

EXTENSION CONNECTION

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

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Spring 2023

SERVING ADAMS, GREEN LAKE, MARQUETTE
& WAUSHARA COUNTIES



Extension
UNIVERSITY OF WISCONSIN-MADISON

Educational Articles:

Parenting with Love, Respect and Limits

When children have a healthy relationship with their parents, they are better equipped to handle difficult tasks and everyday challenges.

While there are a lot of strategies parents can use to strengthen their parent-child relationship, they typically fall into three main types: **love, respect, and limits**.

What does this look like? For many parents, showing their children love is the easy part. We show our children love through showing support, warmth, encouragement and of course, hugs!

Thinking about how to show children respect can be a little more difficult. Remember, children learn so much through watching parents model fairness and respect. Other ways to show respect is to encourage children to develop their own opinions and allow them some privacy when age appropriate.

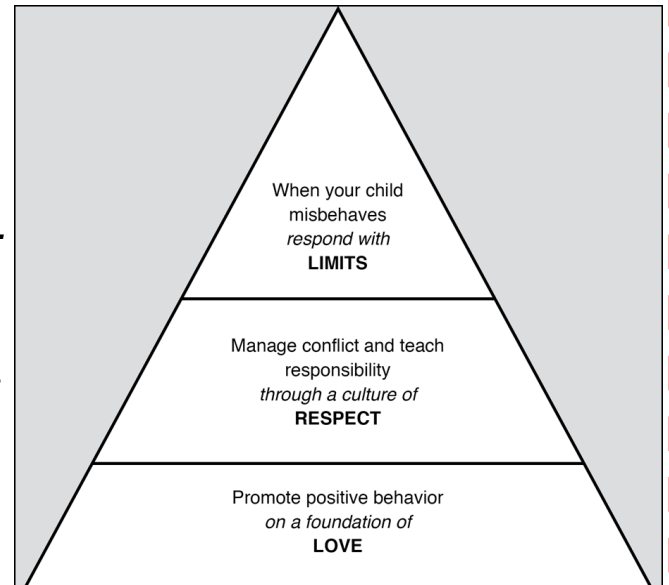
Showing children limits can include encouraging self discipline by teaching them how to behave, setting and enforcing limits, and monitoring their behavior. Consistency is key when using limits.

The idea is if you can spend more time carrying out the bottom and middle strategies, you will be able to spend less time correcting misbehavior at the top. Communication and listening are key elements to the love-respect-limits model. When followed, this model can allow you to have a more balanced parenting style.

One thing that many parents get confused by is how to show respect and set limits simultaneously. They are not incompatible. For example, a parent can say "I know you're really mad at me right now, but we still have to treat everybody with respect in our family." With this statement, you are modeling staying calm and respectful in a situation while still reinforcing a limit.

I encourage you to think of all the ways your family shows love, respect and limits. Include your children in on this! They usually come up with some great ideas!

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



Small Savings add up to Big Dreams When It Comes to College

A doctor or singer or maybe an astronaut? Young children have plenty of dreams when it comes to what they want to be when they grow up. Parents know those career dreams keep changing as their children get older and learn more about the world around them. Parents can also play a big role in those childhood dreams through both conversations and setting aside a little bit of savings.

New 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. These enrollment and graduation rates were found even in families with less than \$500 saved for their child's future education. It's not just about the money. When children see their parents setting aside money for their college education, it sends a powerful message to kids about the importance of investing in their future.



In a recent survey by Sallie Mae, one-third of families earning \$35,000 a year or less reported saving around 6% of their income for their child's education. Parents know that children have a lot of present needs and wants. It can be hard to say 'no' to those wants in order to set money aside for your child's future. The exciting news is that even a small amount of savings in a designated college account makes a big difference in a child's life.

Having a little bit of money set aside for college expenses helps create what we call a 'college-bound identity'. Children grow up knowing they are expected to study some type of trade or career 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. Having a designated college savings account is also linked to more interaction between parents and children about finances and the future. Parents also benefit and report higher levels of self-esteem and self-confidence when they are able to set money aside.

