



# EXTENSION CONNECTION

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

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## WHAT'S INSIDE

|                               |       |
|-------------------------------|-------|
| Back to School Spending Tips  | 2     |
| Back to School                | 3     |
| Food Safe Meal Basics         | 4     |
| One Key to Wellness           | 5     |
| Recent Programs               | 6     |
| Upcoming Events               | 7-16  |
| Community Resource Highlights | 17-18 |
| Educator Contacts             | 19    |

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Fall 2022

SERVING ADAMS, GREEN LAKE, MARQUETTE  
& WAUSHARA COUNTIES



Extension  
UNIVERSITY OF WISCONSIN-MADISON

## Back to School Spending Tips

Many households set aside money year round to help cover their holiday expenses, but back-to-school time always seems to sneak up on us – and adds up quickly. More than one-third, or 37%, of parents with school-age children said they are unable to afford back-to-school shopping due to inflation, and nearly half said they would take on debt shopping for their kids, according to a study by Credit Karma. As inflation continues to rise, one-third of consumers (38%) said they are cutting back in other spending areas to cover the cost of items for the upcoming school year, according to the annual survey released by the National Retail Federation and Prosper Insights & Analytics. Before you head out to the stores or get online, a little time spent planning can help to stretch the budget.



As a rule, **stick to only buying what you need right now**. Students may have to start the school year with notebooks, binders, paper, pens and pencils, but put off purchasing other items, such as a new backpack or lunchbox until they go on sale. If you do not need a new laptop or headphones right away, are you able to wait until Black Friday when the discounts on electronics will be greater?

**Begin by doing an inventory** of school supplies and clothes from last year and of all the items that you already have on hand. Make a list of “must have” items and “nice to have” items. Also, remember fees paid directly to the school, such as book rentals, lunch fees, band instrument rental or athletic fees, and list these fixed costs in the “must have” category.

Next, use your child’s school supply list, your school fees must-have list, and your list of needed clothes to **come up with a total budget amount for each child** in school. Finally, **compare your budgeted amount with your monthly expenses**. Are there places you can cut back on other bills to find back-to-school funds? What resources does your community have to help stretch your dollar?

Remember to include your student in this process. One of the best things you can do is involve your children in the budgeting and shopping. If your child really wants the more expensive folders, then they will need to reuse their lunch box or backpack from last year. Buying items at cheaper prices will teach them that they might have enough money left in their budget for brand-name sneakers. This is what money management is all about. Setting limits on spending does not mean a lack of choices, but it does make kids have to think strategically.

Going back to school is an exciting time for everyone. With a bit of planning, your 2022 school shopping can fit into your household budget without going into debt and being stressed in the process.

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

## Back to School

Back to school, fresh starts, new routines. Exciting, right? Well, it can be pretty exciting, but it can also be overwhelming to get back into the swing of things! School, sports, clubs, music lessons. They all seem to ramp back up in the fall!



Here are a few things to keep in mind as you start the new school year.

**Talk about it.** Talk with your child about what the routines or days will look like. Kids like to know what to expect! Are they involved in school activities or sports? What supplies will they need? Talk about how this will affect dinner and bedtime.



**Establish Bedtime/Wakeup Routines.** As much as possible, a week or two before school starts, try to have your child go to bed and wake up at the times they will during the school year. Consistency with routines helps to make smoother transitions. This applies for children of all ages! If your house is anything like mine, those teenagers may have been sleeping late all summer long, and it can be really hard to adjust!

**Be prepared.** No matter what age or grade your child is, there will be new expectations and opportunities for them and you. If your child is older, maybe it's time to think about driver's ed or graduation requirements. If they are younger, you may be wondering what opportunities are even available to them.

**Get involved.** If you are able, try to get involved with the school or other activities. It's a great way to get connected to the community and learn about what your child is doing and what skills they are developing.



**Grace!** Give yourself and your child lots of grace! It's hard to switch routines and takes some getting used to! Everyone might be a little moody and overtired at first! So, if you or your child are feeling a little overwhelmed, take a moment and remember you will get there!

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

## Food Safe Meal Basics

Keep food safety in mind as you prepare your family's meals, including school or work lunches. Save time and money by preparing healthy options in bulk this late summer and fall (particularly when the garden is flourishing) and freeze them for winter meals. Here are some recommendations for making a food safe meal:



--Make sure your hands, food preparation surfaces and utensils are clean. Use hot, soapy water to help remove bacteria. Keep family pets away from food preparation areas and off kitchen counters. And encourage your children to always wash their hands before they eat or help you in the kitchen.

