WI 54656
Phone: (608)269-8722
WI Relay: 711



The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

We certainly have enjoyed our fall weather this year. Right now I'm watching the snow flurries. I think that is a sign of the changing season. We all enjoyed our Fall Fest. Once again we had good food from Danita and her husband. Thanks for the light refreshments and coffee before the meeting. We collected quite a few children's books and items for the baby basket. Thank you, Mary for setting up the silent auction and door prizes. Louise reported on some ideas for cultural arts and a community service project to be involved with. April reported on her obligations that she is involved with. Very busy. Bernie, Barbara, and Louise gave a review on the State Conference. Always a great time. I gave a report on the Fall West District. Very interesting Fall Fest for all of us. I can't forget our speaker, Jim Suchanek. Who would have thought that growing Giant Pumpkins would be so interesting. Our Tomah club met on November 13th. Thanks Louise for sharing her ideas and supplies for making cards during our meeting. Louise plans to do it again in January. The cards will be donated to Family Promise and Rolling Hills. Our Christmas event will be December 11th at LaGrange Town Hall. We plan to make Christmas cards. Starting at 10AM to 2PM. Hope to see you there.

Take care,

Jean

Happy Holidays !

November /December 2024

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

CALENDAR OF EVENTS



November 29 - Tomah's Holiday Parade

December 1 - Send dues for 2024 to Treasurer. Dues are \$10 per member.

December 11 - Christmas event at the La Grange Town Hall

December 20 - Westside Club Bake Sale at the Sparta Barney Center, 1000 E. Montgomery St. Sparta, WI from 9 a.m. until Noon or sold out. Lots of holiday treats!



MONROE COUNTY HCE INFORMATION

2024 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)

2024 Educational Program Chairmen

Cultural Arts: Louise Buchholz (435-6435)
Family & WI Bookworms: 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.



TREASURER'S UPDATE



The first snowfall certainly confirmed that winter is just around the corner. It's a time of regrouping and making plans for the new year. The 2025 county membership dues are payable now. Dues for the year remain the same at \$10.00 per person. Our county retains \$4.00 per person. The state organization gets \$5.00, and the West District gets \$1.00 per person of the amount. Pennies for Friendship are collected now, too. These funds go to our International projects. Those projects include the Wisconsin Nicaragua Partnership (water filters, water wells, the learning centers, etc.) the Ventures in People which supports six student scholarships in Haiti, the bee keeping project, and a general fund to use as needed. Some current funding is now being used in Ukraine for counseling children with PTSD. Send your pennies in before the end of the year. Payment for these items can be sent to me: Bernie Arena, 4261 Basswood Road, Sparta, WI 54656. Please make your checks out to Monroe County HCE. Thank you.

-- Bernie Arena

WESTSIDE CLUB MEETS

The Westside HCE Club met on Thursday, October 24, 2024, at the Sparta Barney Community Center. Charlotte (Char) Roehrl, of Sparta, was welcomed as a new member. The club set December 20, 2024, as the date for their bake sale. It will be held at the Sparta Barney Community Center, 1000 East Montgomery St., in Sparta, beginning at 9 a.m. and run till 12 noon or when sold out. April updated the group on county happenings. Sue Dumas, Alyce Johnson and Char Roehrl met at Bernie Arena's home on November 14th to practice making rosette cookies. After several hours they made a unanimous decision not to make them for the bake sale. Plans were made to set up the bake sale. Sandy from the nutrition set will put an ad in the ADRC paper for us. Bernie will work on advertising. Members made plans to attend the December 11th Christmas gathering at the La Grange Town Hall. It will run from 10 a.m. to 2 p.m. Members will gather on Tuesday, January 21, 2025, at 11:45 a.m. at the Barney Center to make cards, under the guidance of cultural arts chair Louise Buchholz.

-- Bernie Arena



KITCHEN ANGEL CRAFT

Materials Needed: 1 hand towel
 1 matching dish cloth
 1 matching hot pad
 24" narrow ribbon (30" is easier)

Directions:

Cut off all labels. Lay towel flat on work surface. Fold like an accordion making sure that both edges face the same direction. Then fold in half. Take 15" of the ribbon and tie it around the towel 2" below the rounded fold. Have excess ribbon going the same direction as the edges. Gather the hot pad into pleats with the loop on top. Tie it with the same ribbon as tightly as you can putting the ribbon through the loop.

