

Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding our class schedule. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-4863.

We have set up a new class structure, you no longer need to join at the beginning of a session. You can purchase an annual membership at \$140.00, \$70.00 for a semi-annual and \$35.00 for a quarter or 12 weeks. You can join at any time you wish!

You do not need to wait until a new quarter starts. Strong Bones is a self paced class and you can start any time!

JOIN NOW!!!!



Zion Lutheran Church
1254 S Union Street, Shawano
Mon/Wed 8:30 am – Regular class
Sue True
Mon/Wed 8:30 am – Advanced class
Linda Olson
Tue/Thur 7:30 am – Regular & Advanced class
Kara Skarlupka

Sacred Heart Church
302 S Main Street, Shawano
Tue/Thur 3:45 pm – Regular class
Jeanne Kaczorowski

Total Fitness
203 E Green Bay Street, Shawano
Mon/Wed 12:00 pm – Regular class
Sue True

St. Francis Solanus
724 Mader Street, Gresham
Mon/Thur 4:05 pm – Regular class
Sandy Schinke

Peace Lutheran Church
N6315 County Road D, Tilleda
Mon/Thur 5:15 pm—Regular class
Charlotte Schwartz

St. Paul Lutheran Church
240 E Green Bay Street, Bonduel
Mon/Fri – 7:30 am – Regular class
Kara Skarlupka

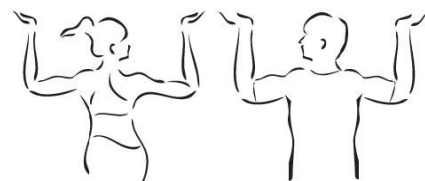
Holy Family Church
202 N Ellms Street, Wittenberg
Mon /Thur 4:30 pm/-Regular Class
Sally Korbisch

St. Anthony Church
430 Swanke Street, Tigerton
Mon /Thur 4:30 pm/-Regular Class
Debra Brandt

Mohican Family Center
N8605 Oak Street, Bowler
Mon/Wed – 5:00 pm – Regular class

Hillcrest Primary School
Lower Resource Room #201-202
Use Lower Level Exterior Door
Mon/Wed – 4:30 pm – Regular class

Lifting towards better health!!



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Shawano County UW-Extension



Sept.—Oct. 2018

College partnerships build

Situation

Student loan debt exceeds credit card and auto loan debt in the U.S. according to the Federal Reserve Bank of New York (2015). Seventy-four percent of students attending Wisconsin public universities now take out loans to help pay for college, with the average indebtedness of 2014-15 graduates earning a bachelor's degree from the UW System reported at \$30,650.

Building and maintaining a positive credit history is vital for young people renting an apartment, purchasing a car and insurance, and even securing a job after college. Failing to manage finances successfully while starting out in life can contribute to dropping out of college, defaulting on student loans, or damaging a credit history for many years to come. After college, a poor credit record can also hinder a student's future ability to buy a home, or delay starting a family.

The majority of Americans think personal finance should be taught to all students at least as early as high school. While about half of Wisconsin high schools offer personal finance, most do not require it.

Response

Pilot project formed in May 2012, students at the Rice Lake and New Richmond campuses of Wisconsin Indianhead Technical College and the University of Wisconsin-Barron County campus were invited to participate in an online survey on financial literacy designed by UW-Extension and conducted by UW-River Falls Survey Research Center.

Most of the 300 respondents said they were interested in educational offerings on financial topics delivered through in-person classes. One-on-one financial coaching was followed by self-directed online classes.

Additional UW-Extension focus group interviews with UW-Barron and UW-River Falls students showed that most were concerned about paying for college. Students also wanted the educational experience to be fun, interactive, and competitive.

Based on the survey results, the UW-Extension Financial Capability Supporting Success Pilot Project was designed with the goal of increasing the financial capability of college students at three 2-year campuses: UW-Barron County, Wisconsin Indianhead Technical College-New Richmond and Rice Lake. The program was expanded to UW-River Falls in 2014.

A 2014 survey of UW-Extension county educators showed that 17 were providing financial education on public and private 2 and 4 year college campuses throughout Wisconsin. Financial education activities included workshops, displays, guest speaking in classrooms, and use of social media. UW-Extension Portage County developed a student volunteer financial coaching program in partnership with UW-Stevens Point.

Results

In 2015, UW-Extension family living educators reported reaching almost 1,000 college students throughout Wisconsin.

End-of-workshop surveys from 163 UW-Barron and UW-River Falls students indicated that the majority of students who did not previously engage in positive financial behaviors planned to check their credit reports, set financial goals, and establish credit.

