

EXTENSION CONNECTION

a newsletter to support your
health, home, and family life

WHAT'S INSIDE

Celebrate 529 Day	1
Maintaining Good Mental Health	2-3
Encouraging Adventurous Play	4
Have a Food Safe Summer	5
Recent Programming	6
Upcoming Programs June – August	7-11
Community Resource Highlights	12-13
Educator Contacts	14

Summer 2022

SERVING ADAMS, GREEN LAKE,
MARQUETTE & WAUSHARA COUNTIES



Extension
UNIVERSITY OF WISCONSIN-MADISON

Celebrate 529 Day

Every year May 29th (5/29) is celebrated as “529 Day.” It is a day to learn about the benefits of saving early for higher education for children, because a little savings can go a long way to building future dreams. Why “529 Day”? Because 529 College Savings Plans are named for Section 529 of the federal tax code. They are an easy way to save and invest for higher education, whereby *anyone* can set aside money for a child’s future education and watch that money grow tax-free.

Parents, grandparents, and community members can all help a child realize their potential, by putting money aside for future education. When the child is ready to continue their education, the funds can be used for tuition, room & board, books and more. And the best part is that there are no income tax on those withdrawals. Plus, the depositor gets a Wisconsin state tax credit on their contributions. Visit edvest.com to learn more about 529 plans, Edvest, and Tomorrow’s Scholar.



Finding money in the budget to save for college is a challenge for many families, yet there may also be some opportunities as your child gets older. Perhaps you have been paying child care costs, but now your child is starting school half-days or full-days. Some households may be able to use savings from previous child care expenses to start their college savings fund. The average cost of child care in Wisconsin for a 4-year-old is nearly \$9500 per year, or about \$36 per day for a 5-day week. If a family is able to save even half of this cost for college during their child’s 13 years of K-12 schooling, that would total over \$60,000 for that child’s future education!

It’s not just about how much money parents are able to save. When children see their parents setting aside money for their college education and career training, it sends a powerful message to kids about the importance of their future. Research on college savings accounts for young children suggests that children are four times more likely to enroll in college and about five times more likely to graduate from college than a child with no savings account. Higher enrollment and graduation rates were found even in families with less than \$500 saved for their child’s future education. Having this special savings account contributes to a ‘college-bound identity’ when children know they are expected to continue studying for their future profession after high school.

Children with a ‘college-bound identity’ are found to do better in high school, are more engaged in school, and even get higher grades. It’s never too late to set aside a small amount of money earmarked for future education, whether your child is 6 or 16. This 529 Day, encourage a child to have big dreams for their future by setting aside some funds for their education.

By: Katie Gellings, Human Development & Relationships Educator, Green Lake County

MAINTAINING GOOD MENTAL HEALTH

Whether you realize it or not, mental health plays a big role in your overall well-being. When you're mentally healthy, you are able to enjoy your life and the people in it, feel good about yourself, keep up good relationships, and deal with stress. It's normal for your mental health to shift over time – we all face difficult situations in our lives. Creating positive habits is a great way to support your mental health when you're doing well and helps you build skills to use if you do face symptoms of a mental health condition.

FOOD CHOICES AND NUTRITION

The quality of food you eat can impact your overall physical and mental health. Your gut is often called "the second brain" and communicates with your actual brain – physically through the vagus nerve and chemically through hormones and neurotransmitters (chemical messengers that carry signals between cells). The bacteria, viruses, and fungi that live in the gut are called the "gut microbiome" – eating nutritious foods is the number one thing you can do to keep your gut microbiome healthy and protect your brain.

Important nutrients for mental health:¹

OMEGA-3 FATTY ACIDS:

essential to brain health and reduce inflammation and risk of heart disease

B-GROUP VITAMINS:

help to regulate brain chemicals, immune function, and amino acids (the building blocks of proteins)

VITAMIN D:

important for brain function, including mood and critical thinking

Learn more at mhanational.org/food and mhanational.org/gut-brain.

EXERCISE

Staying active benefits many aspects of health and can prevent physical and mental health symptoms from worsening. Making time for exercise and movement each day improves self-esteem, brain function, and sleep and has been found to lessen social withdrawal and stress.

Getting exercise doesn't have to be intimidating!