Take the dishcloth and lay it flat on your surface. Bring opposite corners into the center. (Watch the design on the cloth as you may want to offset the corners so the design shows better.) Then fold in thirds, tuck under the hot pad as far up as you can get it. Bring cloth around the towel overlap the ends, and tie securely with ribbon. Add flowers and make a small bow with excess ribbon.



I am an angel from the heart
 And given with love to you
 If you get tire of me hanging around
 Undo me and I'll work for you.

- - Louise Buchholz

NEWS BITES FROM BARB MUELLER

At our Fall Fest, I presented information and statistics about the crisis of loneliness and isolation. It's surprising how this crisis negatively affects our health. Thank you to those who read the social connection fact cards. I also shared a colorful handout showing the Seven Grandparent Teachings: Truth, Humility, Love, Bravery, Respect, Honesty, Wisdom; this was from an American Indian speaker at the State Conference. Our Tomah group met November 13th; there were seven of us attending. We had a short meeting and enjoyed our lunch. Louise brought lots of materials for making greeting cards. Darlene Heistad, from the Sparta group joined us for lunch and making cards. Those who stayed for the card making, worked at their creations for close to two hours.

- - Barb Mueller

COMMUNITY SERVICE PROJECT

Wheelchair Bag**Cut:**

Bag - 2 pieces 14" x 16"

Outside pockets - 1 piece 14" x 14" (contrasting material)

Straps - 2 pieces 3" x 11"

Sew:

Outside pocket fold in half, right side in and sew as a sleeve. Turn right side out. Press. Top stitch one long side. Place this piece on right side of 14" x 16" halfway down so that 14" ends match. Stitch outside pocket bottom to bag halfway down. Stitch outside pocket into 3 pockets at about 3 1/2" - 5 1/2" - 4" or any other size.

Place right sides of each 14" x 16" together and make 2 bags 8" x 14". Stitch side seams for each bag. Turn one bag with outside pocket to right side out. Insert other bag inside first. Fold top raw edge under 1/4" on both. Pin tops of 2 bags together.

Take strap material. Right sides together the long way. Turn right side out. Insert one end of each tube into top of bag about 3" from outside edge.

Top stitch the top of 2 bags together with strap in. Attach Velcro on other end of straps.

Press seams as you go.

If this is confusing, bring to Christmas event on December 11th, and I will help you.

Or call 608-435-6435.

-- Louise Buchholz



CARING & SHARING

Hi everyone,

Can you believe it is November already? This year is almost over it has gone so fast. What have you all accomplished so far this year?

I have really gotten into crafting. Keeps me busy and happy. I made a bowl out of jute and glue. It was fun but messy. I painted a picture of three stacked pumpkins. And I made tiny pumpkins out of yarn and toilet paper rolls. Going to make a little turkey out of pine cones. Would like to hear what you have been doing. I think Sue Dumas has been doing some needle work. Looks pretty!

I had a tiny operation to replace the battery for my DBS. Deep brain stimulator. It helps my Essential Tremors. The lady at Senior Dining (I call it Old People Lunch) had a knee replaced. She was on crutches for 6 weeks. So nice to have her back. The other lady Joanne Capaul works so hard for us. A really nice lady.

April is doing an exercise class at the Barney Center. Sounds like a lot of fun. Bernie Arena is another one working like crazy for all of us. She does a lot of meetings and keeps everything in order for us.

They built a new Pickle Ball place across from the Barney Center. Looks pretty busy and they are having a good time over there.

BTW . . . Do you all know that the Barney Center is a shelter for storms? You can go there for tornadoes, etc. and be safe.

By the time you get this we will have had our Fall Fest meeting at the La Grange Town Hall. It is so nice to see people from other clubs. I will tell you more about the meeting next month. Wish more people would sign up to be members.

