

# EXTENSION CONNECTION

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

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**DECEMBER 2021 – FEBRUARY 2022**

SERVING ADAMS, GREEN LAKE,  
MARQUETTE & WAUSHARA COUNTIES



Extension  
UNIVERSITY OF WISCONSIN-MADISON

## Introducing our Educators

### Hannah Zellmer



Hi, I'm Hannah! I'm the Human Development & Relationships Educator in Marquette County. I live in Montello with my husband and three children. I enjoy boating, hiking, reading and spending time with my family. I graduated with a bachelor's degree in human development and family studies from UW- Madison.

My program focus is family engagement and relationships and I offer a variety of classes, programs and resources for parents, such as Parent Cafes, Co-Parenting classes, Triple P (*The Positive Parenting Program*) seminars and discussion groups, and babysitting basics classes. Many of these classes are offered in person here in Marquette County as well as virtually. One resource parents often tell me they find to be helpful is our resource/family event sharing page on Facebook called "*Marquette County Parent Information Exchange*

(*PIE*)". This is a place for parents to connect, share events, ideas, and resources. When parents connect, families do better!

### Mary Ann Schilling



Hello! I'm Mary Ann Schilling, Health & Well-Being Educator in Waushara County. I live in the Village of Brandon with my significant other and our dog, Ellie May. I have two married daughters and two granddaughters who live in Minnesota. Ten years ago I came from Rochester, Minnesota to work for Adams County Extension. I've worked in Waushara County for the past seven years. I teach educational programs and provide resources for people to make well-informed decisions about healthy eating, active living, financial security, and overall well-being. Some of the classes I teach include the Aging Mastery Program, Girl Power, and Money as You Grow, a monthly Lunch & Learn, and StrongBodies. I lead two county

groups, the REACH Waushara Wellness Coalition and Waushara's Vision Financial Wellness Workgroup.

I graduated from Minnesota State University – Mankato in Dietetics with a business minor, and earned my Master's Degree from the University of Minnesota in Adult Education. I enjoy cooking, walking my dog, playing Sheephead cards, snowmobiling, and playing with my granddaughters.

## Introducing our Educators

### Katie Gellings

Hi, I am Katie Gellings! I live in North Fond du Lac with my husband, Beau; my son, Charlie (4), and my daughter, Maggie (2). I enjoy running and have run 11 marathons including the 2014 Boston Marathon. I also enjoy spending time with my family, camping, xc skiing, crafting, and baking cakes.



In 2014, I began my career with Green Lake County Extension. As a Health & Well-Being Educator I teach programs on healthy eating, active living, and financial security. Some of the programs I offer include: Aging Mastery Program, Money As You Grow, Financial Coaching, and Encouraging Financial Conversations. I am involved in the Community Health Action Team (CHAT), and I chair the Green Lake County Financial Wellness Coalition, which provides Money Smart Week programs to area residents.

I have a Bachelor's degree in exercise science and health promotion, and a Master's degree in nutritional sciences. My favorite part of each day is seeing individuals and families thrive in their communities using the tools and resources they received from Extension.

### Sheila Michels

Hi! My name is Sheila Michels. I live in Wisconsin Rapids with my husband, our three children (ages 12, 10, and 7), and our dog Bean. Our kids are very involved in sports and activities, which is a lot of fun and keeps us very busy! I love hiking, swimming, photography, and volunteering as assistant coach for my 4th grader's basketball team.



In February 2020, I joined Extension Adams County as a Health and Well-being Educator. I focus on community education and collaborating to improve mental and physical health across the county and the state. Some of the programs I offer are: the Teen Outreach Program for middle school students (in partnership with HealthFirst); the Aging Mastery Program (along with the ADRC); Mental Health First Aid; and WeCOPE, a new program to help adults cope with life stress. I am also very involved in the Drug Free Adams County coalition. It is intriguing and rewarding to work on issues that matter so much to me. But the best part about my role is that I get to work with lots of amazing, dedicated people -- in the local Extension office, across the community, and throughout the state!