The Barron County UW-Extension family living educator reached more than 400 students through her Supporting Success partnership. Students increased knowledge of how values and feelings affect their spending, how to create a spending plans and financial goals, and how to obtain a free credit report as well as understanding the value of building good credit for the future. Students set goals such



EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

as buying a house, saving more money to study abroad, staying out of debt, and saving money for a child. UW-Barron staff also saw benefits to the campus including student access to financial education and one-on-one financial coaching. To learn more, contact Missy Bablick, Barron County Family Living Educator, missy.blick@ces.uwex.edu. Lessons learned from student surveys, focus groups, and pilot efforts indicate that each college campus has unique needs. Some have more traditional student bodies with on-campus housing, while others have nontraditional or returning adult students with additional stressors from full-time jobs and families. The responsiveness and presence of UW-Extension family living educators in each county allowed customized financial education activities to best fit the needs of each campus. For the full study contact Peggy Olive the Financial Capability Specialist at UW-Madison/UW-Extension at polive@wisc.edu

Let's Talk About Pain Medicines

A FREE workshop on understanding opioid medicines. Learn how to use them more safely and effectively. Each participant gets a workbook and pillbox organizer to take home. There will be a fish fry luncheon for \$3.50 donation for those 60 and older.

When: Friday, Oct. 5th at 11:00 am **Where:** Shawano Civic Center, 225 S Main St. Shawano

How to Sign up: Contact Paula Landau at 715-526-9311 by Oct. 4th



Parent's Forever—Co-Parenting Class

A class for parents in the process of divorce, already divorced, or never married but separating.

Topics of discussion include the effects of divorce, how you can help yourself and your children cope better during this stressful transition, 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.

How do these classes help families?

- 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.
- These classes can help you help your children.

To Register

Complete the registration form. You can get one from the County Clerk of Courts, or by calling Shawano County Healthy Families & Communities Coordinator at 715-526-4863 or email kara.skarlupka@co.shawano.wi.us

After receiving your registration form and \$15 fee, we will confirm your class date and time.

Childcare **will not** be provided.

Shawano County Court House, Room A

Next class in October—Call for dates

5:30 pm to 7:30 pm

Fee \$15.00

Facilitator: Kara Skarlupka

Healthy Families & Communities Coordinator

**Resources provided by the

University of Minnesota Extension

Who Gets Grandma's Yellow Pie Plate

Wednesday, Oct. 3rd

6:00 pm to 8:00 pm

SCMS Room 103

Fee: \$5

Plus \$10 materials fee paid to instructor at class.

There can be powerful messages in who gets what. Planning ahead allows for more choices, the opportunity for communications, and fewer misunderstandings and conflicts. This workshop contains a step-by-step process to passing on personal possessions. It is designed to be an effective tool for a variety of family groups working to make decisions in different situations.

The \$10 material fee, paid to the instructor at class, pays for the workbook. If couples take the class only one workbook is needed.

You will find this workshop helpful as you consider inheritance issues following a death or a family crisis, during a move to an apartment or nursing home, as you prepare a will, or when you carry out the wishes of a loved one.

Instructor: Kara Skarlupka, Shawano County Healthy Families and Communities Coordinator.



For more information on the WWF: Contact the Shawano County UW-Extension Office, Room 101—311 North Main Street, Shawano, WI 54166

• 715-526-6136 • <http://shawano.uwex.edu/> • 711 for Wisconsin Relay

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, IX and ADA requirements. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact UWEX-Shawano County. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

"Be Food Wise to Reduce Waste"



On Oct. 3rd and 4th the Shawano County Homemakers (HCE) will be hosting a class on reducing food waste. The class will be held in Shawano on Oct. 3rd at 5:30 pm at the court house and again on Oct. 4th at the Zion Methodist Church in Bonduel. This class will cover the fact that we waste about 40% of the food we buy. Learn about food waste and where it comes from, who is responsible, why it's a problem, and what can be done to reduce it.

Please RSVP to Kara at 715-526-4863. If we do not have RSVP's the class could possibly be cancelled. So please call ahead!

Free Hearing Screenings

Representatives from Avada Hearing Care Center in Shawano will be at the ADRC office to perform FREE hearing screenings to anyone interested. Limited appointment times are available. The screening will last approximately 15 minutes. Contact the ADRC toll free to register by call 1-855-492-2372. the screenings will take place on Friday, Oct. 12 from 10 am to 3 pm at the ADRC of Wolf River Region's offices at 607 East Elizabeth Street, Shawano.