You don't have to work out for hours on end – just 15 minutes of intense exercise at a time, ten times a week, will get you the recommended amount of physical activity. Just one hour of exercise per week can help prevent symptoms of depression.²

Choose activities that are easy to work into your life – walk the dog for an extra 20 minutes or do some floor exercises while you're watching a movie or your favorite show.

Learn more at mhanational.org/exercise.

SLEEP

Your health heavily depends on how rested you are. Sleep plays a role in your moods, ability to learn and make memories, organ health, immune system, and other bodily functions like appetite, metabolism, and hormone release.³ It also helps the body re-energize its cells and clear out toxins.⁴

Quality of sleep matters, not just how many hours you get.

Good quality sleep means:⁵



BEING ASLEEP FOR 85% OF THE TIME YOU'RE IN BED OR MORE.



FALLING ASLEEP IN UNDER 30 MINUTES.



WAKING UP NO MORE THAN ONCE PER NIGHT FOR NO LONGER THAN 20 MINUTES.

Learn more at mhanational.org/sleep.

STRESS MANAGEMENT

Dealing with stress is a normal part of life – we all experience it during times of too much responsibility, too little sleep, or external worries like money or relationships. In most cases, stress comes and goes fairly quickly, and the body can return to its typical state. However, consistently high stress – because you are unable to relieve your stress or are constantly facing stressful situations (chronic stress) – can negatively impact attention, memory, and how you deal with emotions in the long term.

Learn more at mhanational.org/stress.

IDENTIFY COPING SKILLS

Coping skills are activities or strategies you can use to reduce or tolerate tough feelings. No one thing works for everyone, so it might take a few tries to figure out what helps you. Test out a range of techniques so that you're prepared for those times when your well-being starts to slip.

You may want to keep a running list (on your phone or on paper) of what works for you, like calling a friend or doing an at-home workout. This makes it easier to get started when you're in a tough mental state.

If you're starting from scratch, MHA has resources for "Building Your Coping Toolbox."

Learn more at mhanational.org/coping-toolbox and mhanational.org/manage-emotions.

BUILD A SUPPORT SYSTEM

Having people in your life who you relate to and can lean on goes a long way in improving your mood and general well-being. Humans are social beings, and our brains are wired to seek connection. Having people to support you during times of hardship protects your long-term mental health. Not only can a strong social support system often prevent mental health concerns or symptoms from developing into a diagnosable mental health condition – a strong social support system has also been shown to improve overall outcomes in recovering from a mental health condition.

Find your people:

Connect with people over shared hobbies and interests – it's less intimidating to make new friends when you already have something in common.

Consider community service or volunteering. Giving back is a great way to feel less alone – you'll meet new people and likely learn about local events and resources.

Focus on quality relationships – having one person you really trust will serve you better than many surface-level connections.

Learn more at mhanational.org/social-connections.



IF YOU'RE CONCERNED ABOUT YOUR MENTAL HEALTH OR JUST WANT TO CHECK IN WITH YOURSELF, TAKE A SCREEN AT [MHASCREENING.ORG](https://mhascreening.org).

SOURCES

- Seide, M. (2022, January 27). *Vitamins and supplements to boost your mood and brain health*. <https://www.verywellmind.com/your-brain-needs-these-vitamins-5114455>
- Harvey, S.B., Øverland, S., et al. (2017). Exercise and the prevention of depression: Results of the HUNT Cohort Study. *The American Journal of Psychiatry*, 175(1), 28–36. <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2017.16111223>
- National Heart, Lung, and Blood Institute. *Sleep deprivation and deficiency*. <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>
- Xie, L., Kang, H., et al. (2013). Sleep drives metabolite clearance from the adult brain. *Science*, 342(6156), 373–377. <https://doi.org/10.1126/science.1241224>
- The National Sleep Foundation. (2020, October 28). *What is sleep quality*. <https://www.thensf.org/what-is-sleep-quality/>

Encouraging Adventurous Play

Climbing trees, running down a hill, jumping off a big rock, balancing on a log...sounds fun, doesn't it? These are some examples of "Adventurous Play". Most of us parents played like this when we were kids, but for many it might feel dangerous to see our own little adventurous child exploring some of these activities. However, it's important to remember that children learn through play. Children are curious about the world around them and are constantly learning as they explore.



What is adventurous play? Adventurous play, sometimes called risky play, involves kids experimenting in the world around them and pushing themselves to figure out what will happen, without knowing the exact outcome. It may include exploring heights through climbing trees, riding on a rollercoaster or playing near water.