## Promoting Family Literacy Through Talking to Your Children

“The foundation for all thinking and learning occurs largely during the first three years of life.” (Suskind, D., 2015)

Parents are their child’s first teacher! They can help promote early literacy and brain development. How can you do this? It’s not as overwhelming as it seems! Parents can help children learn and grow through simply talking to their children kindly about the world around them and little everyday things! Talking to children doesn’t need to be complicated or formal! Just talk to them! Sometimes it can seem a little daunting to get started. I am going to share a few tools and starting points from Dr. Dana Suskind’s book, “*Thirty Million Words*”, that you can use in your own home on your own time. You can create a rich language environment for your children. Here are the three guiding principles Dr. Suskind discusses.

Tune in: Be responsive to your child and observant of their interests and curiosity. Being down on the child’s physical level also helps.

Talk more: Literally this...talk more to your child. Use kind words, a variety of language and talk often. Narrate what you are doing. Expand on their language.

Take Turns: Engage in conversational exchange and ask open ended questions. You can even have this exchange with young babies. If your baby rubs their eyes you might say “Are you getting sleepy? I see you rubbing your eyes, let’s find your blanket.”

Here is an example of exploring a book together using these “Three T’s” in your home:

- Tune In: Let them choose the page. Talk about what you see.
- Talk More: Where is the horse? Where is the tail? Those are strong legs. Does this horse run fast? The hooves go “clip-clop, clip-clop.”
- Take Turns: Which is your favorite? Mine is.... You say a sound. I’ll say a sound.

Through talking kindly and often with your children, you can build relationships and promote language development at home in everyday moments.

By: Hannah Zellmer, Marquette County

Suskind, D., (2015). *Thirty million words*. New York, NY: Dutton.

## Health is Wealth

Have you ever heard the saying “health is wealth”? Many of us are busy getting through the day, the week, and the seasons, and may not put our health first. Many people put their health care on the back burner until it’s absolutely necessary to see a doctor instead of going to the doctor as a step towards proactive personal health management. Staying healthy is important for you and your family! Good health means a complete physical, mental, social as well as spiritual well-being of an individual.

Have you experienced medical issues that affect your health in one way or the other? Some of us may have gone through accidents, major illnesses or surgeries. Others have managed chronic issues, whether physical or mental, for several years. Previous fractures or muscle strains may continue to cause aches and pains. In spite of all of these possible issues, we still want to maintain optimal health for ourselves and for our families. Maintaining good health involves taking care of ourselves and taking our medications as prescribed. Another essential component of maintaining optimal health involves how well we communicate with our doctors, and how well they communicate with us!

Some steps to putting your health first include maintaining a healthy lifestyle, getting your recommended health screenings and managing chronic conditions. Knowing where to go for your healthcare and finding a provider that you trust are additional steps you can take in making your health a priority. Use the emergency department for life threatening situations. When it’s not an emergency, use a primary care physician, nurse practitioner, or physician’s assistant.

If you haven’t visited your health care provider in the past year, I encourage you to make an appointment today as we wind down the year of 2021 and move into the new year of 2022. Take the time today to invest in your health!

By: Mary Ann Schilling, Waushara County

## Take Charge of Holiday Spending

The average American spends more than \$1000 during the holiday season.. In addition to the cost of gifts for family and friends, many people have extra expenses for travel, entertainment, food, decorations, tipping, charitable giving, and utilities. The holidays should not cause extra financial stress. This holiday season follow these steps to reduce your financial stress and expenses.

**Create a Holiday Spending Plan** – This includes gifts, but also the hidden costs like shipping and wrapping paper. Also when writing your spending plan, remember to include anyone you buy gifts for – teachers, the mailman, co-workers, and newspaper delivery staff.

**Make a Gift List and Stick to it** – List the names of people or families receiving gifts from you. Consider the list. Are there people who could get a card rather than a gift? Next, determine a monetary value for each gift so the cost of all the gifts stays within your overall holiday spending plan. Then stick to the list.