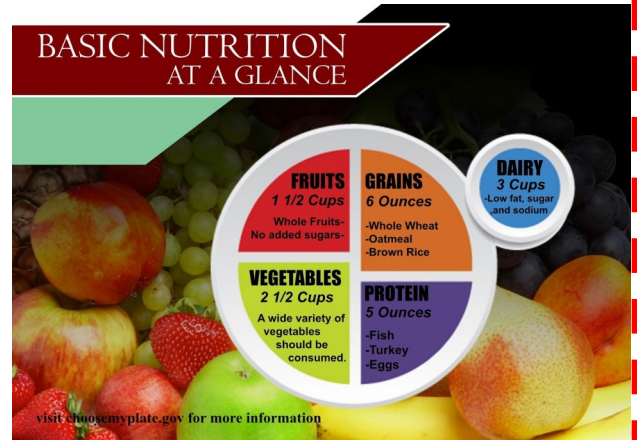
Parents have so many competing demands on their money, from covering monthly expenses to saving for their own retirement, that it can be hard to find money in the budget. The good news is that even smaller amounts of money set aside for their child's college are shown to make a positive difference. The even better news is that children can also contribute to their own college fund by setting aside a portion of gifts or any work earnings. A small amount of savings adds up to big dreams down the road.

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

A Basic Healthy Diet

A well-balanced diet is a powerful way to reduce the risk of diseases such as cancer and heart disease. The more naturally colorful your diet is, the more likely it is to have an abundance of cancer-fighting compounds. The pigments that give fruits and vegetables their bright colors—like beta-carotene in sweet potatoes or lycopene in tomatoes—help you fight cancer. Basing our diets around plant foods (like vegetables, fruits, whole grains, and beans), which contain fiber and other nutrients, can reduce our risk of cancer and heart disease.

An example of a healthy diet is the Mediterranean Diet which encourages the enjoyment of a wide variety of whole nourishing foods and living an active lifestyle. Dishes from the Mediterranean Diet commonly feature ingredients like fresh tomatoes, olive oil, garlic, aromatic herbs, and spices. Fruits and Vegetables are low calorie, nutrient-dense, high fiber and abundant in beneficial bioactive compounds like antioxidants that help protect the body against toxins. Greater consumption of fruits and vegetables is associated with lower risk for various chronic diseases. Whole-grains are minimally or not processed and therefore maintain high nutritional content, including fiber, B vitamins, minerals, and phytochemicals. Legumes are a good source of protein, minerals, fiber, complex carbohydrate, and polyunsaturated fatty acids. Seafood, especially fatty fish such as salmon, tuna, and sardines, are an excellent source of the omega-3 fatty acids. The health benefits associated with omega-3 fatty acids include reduced risk for heart attack and stroke.



To follow a healthy diet that focuses on whole grains and plants, start small. A diet change may seem daunting at first. However, it does not have to be an 'all-or-nothing' decision. In fact, following all parts of a healthy diet every single day of the week is not necessary in order to improve health. Some individuals may experience health benefits by starting to follow just one or two parts of the diet. Make each change gradually. For example, starting off may include consuming at least 2-3 fruits and vegetables a day. This can be done at a rate that is comfortable, and as time goes on, more changes can be made. Keep it simple. Try choosing more fruits and vegetables than other items. Select breads with whole-grain or whole-wheat as the first ingredient listed on the food label. Try the whole-wheat pasta or brown rice instead of white. Choose extra virgin olive oil when considering oils or fats for cooking. It is important to remember that a healthy eating plan is only one important aspect of a healthy lifestyle. Physical activity, sleep, and low stress, among other factors, should also be considered as part of an overall healthy life.

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

Replenished

One day I was cleaning up after dinner, and the kids were supposed to be getting ready for bed. My patience was quickly dwindling. I was cranky, short with my kids, and starting to yell in response to everything. At the same time, I noticed I was incredibly thirsty, so I got myself a glass of water and drank it down. It was like drinking liquid patience. Even my spouse pointed out, incredulously, “Wow, that’s all it was? You were thirsty?”

When physical needs – for food, water, sleep, an adequate temperature, etc. – are not met, it clearly impacts the way we feel and how we behave and interact. Did you know that people have psychological needs, too? And they also impact our behavior and relationships.

According to Dr. Charisse Nixon, a psychology professor and researcher at Penn State University Behrend, humans have four basic psychological needs, which she abbreviates as “**ABC’s & Me**”:

- **A**cceptance
- **B**elonging
- **C**ontrol
- **M**eaningful existence (a sense of purpose)



Those needs, she points out, are particularly strong during adolescence. And there are a variety of ways to get those needs met – whether constructively or destructively. To up the odds that we can get needs met in positive ways, here are some tips:

Build and strengthen relationships – with family, (for youth) with adults outside of the household, and positive peers. Dr. Nixon highlights the fact that “our neural architecture evolved under conditions of close face-to-face relationships,” which means we are biologically wired to thrive on face-to-face connection.