Why encourage adventurous play? Adventurous play in early childhood can help develop a child's self-confidence, resilience, problem solving skills, and even risk management skills. Through adventurous or risky play children are learning and figuring out the world around them. They are also less afraid to try new things when they are older.

How can I encourage adventurous play?

Provide guidance & be supportive: You can do this by asking questions and letting them talk things through. Instead of saying "be careful" you can say things like, "what's your plan?" or "where are you going to put your foot next?" or "what can you use to get across that?" This helps them build problem solving skills and confidence in their abilities.

Don't let your own fears get in the way. Focus on them being as safe as necessary instead of as safe as possible. This may mean letting them walk across a balance beam at a playground with you standing close by watching, but not holding onto them. This does not mean you aren't supervising your children, just that you are letting them explore and learn about their surroundings. Remember, even if your child falls when jumping from a platform on the playground, they are learning and improving their skills with each attempt.

Adventurous Play activities to try out!

- Exploring new hiking trails or playgrounds
- Climbing trees
- Jumping in puddles
- Balancing on a stump or log
- Crawling through a tunnel
- Walking on stepping stones in a low stream



By: Hannah Zellmer, Human Development & Relationships Educator, Marquette County

Have a Food Safe Summer

Summer is a glorious time to enjoy fun activities with family and friends. Did you know that you are more likely to get food poisoning (foodborne illness) during the summer months than any other time through the year? You may ask, “Why is that?” According to the USDA, bacteria are present throughout the environment in soil, air, water, and in the bodies of people and animals. These microorganisms grow faster in the warm, humid summer months. Given the right environment, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick.



With more celebrations and festivities, it's possible that food poisoning can put a damper on summer fun. The overwhelming majority of hospitalizations from salmonellosis occur in children under 5 years of age. As we age, we have more trouble fighting off germs. So be careful about how food is prepared and stored. When preparing foods, follow these basic steps to keep yourself safe and healthy this summer:



Clean: Wash your hands with soap before all meal preparations, and after handling animals and pet food. Wash the cutting board, and the counter with hot, soapy water, and make sure knives and other utensils are clean before you start to prepare food.

Don't rinse raw chicken. This spreads germs around the kitchen and is not a food safety step. And rinse all fresh raw fruits and vegetables just before eating. Wash plates, utensils, and cutting boards that hold the raw meat or poultry before using again for cooked food.



Separate: Keep raw meat, poultry, seafood, and eggs (and their juices and shells) away from foods that won't be cooked. When packing the cooler for an outing, **wrap raw meats securely; avoid raw meat juices from coming in contact with ready-to-eat food.**



Cook: Use a food thermometer. Put it in the thickest part of the food you are cooking to check that the inside has reached the right temperature. For chicken that's 165°. Keep the hot food hot while serving by serving from a slow cooker or hot plate.

Chill: Keeping foods cold slows the growth of germs, so try to keep your refrigerator at 40° F or below and freezer at 0° F or below. When traveling, use a cooler with ice or chill packs. If serving food at a gathering, place the food on ice. Throw food after being out for two hours at room temperature.



By: Mary Ann Schilling, Health & Wellbeing Educator, Waushara County

Recent Programming

Adams County Humane Society Volunteer Day

On March 18 and April 8, a group of sixth graders gave a few hours of their time on a day of no school to volunteer at the Adams County Humane Society. They washed pet dishes, folded laundry, mopped floors, and played and interacted with the cats and dogs.

These students are part of the Teen Outreach Program at Adams-Friendship Middle School. Wyman's Teen Outreach Program (TOP) is coordinated locally by Health First Network, in partnership with Sheila Michels of Extension Adams County. TOP meets weekly from October through May and provides students an opportunity to learn and practice social-emotional and life skills, collaborate on community service-learning projects, and engage in interactive experiences and discussions. Through the program, they build educational success, life and leadership skills, and healthy behaviors and relationships.



Upcoming Programs June - August 2022

BABYSITTING BASICS CLASS

When?

- **Thursday, June 16th, 8:00 am - 4:30 pm**

Who?

- **Youth ages 11-15**

What do you learn?

- **basics of child development, nutrition, entertaining children, safety & first aid**
- **CPR certification**

This high quality class helps to make young people responsible babysitters. Class is limited to 18 students, and we must have at least 9 paid registrations by Friday, June 10th, or the class will be rescheduled. Cost of the class is \$30.00. This includes instruction, materials, and certification cards.