**Match Expenses to Income** – Determine how many paydays are from mid-December to mid-January. Then match your holiday spending to your income so expenses are paid with current income. For example, if you have \$900 of holiday expenses and six paychecks, you'll need to set aside \$150 per paycheck to cover your holiday costs.

**Use Credit Cards Wisely** – Don't charge more than you can repay. A bargain isn't a bargain when interest is added to a purchase. Also check your account statements to make sure all charges are correct.

**Consider Making Homemade Gifts** – Many heartfelt, thoughtful gifts don't come with a sales receipt. You could bake some treats; put together a photo album; make a themed gift basket full of small items, such as tea, paperback books, or gardening tools; or give the gift of your time through homemade coupons for childcare, cleaning, car washes, or baking/cooking.

**Make Careful Travel Plans** – If your holiday plans include a trip, thoroughly investigate your options as early as possible. For example, could you drive instead of fly? Stay with a friend or relative instead of in a hotel room?

By: Katie Gellings, Green Lake County

## Helping Hand

Can you think of a time when you were able to help someone out? Whether the task was very small or huge, how did you feel after helping?

The act of helping can boost us up because it reminds us that we are valued and competent, and it strengthens our feelings of connection. Consider all the people you know who find helping so rewarding that they chose to make a career out of it -- nurses, doctors, teachers, counselors, emergency responders, and the list goes on.

If helping is generally gratifying, why is it so hard to *ask for help* when we need it? Even when someone offers it freely, it can sometimes be hard to *accept help*.

When I was in middle school, we went outside for phy ed one day, and the weather was colder than I had anticipated. Dressed in a t-shirt, I was chilled and shivering. A classmate I didn't know very well offered me her sweatshirt. Not wanting to steal her warmth -- and perhaps believing it was my own fault for freezing and that I deserved to suffer -- I declined. It took a group of three peers to convince me to accept the offer. When I pulled that sweatshirt over my head, I instantly felt warm -- and closer to my caring classmates.

That experience was not enough to teach me that it's ok to ask for and accept help. Like many people, I was raised to value independence and self-sufficiency. I want to be viewed as capable and responsible. For some reason, asking for help seems inconsistent with those values, so I thought I needed to avoid it at all costs.

But the costs of keeping all my problems to myself are much greater than the costs of enlisting help. One day last month I needed to leave for work extra early, and no one would be home to get the kids on the bus. What options did I have? Drop the kids off at school 90 minutes early and hope the building would be open? Break my commitment at work, missing a great opportunity and impacting at least 50 people? Leave my kids home alone?

So I mustered up the courage to call my neighbor, whom I hadn't talked to in almost a year, and asked if he might be able to help. It turns out he would be working from home that day, so it was not a problem at all, he said. The kids looked forward to that special day for a whole week! They got up early, got ready, and were thrilled to get to hang out at his house and watch TV until their bus came. I made it to work on time and ended up having a great day.

Asking for help eased my stress significantly and immediately. What a relief! Through experiences like that, I am beginning to realize that asking for help is actually a strength. As long as I put in as much effort as I can on my end, approach my asks with the full realization that the other person might say no, and show them my gratitude, I find that asking for help is a problem-solving tool worth trying.

By: Sheila Michels, Adams County

## Upcoming Programs



 **Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

### Mental Health First Aid

for the farming community and  
those who serve them

Just as CPR teaches you how to help someone having a heart attack, Mental Health First Aid teaches you how to help someone experiencing a mental health or substance use challenge. This skills-based course helps you identify, understand, and respond in crisis and non-crisis situations.

#### **COST:**

FREE

#### **QUESTIONS:**

For questions or assistance, including help accessing high-speed internet or a computer, call 608-339-4237

#### **UPCOMING TRAININGS:**

Part I is a Self-Paced Online Module

Part II is a Live Instructor-Led Skills Course

**FRI, JAN 28 from 9:00 am – 3:30 pm on Zoom**

#### **REGISTER AT:**

<https://go.wisc.edu/420143>



The North Central Farm and Ranch Stress Assistance Center: Engaging Programs to Support Producer Well-being (NCFRSAC) is based upon work supported by USDA/NIFA under award number 2020-7002B-3272B. Mental Health First Aid trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WIROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WIROSE is a project of the Extension Health and Well-being Institute\*

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## Upcoming Programs

### StrongBodies Adams, Green Lake, Juneau, Marquette, Waushara Counties



**January - March 2022**  
**Mondays & Fridays 8:30 - 9:30 AM**

This is a free strength training program for adults of all ages.