Provide opportunities to exercise control (self-efficacy) – This comes from having roles and responsibilities, making decisions (for youth, decisions appropriate for their age and development), learning new skills, and setting and achieving goals.

Cultivate a sense of purpose – Identify a passion and use it in service to others. In many ways, giving of time and talents not only provides a sense of purpose, but also helps to strengthen self-efficacy and fosters connections with others.

Meeting our psychological needs – just as with our physical needs – is an ongoing drive. Those needs apply throughout the lifespan, and they need regular replenishing. What will you do today to get your needs met in positive ways?

By Sheila Michels, Health & Wellbeing Educator, Adams County

Recent Programs

TOP Reading at Head Start

On January 18th, preschoolers in the Head Start 4K class in Adams welcomed special guests from the local middle school. A group of 13 sixth graders from Adams-Friendship Middle School spent a day at the Head Start center.

After carefully preparing and organizing their materials, 6th graders entered the classroom and paired up with a preschooler (or two). They read *If You Give a Mouse a Cookie* by Laura Numeroff, then guided their 4K buddy in making a paper bag puppet mouse with props to follow the story. Preschoolers got to keep the book, their craft, and a happy memory of quality time spent with a new friend! Middle schoolers got to “feel the glow” of being a role model, a guide, a friend, and knowing they made a difference in the life of a young child.



It was such an uplifting experience that we decided to do it again three weeks later. On February 10th, another thirteen 6th graders visited both the 3K and 4K classrooms! They read *The Little Blue Truck* by Alice Schertle, a heartwarming story about being a good friend. They played a homemade board game with toy characters from the story. They wrapped up their visit by sharing songs - preschoolers taught their new pals one of their class favorites, and middle schoolers shared a special good-bye song.

The Teen Outreach Program (TOP) is a nationally recognized evidence-based program that promotes the positive development of young people through adult support, interactive lessons, and community service learning. TOP is grant-funded and administered by Healthfirst Network, in collaboration with Extension Adams County and Adams-Friendship Area School District. Local facilitators are Ashley Hahn of Healthfirst and Sheila Michels of Extension. The program reaches each 6th grade classroom at AF Middle School, meeting weekly during the school day from September - May.





It was
So fun to read
to you hope you
had lots of fun
to!!!
-Sophia

Community Resources:



ADVOCAP's mission is to create opportunities for people and communities to reduce poverty and increase self-sufficiency. Services that are offered include: affordable housing, business development, employment and training, head start, home energy conservation, homeless prevention, homeowner assistance, nutrition services, transportation, and volunteer services.

Berlin Office Contact Information:
237 Broadway, Berlin, WI 54923
920-361-9880
<https://www.advocap.org/>



*Transforming People
and Communities*

CAP Services Family Crisis Center (FCC) offers free and confidential assistance to victims of domestic violence and sexual assault, available 24 hours a day by telephone (1-800-472-3377). Walk-in services are also available 24 hours a day at the FCC shelter in Stevens Point. Walk-in services are available at the outreach offices during traditional business hours in Portage, Waupaca, and Waushara counties.

What the Family Crisis Center Does:

- Offers free, confidential, and supportive advocacy
- Referral and information sharing
- Accompaniment for medical, legal, and justice related services
- Provides individual, family, or support group advocacy meetings
- Bilingual and bicultural advocates available
- Assists with restraining orders
- Presents educational sessions in schools, businesses, and other civic and community organizations throughout the service area
- Advocates for new policy and build partnerships to develop a coordinated community response to protect and assist survivors of sexual violence and domestic violence
- Empowers survivors, concerned individuals, and organizations to ultimately end domestic abuse and sexual violence in our communities and to hold perpetrators accountable

You are not alone. It is not your fault. We believe you. Support is here for you.

If you have any questions, concerns or would like to talk to someone we are just a phone call away.