Register at <https://forms.gle/1z5FtfixyRAPLcMV9>

Questions? Contact Hannah Zellmer at 608 297 3139 or hannah.zellmer@wisc.edu



Extension
UNIVERSITY OF WISCONSIN-MADISON
MARQUETTE COUNTY



An EEO/Affirmative Action Employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible (10 days is reasonable) preceding the scheduled program, service or activity.

Play and Learn

Fun and relaxation for children ages 0-6 and their parents, grandparents, or caregivers. Participate in early learning activities that enhance your child's development and promote school readiness.

Green Lake County - Wednesday

Berlin, WI

1st, 3rd & 5th Wednesday of every Month
North Ball Diamond Shelter Riverside Park
501 River Drive
9:00 am

Markesan, WI

2nd and 4th Wednesday of every Month
Hine Park
Between S. Bridge & South Main St.
9:30 am

Marquette County - Thursday

Westfield, WI

1st, 3rd & 5th Thursday of every Month
Pioneer Memorial Park Chuckwagon Shelter
316 Pioneer Park Rd.
10:00 am

Montello, WI

2nd and 4th Thursday of every Month
Montello City Park
345 Doty Street
10:30 am

LEARNING TIME

SNACK TIME

PLAY TIME



It's FREE!
Please register to attend!
Call or Text 715-896-8437
centralwigroups@chw.org

Stay up to date on
Facebook at
Children's WI Start
Right of Marquette
and Green Lake
Counties

 **Children's**
Wisconsin
Kids deserve the best.

MAKING PHYSICAL ACTIVITY FUN!!



CAN'T BE!! REALLY!!

COME JOIN Sheila Michels, UW-Madison Extension Health and Well-Being Educator, at the new Adams YMCA on June 7, 2022, at 4:00 p.m. to learn how to include a variety of physical activities as you age, all while having fun!!



Regular exercise has been shown to improve your health significantly. And that's not all. It can also help you maintain good energy levels. In short, exercise is powerful and can help improve your life.

Registration is limited.

To register contact the Extension Adams County Office at 608-339-4237 or email liarneson@co.adams.wi.us

Babysitting Basics Class

A high quality class to make YOU the best babysitter possible! The course covers: basic child development, positive discipline, nutrition, diapering, entertaining children, safety and Heartsaver CPR certification.

Who: Youth age 11-15

Date: June 16th, 2022

Time: 8:00 am- 4:30 pm

Where: Marquette County Services Building, 480 Underwood Ave. Montello, WI 53949

Cost: \$30

To Register: <https://forms.gle/9SxzjyMhfGpHhkzC7>

Contact: Hannah Zellmer

Kids in the Kitchen

Does your child like to help you in the kitchen? Peak their interest in the food world even more with this hands on, kid friendly, cooking class! They will learn the basics of cooking and build the start of a foundation for healthy eating habits.

Who: Youth ages 7-12

Dates: June 20, June 27, July 18, or August 1

Time: 2:00pm-3:00pm

Where: Berlin Senior Center (kitchen), 142 Water Street, Berlin

Cost: \$5

To Register: <https://berlinwi.myrec.com/info/default.aspx>

Contact: Katie Gellings

Marquette County Fair: Block Party!

An interactive booth display where families can explore and learn through playing with all different kinds of blocks. Playing with blocks can provide experiences where children learn math, science, new words, pre-reading skills, social skills, and physical skills.

Who: All ages!

Dates: July 7th & 8th

Time: 10:00 am- 6:00pm

Where: Marquette County Fairgrounds, Fairground St. Westfield, WI 53964

Cost: Free

To Register: No registration required

Contact: Hannah Zellmer

Sharing with Youth Day: Miss Piggy Counting and Crafts

For one day, and one day only, sharing with youth is back! On Wednesday August 3rd, enjoy a day of free programming while learning and having fun with your friends. This class includes a story about saving money and decorating a ceramic piggy bank.

Who: Youth ages 5-15

Dates: August 3

Time: 10:00am-11:00am

Where: North Ball Diamond Shelter House

Cost: Free

To Register: <https://berlinwi.myrec.com/info/default.aspx>

Contact: Katie Gellings

Green Lake County Fair: Money Smart Kids

Join us for a story about saving money and decorating a ceramic piggy bank! This program will run twice. Youth can participate in one session. No registration is required.