--Wash fruits and vegetables before using them. Rinse them under running tap water, including those with skins and rinds that are not eaten. Blot dry with a paper towel before packing. Be sure to keep cut or sliced fruits cold. Sliced peaches or bananas, or other light-colored fruit, will benefit from dipping in lemon juice or sprinkling with a commercial anti-browning preparation to keep them looking their best.

--Keep hot foods (soup, chili, stew) hot. If taking them to work or packing in a school lunch, use an insulated bottle. Fill the bottle with boiling water and let it stand for a few minutes. Empty the bottle and then fill it with piping hot food. Keep the bottle closed until lunchtime. Discard leftovers that arrive home in the insulated bottle at the end of the day.

--Cold foods should stay cold. If you pack a cold lunch the night before, it will stay cool longer the next morning. Insulated, soft-sided lunch totes can help keep perishable foods chilled; simply add a cold source, such as a small frozen gel pack or frozen juice box. Any perishable food (meat, poultry or egg sandwiches, or dairy products) not eaten at lunch should be discarded.

--Sometimes a field trip will require that lunch be packed in a brown paper sack. When that is the case, opt for non-perishable foods such as peanut butter or cheese sandwiches, crackers, or packaged pudding or fruit. A frozen juice box will serve as a disposable cold source and should be thawed and ready to drink by lunchtime.



Resist the urge to reuse plastic sandwich or bread bags when packing school lunches. Bacteria can spread from one product to another, increasing the chance of spoilage or illness. Following these simple steps will help you to have healthier and food safe meals.

Submitted by Mary Ann Schilling, Health & Well-Being Educator, Waushara County



## One Key to Wellness

Laughter. Friendship. Laid-back fun. That's how I would describe my visit with a group of young people a few weeks ago. To my amazement, this group of eight to twelve teens and young adults get together twice a week for several hours – even through the summer – to share a common pastime, building memories and having a blast! I could hear in their playful voices that everyone was comfortable and content to be there. One young person described the group as being “like family.” They all look out for one another and step up when one of them needs help. I was so grateful I got to visit them, and I left there feeling refreshed and encouraged.

Have you ever considered a sense of belonging to be a fundamental human need? According to Abraham Maslow's theory of the hierarchy of human needs, as long as a person's physical needs (air, food, water, shelter) are met, in an environment of safety and security, their next most important need is to feel loved and a sense of belonging.

Without it, they are left vulnerable... to loneliness, distress, illness and other health problems. But with a healthy state of belonging, they have the capacity to develop a strong sense of self, to engage productively in the world around them, and to care for others.

A sense of belonging is not a given, and it changes over time. Some people find it with family, some at a job, with a group of friends, in clubs, sports, activities, education, a faith community, support group, or through volunteering. Children, teens, and adults crave that sense of belonging and will naturally seek it – wherever they can find it.

The more healthy and positive options we have to extend and build a sense of belonging in our communities, the better our collective mental and physical well-being can become.

By Sheila Michels, Health & Wellbeing Educator,  
Adams County

## Recent Programs

### Touch a Truck 2022



The Touch a Truck event was a huge success! We had roughly 300 children in attendance! Children and their families were able to explore, climb on, and learn about 25 different vehicles. The event also featured kids games, face painting, concessions, a bounce obstacle course, nine bikes raffled off and lots of basket raffles!

One of the goals of this event is to build relationships and break down barriers within the community. Here is how we strive to reach this goal:

- Bring community members together to engage in an event for socialization with service professionals and bring awareness of the importance of working together.
- Families are able to learn about the community they live in, where they access information and helpful resources. Kids can explore, experience, and learn in a family-friendly environment.

The Parent Leadership Team, along with partnering agencies, UW Extension and Childcaring organize this event. Our team was able to fill “Comfort Bags” that contain small toys and books. These bags were distributed to the local Sheriff’s Dept, Fire Dept, and EMS for them to use when they encounter children on call. The Sheriff’s Dept. reported that they have utilized the bags with good success already!