This program has many benefits: Increased Strength, Energy, Flexibility, Balance, Mood and Better Sleep Quality

Scan QR code to register or use this link: [go.wisc.edu/7t81wt](https://go.wisc.edu/7t81wt)

or contact: Angela at [angela.desmith@wisc.edu](mailto:angela.desmith@wisc.edu)  
Mary Ann at [maryann.schilling@wisc.edu](mailto:maryann.schilling@wisc.edu)  
or your local extension office listed below



Marquette County 608-297-3141	Adams County 608-339-4237	Juneau County 608-847-9329	Waushara County 920-787-0416	Green Lake County 920-294-4032
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The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

## Parents Forever™

Parents Forever™ is a 4-hour "co-parenting" class for parents in the process of divorce, already divorced, or never married but separating. The class provides insights into how children experience their parents' conflicts, and the skills parents use to communicate and interact with each other to reduce or prevent conflicts.



### How can this class help your family?

- The single best predictor of a child's well-being is continuing, meaningful involvement with both parents.
- Children cope well when parents cope well.
- Children do best when they are not caught in the middle.
- Children need a support system.

#### Discussion Topics

- The effects of divorce and conflict.
- How you can help yourself and your child(ren) cope better during stressful times and transitions.
- How to co-parent so that everyone in the family recognizes how to keep children from being put in the middle.
- Communication skills that can help you and your child(ren) lead happier, less stressful lives.



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MARQUETTE COUNTY

#### REGISTRATION

Please contact the Marquette County Extension office at 608-297-3141 or email [hannah.zellmer@wisc.edu](mailto:hannah.zellmer@wisc.edu)

## Upcoming Programs December 2021 - February 2022

### Parent Café (In person)

*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:* Thursday, December 2nd

*Time:* 6:00- 7:30 pm

*Where:* Montello Schools, 222 Forest Lane, Montello, WI 53949

*To Register:* <https://www.surveymonkey.com/r/winter21cafe> or call 800-628-8534

*Contact:* Hannah Zellmer

### Supporting Youth Mental Health for Volunteers

*A new training for 4-H/Extension volunteers who support youth.*

*Who:* 4-H & Extension staff and volunteers who interact with youth

*Date:* Complete an online program at your own pace (approx 1 hr) prior to attending the facilitated live training on Monday, December 6

*Time:* 7:00 - 8:30 pm

*Where:* Upham Woods, N194 County Rd N, Wisconsin Dells

*To Register:* <https://go.wisc.edu/95i2ox>

*Contact:* Sheila Michels

### December Lunch & Learn: Fresh Evergreen Holiday Centerpiece

*This Lunch & Learn is a make & take class where you'll make a centerpiece to take home.*

*Who:* Adults and older teens

*Date:* Tuesday, December 14

*Time:* 12 noon to 1 p.m.

*Where:* Demo Room, Waushara County Courthouse, 209 South Saint Marie St., Wautoma

*To Register:* Call the UW-Extension Office at 920-787-0416 and leave your name.

*Contact:* Mary Ann Schilling

### Area 14 Strong Bodies

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

*Who:* Adults from Marquette, Adams, Juneau, Waushara and Green Lake Counties

*Dates:* Mondays & Fridays, January through March 2022

*Note:* January 3rd will be a training session for new participants to learn the routine.

*Time:* 8:30-9:30 a.m.

*Where:* Online via Zoom or call in

*To Register:* [go.wisc.edu/7t81wt](https://go.wisc.edu/7t81wt)

*Contact:* Mary Ann Schilling

## 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:* January 18th & 20th **or** February 15th & 17th (Must attend a series of two sessions)

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

*Where:* Online

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

*Contact:* Hannah Zellmer

## January Lunch & Learn: Button Art Snowman on Burlap Canvas Board

*A make & take class where you'll make a decorative winter craft to take home.*

*Who:* Adults and older teens

*Date:* Tuesday, January 25, 2022

*Time:* 12 noon to 1 p.m.