PRAYERS still need to go out for Jean's husband. He is recuperating at home now. Also we need prayers for Betty Pottinger. The doctors wanted to talk to her in person about her pancreas. She is such a sweet person. Please pray. And I heard Peggy Hanson needs prayers, will let you know more when I hear more. Our new member Erna Buchanan has been having pain in her neck, going to the chiropractor quite a bit. Nice lady just lost her husband a few months ago. Prayers.

We talked about our Christmas Bake Sale Fundraiser at our last meeting. I will let you know more about that in the December newsletter. As I am writing this in the middle of October. Crazy huh?

We have had some really nice weather but I know what is coming and don't like cold. Old Arthur Ritis visits me too much. I must say we have had some beautiful scenery.

Don't forget Thanksgiving, we have sooo much to be thankful for. After that, we can think about Christmas.

If anyone needs anything, I am just a phone call away. I love you all so much.

-- Alyce.....1-262-496-3748



BABY BASKETS & BOOKS DELIVERED



Avah Lynn Compton and Caleb Garcia Franco are the newest babies to receive our baby baskets. What a pleasure it was to meet them and their families. Avah was born on November 4, 2024, to Barbara Anderson and Vincent Compton. She has two older sisters, Bryrigh and Paisley. The family resides in Elroy, Wisconsin. They were all at the hospital when I delivered the basket.

Caleb arrived on November 9, 2024. His parents are Veronica Franco and Genaro Garcia Evuz. He has one older sister, Allison. A very proud uncle was at the hospital with Veronica, Caleb and Allison. I met them at the hospital with the basket on a return wellness visit. An interpreter helped me communicate with them.

Both families were very excited to get the baskets—especially those older sisters. I will share photos at our Christmas event. We collected 74 books at our Fall Fest. They were delivered to Brighter Tomorrows. They were thankful for the donation. Thank you to everyone who contributed to these projects. Your generosity is contagious.

- - Bernie Arena

CHRISTMAS GATHERING - DEC 11, 2024

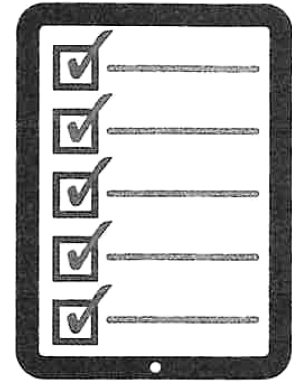
Everyone is invited to our Christmas event slated for Wednesday, December 11, 2024, at the LaGrange Town Hall, 22731 Flint Avenue in Tomah, Wisconsin. It will run from 10 a.m. to 2 p.m. This is a wonderful time of sharing each year—crafts, poems, recipes, songs or special holiday happenings. Louise Buchholz will be bringing her card making supplies.

We will be spending time creating cards for the area nursing homes. This would be a great time to invite a friend to come and enjoy the day. Make sure you bring scissors and whatever card making supplies you may have to contribute. If you are making wheelchair bags and have questions, bring them that day and Louise will help you. Please bring finger foods or holiday treats to share. I hope to see you there.



- - Bernie Arena

125 tasks you need to consider on the most difficult day of your life



The following is a list of 125 items that often need to be considered following the death of a loved one. Many of the items on this list can be collected or planned in advance, helping to remove a significant burden from loved ones during a most challenging time.

Secure vital statistics

1. Full legal name
2. Complete address
3. Telephone number
4. Email address
5. Date of birth
6. Place of birth
7. Marital status
8. Name of spouse
9. Spouse's maiden name
10. Education and/or degrees obtained
11. Citizenship
12. Father's name
13. Father's birthplace
14. Mother's name (including maiden name)
15. Mother's birthplace
16. Names of children, grandchildren and great-grandchildren
17. Social Security number
18. Veteran's serial/service number
19. Date and place of military service
20. Date of discharge from military service
21. Length of stay at current residence/ former residences
22. Employment history
23. Location of most recent employer, including contact information
24. Family origin

Decide, plan and arrange within a few hours

25. Cemetery arrangements
26. Interment space and exact location of burial/disposition
27. Opening and closing of the grave/mausoleum/ niche space
28. Endowment care