We also hosted a youth hygiene and snack drive benefiting Marquette County Foster Care. People in attendance were encouraged to bring one or more of these items to have another chance to win a bike!



Our planning team assembled and distributed “Kids Garden Kits” to the first 120 children to enter the event. We ran out in the first half hour! These kits contained soil, a pot, gardening gloves and two seed packets.

Overall it was a great day for families!! We are so grateful to our awesome community for supporting this event! Want to learn more or participate at the next event? Contact Hannah at [hanah.zellmer@wisc.edu](mailto:hanah.zellmer@wisc.edu)



## Upcoming Programs: Sept. – Nov. 2022

# BABY 101

Judgement free zone to ask questions about pregnancy, baby care, staying healthy as parents, and more!



Are You Pregnant, planning on becoming pregnant, or have a baby 1 year old or less?

Bring your pregnancy, birth, and early parenting questions! We are here for you!

**FREE** event. Each household will receive a gift and be entered to win a prize.

Presented by Marquette Co. Health Department in collaboration with UW Extension and Children's Wisconsin. Many more local agencies and organizations participating! Contact Marquette Co. Health Department for more information 608-297-3135. Making lives a little better.

October 25th, 2022  
Westfield Village Hall  
129 E. Third Street Westfield  
Open House  
3:30 PM To 6:30 PM







# Marquette County Parent Café

Parent cafés are a fulfilling way for parents to talk, listen, and support each other with stressors, worries and challenges that many have struggled with alone. Parent Cafés help build strong families using The Five Protective Factors.

**Monday, September 19<sup>th</sup>**  
Westfield Elementary School  
329 Hawk Lane, Westfield

**Monday, October 17<sup>th</sup>**  
Forest Lane Community School  
222 Forest Lane, Montello

**Monday, November 28<sup>th</sup>**  
Forest Lane Community School  
222 Forest Lane, Montello

Thanks to a Primary Prevention Grant through the Child Abuse and Neglect Prevention Board, we will again be offering concrete supports each time you attend a cafe.

Free dinner will be available each evening from 5:30-6:00pm  
Café 6:00-7:30pm

Limited child care available  
We will confirm availability of child care based on the requests we receive.

Registration is required so we can plan appropriately for dinner and child care.  
Register by scanning the QR code:



For questions or to register by phone, please call Childcaring at 800-628-8534

\*Virtual Parent Café sessions will also be offered December 15<sup>th</sup>, January 12<sup>th</sup>, and February 16<sup>th</sup> from 6:30-7:30pm



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MARQUETTE COUNTY

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# 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

1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Wednesday of every month  
 Berlin Boys and Girls Club  
 344 Broadway St, Berlin, WI  
 9:00 am

### Markesan, WI

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month  
 Markesan Public Library  
 75 North Bridge St, Markesan, WI  
 9:30 am

## Marquette County - Thursday

### Westfield, WI

1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Thursday of every month  
 Montello Public Library  
 128 Lake St, Montello, WI  
 10:00 am

### Montello, WI

2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month  
 Ethel Everhard Public Library  
 117 E 3rd Street Westfield, WI  
 10:30 am

LEARNING TIME

SNACK TIME

PLAY TIME

It's FREE! Call or Text 715-896-8437 or email [centralwigroups@childrenswi.org](mailto:centralwigroups@childrenswi.org) to join the event reminder list!



Kids deserve the best.



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

# Join us and begin planning **AHEAD** for the end of this life

## What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

## Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

## When is the program?

Tuesdays, October 4– November 8, 2022

9:30-11:00am

Berlin Public Library, 121 W Park Avenue, Berlin

Light breakfast items and refreshments will be served each session.

## Contact us for more information

To register by 9/27, please contact:

Katie Gellings, Green Lake County Extension  
920-294-4039 or [katie.gellings@wisc.edu](mailto:katie.gellings@wisc.edu)

Mary Ann Schilling, Waushara County Extension  
920-787-0414 or [maryann.schilling@wisc.edu](mailto:maryann.schilling@wisc.edu)

## planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



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# Triple P: Positive Parenting Program

Fall 2022 FREE Seminars & Discussion Groups

## Small changes. Big differences.

Provide parents of children ages 0-16 years with a toolbox of strategies to raise confident and healthy children, build strong family relationships and manage misbehavior.