Waushara County Victim Advocate: 920-787-3889 or Family Crisis Center 24/7 Hotline: 1-800-472-3377

Relative Caregiver Support Group

Families are no longer your traditional or nuclear families. Grandparents, Aunts, Uncles, Cousins, Sisters, Brothers, etc. are now raising children they did not plan on raising. There are challenges with being a parent, as times have changed. Teenagers have different issues than you may recall. You may struggle with day-care. You may struggle getting a hold of the school, or it may be difficult for you to know who to contact regarding the child's health insurance.

This Support Group focuses on valuable resources for yourself and the child in your care. It also provides support from others that may be in the same situation as you. This group may help you to balance your life again or to socialize with individuals that may be of support to you.



**Meets the last Wednesday of the month at 6:00 p.m.
Community Center, 569 N. Cedar Street, Adams, WI**

Dinner and childcare will be provided. Great babysitters available!!

Please contact Tina Smith at 608-339-4361 or tina.smith@co.adams.wi.us if you plan on attending or if you need further information.

Sponsored by Adams County Health and Human Services

THE DO OVER

Back side of Care & Share Food Bank

OPEN Tuesday's: 11:30 a.m. to 2:30 p.m.

We sell second-hand
CLOTHES, SHOES AND ACCESSORIES

For men & women
All items are in very good condition!
A bag full for only \$2 (non-clothing items are priced accordingly)

Make some great finds today!

N2975 HWY 22
Montello, WI 53949
Back side of Care & Share Food Bank

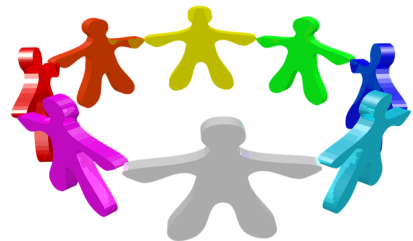


care & share
FOOD BANK
of Marquette County

608-369-1059 | PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

Food Distribution:

1st and 3rd Tuesday of every month
4:30-6pm



Upcoming Programs:

Resilient Co-Parenting

A series of topic specific classes for parents or caregivers raising children together while living apart.

Dates and Topics: March 2nd- Successful Stepfamilies
 April 6th- Navigate Difficult Conversations
 May 4th- Parenting from a Distance

Time: 7:00- 8:00 pm

Where: Online

To Register: go.wisc.edu/d206g4

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 & place: March 6th- Montello Schools
 April 17th- Endeavor Elementary
 May 22nd- Westfield Elementary

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

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

Contact: Hannah Zellmer

Families + Screens- Includes FREE Dinner and Childcare!

Want to manage screens in your family instead of having screens manage you? This class is for you!

Date: March 28th

Time: Dinner: 5:30-6:00 pm, Class: 6:00- 8:00 pm

Where: Montello Schools

Register: Call 608 297 3139 or email hannah.zellmer@wisc.edu

Contact: Hannah Zellmer

Parents Forever Classes (Online)

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: March 21 & 23 or May 16 & 18
 (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

Planning AHEAD

An end-of-life planning curriculum for all ages. 6-session research-based program that helps participants understand how to prepare for the end of life for themselves or a loved one, and why it's important to have a plan in place.

Who: All adults

Date: April 5, 12, 19, 26, May 10, 17

Time: 9:30am-11:00am

Where: Mill Pond Public Library, 140 N South Street, Kingston, WI

Cost: Free

To Register: Call the library at 920-394-3281

Contact: Katie Gellings

Aging Mastery Program

Build your own personal playbook for aging well! This fun, innovative program empowers you to take easy steps to improve your well-being, add stability to your life, and strengthen ties to your community.

Who: Adults ages 55 and up

Date: Mondays and Thursdays, April 10 - May 11

Time: 4:30 - 6:00 p.m.

Where: Adams County Community Center, 569 N. Cedar Street, Adams

To Register: call 608-339-4237 or email sgmichels@wisc.edu

Contact: Sheila Michels

Family Adventure Day

A family-oriented FREE event that provides fun and interactive activities and education. Face painting, magician, prizes and more! No registration required.

Who: All families

Date: April 15th, 2023

Time: 10:00 am- 1:00 pm

Where: Montello High School

Contact: Hannah Zellmer

Parents Forever Classes (In Person)

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: April 20

Time: 8:30am- 12:30 pm

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

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

Adams County Kids Day

A family-oriented FREE event that provides fun and interactive activities, education, and entertainment.

Who: Families with children toddler through 5th grade

Date: Saturday, April 29

Time: 10 a.m. - 2 p.m.

Where: Adams Friendship High School

Contact: Sheila Michels



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