*Where:* Demo Room, Waushara County Courthouse, 209 South Saint Marie St., Wautoma

*To Register:* Call the UW-Extension Office at 920-787-0416 and leave your name.

*Contact:* Mary Ann Schilling

## Parent Café (Virtual)

*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:* Thursday, January 27th, 2022

*Time:* 6:30- 7:30 pm

*Where:* Online

*To Register:* <https://www.surveymonkey.com/r/winter21cafe> or call 800-628-8534

*Contact:* Hannah Zellmer

## Mental Health First Aid for the Farming Community

*Learn to identify, understand, and respond to a mental health or substance use challenge.*

*Who:* Adults who live with, work with, and serve farmers

*Date:* Complete an online program at your own pace (approx 2 hrs) prior to attending the facilitated live training on Friday, January 28

*Time:* 9:00 am - 3:30 pm

*Where:* Online (access assistance available)

*To Register:* <https://go.wisc.edu/420143> or call 608-339-4237

*Contact:* Sheila Michels

## Aging Mastery Program

*A program that teaches sustainable behaviors to age masterfully by improving health, having stronger financial security, enhanced well-being, and increased connectedness to communities.*

*Who:* Any WI resident, 55 years or older

*Date:* Tuesdays, February 1, 8, 15, 22 & March 1, 2022

*Time:* 10:30 am - 1:30 pm (lunch is provided)

*Where:* Green Lake County Government Center, 571 County Road A, Green Lake

*To Register:* No cost to participate. Must attend all 5 sessions. Registration limited to 15. Contact Kathy Ninneman at 920-294-4032 by 1/25/22 to register.

**February Lunch & Learn: Maple Syrup**

*A guest speaker will teach about the maple syrup process.*

*Who:* Adults and older teens

*Date:* Tuesday, February 22, 2022

*Time:* 12 noon to 1 p.m.

*Where:* Demo Room, Waushara County Courthouse, 209 South Saint Marie St., Wautoma

*To Register:* Call the UW-Extension Office at 920-787-0416 and leave your name.

Contact: Mary Ann Schilling

**WeCOPE - Connecting with Our Positive Emotions**

*Learn 11 skills for coping with life stress in a series of 7 sessions.*

Contact Sheila Michels or Mary Ann Schilling for upcoming workshops.

**Mental Health First Aid**

*Learn to identify, understand, and respond to a mental health or substance use challenge.*

Contact Sheila Michels for upcoming trainings.

**Triple P: Positive Parenting Program, Seminars and Discussion Groups**

*Provide parents of children ages 0-12 years with a toolbox of strategies to raise confident and healthy children, build strong family relationships and manage misbehavior.*

Contact Hannah Zellmer for upcoming seminars and discussion groups.

**Touch a Truck Event**

*Children of all ages can touch, climb on and explore different vehicles including fire engines, police cars, and construction vehicles. Games, activities and lots of fun for the whole family!*

Contact Hannah Zellmer if you are interested in volunteering or bringing a vehicle to this event being held on May 21, 2022 at the Marquette County Fairgrounds.



# WINTER PARENT CAFÉ

Parent Café's help build strong families using The Five Protective Factors. 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.

## IN-PERSON

Theme: Choosing Joy

**Thursday, December 2nd**  
6:00-7:30pm

### Forest Lane Community School

222 Forest Lane, Montello  
(We will follow School policy  
regarding mask wearing)

## VIRTUAL

Theme: Seeing the beauty in the blizzard

**Thursday, January 27th**  
6:30-7:30pm

Join us virtually from your  
computer, tablet or smartphone

Please register at: <https://www.surveymonkey.com/r/winter21cafe>

Or use the QR code.