### For Parents of Children 0-12 years

October 6th  
Raising Resilient Children

Nov. 3rd  
Managing Fighting and Aggression

### For Parents of Teens 12-16 years

October 13th  
Raising Responsible Teenagers

Nov. 10th  
Coping with Teenagers' Emotions

5:30pm-7:30pm at Montello Schools (in the IMC/Library)  
Limited Childcare available!



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MARQUETTE COUNTY



CHILD ABUSE & NEGLECT  
**Prevention Board**

Scan QR code  
to Register



Questions or need help registering? 608 297 3141 or [hannah.zellmer@wisc.edu](mailto:hannah.zellmer@wisc.edu)  
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# WE NEED YOUTH

AGES 12- 18 YEARS OF AGE



**JOIN  
EXTENSION  
WELL  
CONNECTED  
COMMUNITY  
PROJECT**

## Why join?

- Lead projects that are important to you
- Connect with community partners
- Receive training and build leadership skills
- Opportunity to attend the National Healthy Living Summit

**To join use this link or QR**

**<https://go.wisc.edu/b28w6y>**



### For more information

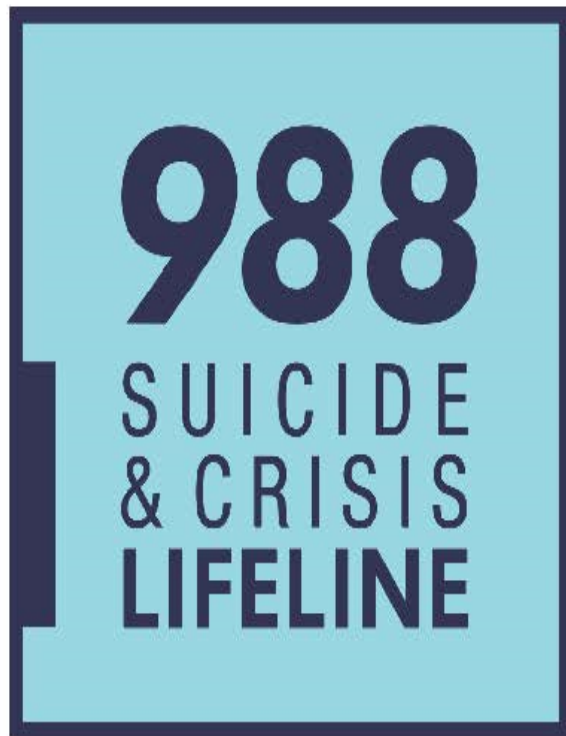
Extension Office 608.339.4237  
 Sheila Michels [sgmichels@wisc.edu](mailto:sgmichels@wisc.edu)  
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There is hope



Talk with us.



If you or someone you know  
needs support now,  
call or text **988**  
or  
chat **988lifeline.org**



## Copycat Coffee Shop

*Information on popular coffee shop drinks and how to make these recipes at home, plus the health benefits of moderate coffee and tea intake.*

*Who: Adults*

*Date: Tuesday, September 20*

*Time: 2-3 p.m.*

*Where: Wautoma Public Library.*

*Cost: Free*

*To register: Call the library 920-787-2988 or Mary Ann at 920-787-0416*

*Contact: Mary Ann*

## Parents Forever Classes

*A co-parenting class. Topics include the role self-care plays in supporting family transition, building parent-child relationships, and co-parenting skills.*

*Who: Parents in the process of divorce or family transition.*

*Date: Sept. 20 & 22 or October 18 & 20 or November 15 & 17*

*(Must attend a series of two sessions)*

*Time: 5:30- 7:30 pm*

*Where: Online*

*Cost: \$20 if picking up materials, \$28 if you need them shipped. Fee may be reduced or waived for financial hardship.*

*To Register: <https://forms.gle/aezTNBaxHjYWV4589> or call 608-297-3141*

*Contact: Hannah Zellmer*

## Parent Cafés- Includes FREE Dinner and Childcare!

*At a parent café you will be able to connect with other local parents, learn strategies to strengthen relationships with your children and receive concrete support for your family.*

*Who: Any parent or caregiver*

*Date: September 19th*

*Time: Dinner: 5:30-6:00 pm, Café: 6:00- 7:30 pm*

*Where: Westfield Elementary: 329 Hawk Lane, Westfield*

*To Register: <https://www.surveymonkey.com/r/5FKGCNH> or 800-628-8534*

*Contact: Hannah Zellmer*

## Planning AHEAD

*Through fun activities and discussion, you will learn how to master the aging journey together. This class covers ten topics.*