29. Graveside committal service
30. Use of cemetery chapel for committal prayers
31. Embalming and other preparation for loved one
32. Restorative art
33. Funeral home selection
34. Location of funeral service
35. Service type (religious, fraternal, military, etc.)
36. Time and place for visitation and funeral service
37. Alternative services (non-religious, celebrant, celebration of life event)
38. Eulogy content (and who will deliver it)
39. Casket selection (open or closed)
40. Outer burial container and/or burial vault
41. Urn/niche space
42. Obituary content and placement
43. Clothing for loved one
44. Jewelry and glasses for loved one
45. Cosmetology and hairdressing for loved one
46. Scripture, readings and/or poem choices
47. Clergy, celebrant or other officiant
48. Grave marking (temporary or permanent)
49. Memorial marker/monument setting and inscription
50. Charitable organization preferences for memorials in memory of loved one
51. Register book, memorial/prayer cards
52. Pallbearer choices
53. Floral arrangements and their delivery
54. Music selections
55. Music performer(s) such as organist, pianist and/or vocalist
56. Funeral coach arrangements
57. Limousine for family and pallbearers
58. Funeral car list for family and select guests
59. Transportation for other family members and guests
60. Funeral clothing for family members

Continued →

125 tasks you need to consider on the most difficult day of your life

Continued

Decide, plan and arrange within a few hours

- 61. Care of children and pets during services
- 62. House cleaning
- 63. Extra chairs; special seating requirements (i.e. accessible for people with disabilities)
- 64. Reviewing and signing paperwork (i.e. burial permit)
- 65. Main point(s) of contact for answering phone calls, emails, letters, etc.
- 66. Meetings with funeral director, lawyer, clergy and cemetery representative
- 67. Transportation and lodging for out-of-town guests
- 68. Acknowledgements for those who help in a special way (contributors of flowers, food, other donations)
- 69. Number of certified copies of death certificate to order
- 70. Food for family and out-of-town relatives and guests
- 71. Items for memento display and/or memorial board
- 72. Memorial video production needs, including photos, music, etc.
- 73. Thank you notes

Notify as soon as possible

- 74. All immediate family members
- 75. All other relatives
- 76. All friends
- 77. Minister and church
- 78. Funeral director
- 79. Pallbearers
- 80. Cemetery caretaker
- 81. Doctor(s)
- 82. Employer of deceased
- 83. Employers of family members who will miss work
- 84. Music performer(s) such as organist, pianist and/or vocalist
- 85. Newspapers (for notices and/or obituary arrangements)
- 86. Social Security Administration
- 87. Veterans Administration
- 88. Insurance agents
- 89. Religious, fraternal and civic organizations and unions
- 90. Attorney, accountant, financial planner and executor of estate
- 91. Banks and credit card companies
- 92. Cell phone and online account providers (email, social media, etc.)

Pay for some or all of the following

- 93. Estate/inheritance taxes
- 94. Funeral service expenses
- 95. Family burial estate, mausoleum or cremation niche
- 96. Permanent memorialization
- 97. Monument/marker engraving
- 98. Funeral director fees
- 99. Clergy fees
- 100. Music performance expenses
- 101. Floral arrangements
- 102. Obituary costs
- 103. Any special event requests (dove or balloon release; motorcycle hearse, etc.)
- 104. Funeral catering/other food expenses
- 105. Transportation
- 106. Medical personnel fees
- 107. Ambulance transportation
- 108. Hospital, nursing home and/or hospice costs
- 109. Medications
- 110. Immediate bills (mortgage/rent, taxes, loans, credit cards, utilities, etc.)

Collect documents and paperwork

- 111. Will
- 112. Birth certificate/legal proof of age
- 113. Certificates, permits and other legal papers
- 114. Citizenship papers
- 115. Social Security card
- 116. Marriage license
- 117. Veteran's discharge certificate
- 118. Insurance policies (life, health, accident, property, auto) and government forms
- 119. Disability claims
- 120. Bank books and listing of accounts
- 121. Other financial documents
- 122. Property deeds
- 123. Cemetery deed or proof of ownership
- 124. Auto titles or bill of sale
- 125. Income tax returns, receipts and cancelled checks





December Kindness 2024



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 Spread kindness and share the December calendar with others

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2025



ACTION FOR HAPPINESS

Happier · Kinder · Together