Who: Youth ages 3-8

Dates: August 5

Time: 9am-9:45am, 10am-10:45am

Where: Green Lake County Fairgrounds, 570 South St, Green Lake, WI 54941

Cost: Free

To Register: No registration required

Contact: Katie Gellings

Community Resource Highlights

In every newsletter, we will highlight a community resource from each of the four counties



Get Connected. Get Help.™

United Way's 2-1-1 is a source of information & referral for people looking for community services and resources, especially for those who need essential services, such as food, shelter, counseling, employment assistance, and more.

- Simply **dial 2-1-1** for free, confidential information on community, health and social services.
- Callers receive personalized information from a live resource specialist.
- FREE, confidential and easy to use.
- Available 24 hours a day, 7 days a week



Public Health
Prevent. Promote. Protect.

The Waushara County Health Department has a variety of services to offer to the public. Community Health and Prevention Programs that are offered include:

- Blood Pressure Program
- Foot Care Clinic
- Loan Closet - Equipment Rental
- Immunizations - The Waushara County Health Department is currently offering COVID-19 vaccine by appointment only. Please call us at 920-787-6590 to make an appointment.
- Car Seat Program

The hours are Monday - Friday from 8:00 am - 4:30 pm.

Location: 230 W. Park Street, Wautoma, WI 54982

For more information on these programs

Phone: 920-787-6590 or Email: public.health@co.waushara.wi.us



ThedaCare Rural Health Initiative

Who do we serve?

- Anyone who contributes to agriculture.
- Must be 18 years and older.
- Family Farms (with or without hired staff)
- Dairy Farms (of any size).
- Hobby and Crop Farms
- Amish
- Agribusinesses

What services do we provide?

- In-Home/On-Site Preventative Health Screening(s).
- Immediate test results including blood pressure, blood glucose, triglycerides, cholesterol, weight, height, and body mass index (BMI).
- Health Coaching
- Referral information to community resources.
- Spanish interpreters as needed.

How do I set up an appointment?

Marquette: Stephanie Novak, stephanie.novak@thedacare.org, (920) 299-0245

Wausara: Debbie Walrath, Deborah.walrath@thedacare.org, 920-915-5119

Green Lake: Renee Foist, renee.foist@thedacare.org, 920-636-6480

Operation Backpack 2022

Now accepting referrals!

- Referrals are being accepted through the Green Lake County Children & Family Services Department or the Green Lake County Extension Office (920-294-4039 or katie.gellings@wisc.edu).
- Referrals will be accepted until July 15th.
- Date: Tuesday, August 23, 2022 - Families will be contacted by Boys & Girls Club of the Tri-County Area - Berlin staff with an exact pick up time for their family, prior to the date.
- Your family will receive a good portion of their school supplies, but will likely not receive everything on their individual lists. Additionally, shoes are not guaranteed. Hygiene products will be distributed to middle & high school students as available.



Extension
UNIVERSITY OF WISCONSIN-MADISON

Katie Gellings, M.S. Health &
Well-Being Educator Extension
Green Lake County 571 County
Road A
Green Lake, WI 54941 Phone:
(920) 294-4039
Email: katie.gellings@wisc.edu
Facebook: <https://www.facebook.com/GreenLakeCountyExtension>



Sheila Michels, M.Ed.
Health & Well-Being Educator
Extension Adams County
569 N. Cedar Street, Suite 3
Adams, WI 53910
Phone: (608) 339-4237
Email: sgmichels@wisc.edu
Website: <https://adams.extension.wisc.edu/>
Facebook: <https://www.facebook.com/Adams-County-UW-Extension-173758896044912>



Mary Ann Schilling, M.ED
Associate Professor, Health & Well-Being Educator
Extension Waushara County
PO Box 487, 209 S Ste Marie Street
Wautoma, WI 54982
Phone: 920-787-0414
E-mail: maryann.schilling@wisc.edu
Website: <https://waushara.extension.wisc.edu/>



Hannah Zellmer, B.S.
Human Development & Relationships Educator
Extension Marquette County
480 Underwood Ave, Rm. 136
Montello, WI 53949
Phone: (608) 297-3139
Email: hannah.zellmer@wisc.edu
Website: <https://marquette.extension.wisc.edu/family-living/>
Facebook: <https://www.facebook.com/marquette.uwex.edu/>



requirements