*Who: Anyone interested in planning for the end of life to make things easier for family members*

*Date: Tuesdays, October 4th - November 8th*

*Time: 9:30am-11:00am*

*Where: Berlin Public Library, 121 W Park Street, Berlin*

*To Register: (by 9/27) Call 920-294-4039 or 920-787-0414*

*Contact: Katie Gellings or Mary Ann Schilling*



## Aging Mastery Program

*Through fun activities and discussion, you will learn from UW-Madison Extension Health & Well-Being Educator, Mary Ann Schilling, and other Waushara County expert speakers how to master the aging journey together. This class covers ten topics.*

*Who: Any WI resident, 55 years or older  
Date: Thursdays, October 6 – November 10  
Time: 9:30-11:30 a.m  
Where: Demo Room, Courthouse, Waushara County  
To Register: Call Carolyn at 920-787-0403  
Contact: Mary Ann Schilling*

## Triple P: Positive Parenting Program - FREE Childcare!

*Provide parents of children ages 0-16 years with a toolbox of strategies to raise confident and healthy children.*

*Who: Any parent, caregiver or someone that works with children.  
Date: October 6th- Raising Resilient Children (for parents of 0-12 year olds)  
October 13th- Raising Responsible Teenagers (for parents of 12-16 year olds)  
November 3rd- Managing Fighting and Aggression (for parents of 0-12 year olds)  
November 10th- Coping with Teenagers' Emotions (for parents of 12-16 year olds)  
(Do not need to attend all in the series)  
Time: 5:30- 7:30 pm  
Where: Montello Schools, 222 Forest Lane, Montello  
To Register: <https://forms.gle/WTJi9ubEehMdDSQ6> or call 608-297-3141*

*Contact: Hannah Zellmer*

## Strong Bodies

*A free strength training program for adults of all ages.*

*Who: Adults from Marquette, Adams, Juneau, Waushara and Green Lake Counties  
Date: Mondays and Fridays, October 10- December 23 (New participants training on Oct. 7)  
Time: 8:30-9:30 a.m  
Where: Online  
To Register: Call Mary Ann at 920-787-0416  
Contact: Mary Ann Schilling*

## Parent Cafés- Includes FREE Dinner and Childcare!

*At a parent café you will be able to connect with other local parents, learn strategies to strengthen relationships with your children and receive concrete support for your family.*

*Who: Any parent or caregiver  
Date: October 17th  
November 28th  
Time: Dinner: 5:30-6:00 pm, Café: 6:00- 7:30 pm  
Where: Montello Schools: 222 Forest Lane, Montello  
To Register: <https://www.surveymonkey.com/r/5FKGCNH> or 800-628-8534*

*Contact: Hannah Zellmer*

**Instant Pot Lunch & Learn** (hosted by Waushara Co. HCE)

*Who: Adults*

*Date: Tuesday, October 25*

*Time: 12-1 p.m.*

*Where: Waushara County Demo Room*

*To Register: Call Extension office 920-787-0416*

*Contact: Mary Ann Schilling*

**Baby 101**

*Judgement free zone to ask questions about pregnancy, baby care, staying healthy as parents, and more!  
Each household will receive a gift and be entered to win a prize.*

*Who: Anyone pregnant, wanting to become pregnant, or that has a baby up to one year old.*

*Date: October 25th*

*Time: 3:30 pm - 6:30 pm*

*Where: Westfield Village Hall, 129 E. Third Street*

*To Register: No registration required.*

*Contact: Hannah Zellmer*

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## Community Resource Highlights



### The Friendship Connection, Inc.

A non-profit organization serving Adams and surrounding counties as a Center for Adults in Recovery. It is run by the very members who comprise it, offering the chance for recovery, solace, and peace of mind by supporting, encouraging, and working with others who share similar conditions in a safe place.

Opportunities include an all recovery group, healthy cooking classes, free lunches Monday & Wednesday at noon, one-on-one or group counseling, socializing, a free library, and more!

Open Monday - Friday, 11 a.m. - 4 p.m.