We are excited to announce that you will receive a gift card each time you attend a café session, thanks to a Family Support Emergency Funds Grant through the Child Abuse and Neglect Prevention Board.



Registration for the in-person café will be limited due to safety guidelines. We will confirm your registration via email or phone.

Link to join the virtual café will be emailed the morning of the session.

**For questions or to register by phone, please contact Childcaring at 800-628-8534.**

## Recent Programs

### Aging Mastery Program in Adams was a Success

The Aging Mastery Program® (AMP) is a fun, interactive series of classes for adults age 55+. Each class covers a different topic related to aging well -- from exercise and nutrition to advance planning and community involvement. Guest speakers and in-class activities make each Aging Mastery class unique and engaging.

Extension Adams County, in partnership with the ADRC, offered AMP in-person in Adams from September to October. Seven dedicated individuals participated, and all of them provided feedback. 100% rated the quality of the program as "excellent" and reported that it helped them deal more effectively with their physical health, emotional well-being, personal finances, and improved their social or community connections. When asked, "How much fun was AMP?" every single one responded "a great deal"!

*"I enjoy every day of the program."*

*"Very interesting and learned so much! Made new friends, lots of interesting info!! Thank you so much! I enjoyed this so much!"*

*"Excellent presenters, Sheila and Donna compassionate and knowledgeable. New friends!"*

Thank you to all of our fantastic guest speakers! And thank you for making this such a wonderful experience, AMPers!



## Community Resource Highlights

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



### BOYS & GIRLS CLUB OF THE TRI-COUNTY AREA

The Boys & Girls Club of the Tri-County Area inspires and enables youth to reach their full potential as productive, responsible, and caring citizens. The Club serves Tri-County Area youth ages 6 to 18 Monday through Friday after school and during the summer.

Berlin Site:

Green Lake Site:

344 Broadway Street  
Berlin, WI 54923  
920-361-2717  
info@bgctric.org  
<https://bgctric.org/>

612 Mill Street  
Green Lake, WI 54941  
920-294-6411  
info@bgctric.org  
<https://bgctric.org/>



### Ruby's Pop-Up Pantry

For a \$20 per share donation you get an abundance of groceries.

No income or residency requirements.

4th Saturday of the Month, 8:00- 9:30 am

Montello Trinity United Methodist Church  
W3032 Fern Drive  
Montello, WI 53949  
[www.rubyspantry.org](http://www.rubyspantry.org)



## Family Health *La Clinica*

### Roche-a-Cri Behavioral Health & Recovery Center

#### Outpatient Services:

- Personalized treatment
- Individual, family and group counseling
- Medication-assisted treatment
- Community-based recovery support
- Case management
- Financial assistance and health insurance navigation

403 W. Lake Street, Friendship  
608-474-4355

### Waushara County Food Pantry

The Waushara County Food Pantry is open to all Waushara County residents on Tuesdays and Fridays, 11 a.m.- 4 p.m. It's located at 220 N Oakridge Ct, Wautoma, WI 54982. The phone is (920) 787-0641. In addition, drive-thru Food Pantries are located in Wautoma, Coloma, Plainfield, and Wild Rose. For more information call 715-869-3663. Food is pre-packed into a box, and is placed in trunks or a backseat. One site can be visited each week. The Waushara County Food Pantry is committed to providing food to support local households and is sourcing food to continue mobile pantry distribution. Wisconsin Hunger Taskforce Stock Boxes are provided to registered adults 60 years and older. The USDA requires guests sixty and older to register with name, address and birthdate if wishing to participate in the Stock Box program.



**Hannah Zellmer, B.S.**

Human Development & Relationship Educator  
Extension Marquette County  
480 Underwood Ave. Rm. 136  
Montello, WI 53949  
Phone: (608) 297-3139  
hannah.zellmer@wisc.edu



**Sheila Michels, M.Ed.**

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



**Katie Gellings, M.S.**

Health & Well-Being Educator  
Extension Green Lake County  
571 County Road A  
Green Lake, WI 54941  
Phone: (920) 294-4039  
katie.gellings@wisc.edu



**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  
maryann.schilling@wisc.edu