Located at: 117 S. Main Street, Adams, WI 53910  
 Mailing Address: PO Box 292, Friendship, WI 53934  
 Phone: **(608) 339-6810**  
 Email: [friendship\\_connection@yahoo.com](mailto:friendship_connection@yahoo.com)



### Marquette County Veterans Service Office:

The Marquette County Veterans Service Office has a full time Veteran's Service Officer. This officer provides advocacy and assistance for veterans and/or their dependents and survivors, in pursuit of federal, state and local benefits. They also assist with each of the following: VA Healthcare, VA Non-Service Connected Pension, VA Survivor's Pension, VA Service Connected Compensation, VA Burial Benefits, Military Records Requests/Medal Replacement Requests, Educational Benefits and Brick Marker Applications.

480 Underwood Ave.  
 PO BOX 214  
 Montello, WI 53949  
 (608) 297-3182 or (608) 297-3187  
<https://www.co.marquette.wi.us/departments/veteran-services>



## Green Lake County Elder Nutrition Program

The Green Lake, Markesan and Berlin Meal Sites are open for in-house dining. Masks are recommended for patrons upon entering the building per CDC guidelines and will be provided upon request. To order or cancel a meal for Markesan or Green Lake, please call the Aging unit at 920-294-4070 two weekdays in advance. To order a meal for the Berlin site, please call 920-361-5422 two business days in advance.

***Green Lake County Elder Nutrition Program has three dining centers located at the following Locations:***

### **Markesan:**

Grand River Apartments Dining Room, 302 Grand Avenue  
Lunch served on 11:30a.m. on Mon, Tues, Wed, Friday

**Green Lake:** Dartford Bay Apartments Dining Room, 504 Mill Street  
Lunch served at 11:30a.m. on Mon, Tues, Wed, Friday

### **Berlin:**

Berlin Senior Center, 142 Water Street  
Lunch served at noon on Mon-Friday. Carryout meal service available (pick up between 11:10-11:15am).



A delicious and nutritious lunch is provided for anyone age 60+ (and spouse if under 60 years) at any of the above dining centers. The suggested donation is \$4.00 per meal.

If under age 60 years, total meal cost is \$23.09 (effective 11-1-2021).

For information on Home Delivered Meals, please call Green Lake County at 920-294-4070.



Aging & Disability Resource Center of Adams, Green Lake, & Waushara Counties

The role of the Aging & Disability Resource Center (ADRC) is to make it easier for people to access resources within Waushara County and surrounding areas. The ADRC staff is knowledgeable about agencies and programs that specialize in services for both older adults and persons with disabilities. The ADRC provides information and assistance to older and/or disabled adults, their friends, family, and caregivers, as well as to the public regarding any questions, concerns, or challenges that may arise due to age or disability. This may be done in person or through phone calls, letters, or e-mails.

The ADRC also offers a free, comprehensive, and confidential assessment of long-term care needs by a trained Resource Specialist and will make appropriate referrals to other agencies as needed and if requested by the customer. Resource Specialists are trained and available to answer questions and provide information on hundreds of resources within the County. Their job is to make the right connection to the information or resources that may help. Disability Benefit Specialists are also available to assist with concerns about public benefits for persons on or needing disability benefits. The ADRC serves all of Waushara County as well as Adams and Green Lake Counties.

Those needing the services of the Aging & Disability Resource Center may call toll-free at (877) 883-5378 or you may visit the website at [www.ADRCCinformation.org](http://www.ADRCCinformation.org).

## Our Contact Info

### **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](mailto:hannah.zellmer@wisc.edu)



Website: <https://marquette.extension.wisc.edu/family-living/>

Facebook: <https://www.facebook.com/marquette.uwex.edu/>

### **Sheila Michels, M.S.Ed.**

Health & Well-Being Educator  
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569 N. Cedar Street, Suite 3  
Adams, WI 53910  
Phone: (608) 339-4237  
Email: [sgmichels@wisc.edu](mailto:sgmichels@wisc.edu)



Website: <https://adams.extension.wisc.edu/>

Facebook: <https://www.facebook.com/Adams-County-UW-Extension-173758896044912>

### **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](mailto:katie.gellings@wisc.edu)



Facebook: <https://www.facebook.com/GreenLakeCountyExtension>

### **Mary Ann Schilling, M.Ed.**

Associate Professor, Health & Well-Being Educator  
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Website: <https://waushara.extension.wisc.edu/>