



Focus on Family Living

Donna Doll-Yogerst, Agent

Taking Care of You: Powerful Tool for Caregiving

Feeling Stretched?

Let's Face It...Caring for someone with a chronic illness or development disability can be stressful both physically and emotionally.



"I know I can be a positive, peaceful caregiver and I've learned the necessity of reaching out and asking for help".

"Learning from emotions, breathing exercises, relaxation, facing reality of my situation with a+ emphasis. I am not afraid of the future".

"I am not "stuffing" my feelings, getting out more, more satisfied with ME as a person and caregiver".

Workshop Partners:

Oconto County Commission on Aging
Oconto County Dementia Care Network

Workshop Sponsors:



Community Memorial Hospital
855 S. Main Street, Oconto Falls WI 54154

Lakewood Lodge
17185 Flynn Lane, Lakewood WI 54138

For more information on classes offered in Wisconsin: Visit the Wisconsin Alliance for Aging website at *(Click on the "Caregiving Education" link on the left side of the page.)*: www.uwex.edu/ces/flp/caregiving/alliance



Perhaps you can benefit from **Powerful Tools for Caregiving**

Program 1:

DATE: Thursdays—

Sept. 11, 18, 25, Oct. 2,9,16

SESSIONS: Six Weeks

TIME: 1:00—3:30 P.M.

LOCATION:

Community Memorial Hospital

855 S Main Street

Oconto Falls WI 54154

COST: \$10.00/participant (includes a caregiver handbook). \$5 refund for those attending 5 of 6 sessions

LIMIT: 15 participants

REGISTER BY: September 4th

Program 2:

DATE: Thursdays—

Oct 23, 30, Nov 6, 13, 20 Dec 4

SESSIONS: Six weeks

TIME: 1:00—3:30 P.M.

LOCATION:

Best Western Lodge

17185 Flynn Avenue

Lakewood, WI

COST: \$10.00/participant (includes a caregiver handbook). \$5 refund for those attending 5 of 6 sessions.

LIMIT: 15 participants

REGISTER BY: October 16th

REGISTER BY CONTACTING:

Oconto County UW-Extension

301 Washington Street

Oconto WI 54153

Phone: 920-834-6846

Online: <http://www.uwex.edu/ces/cty/oconto/flp/CurrentPrograms.html>

New Food Preservation Publications Available

It is critical to follow up-to-date food preservation instructions. Instructions have changed greatly over the years. Always use a research-based tested recipe for safety. Check the list to the right to see the most current publication dates. If your bulletin is older, you should throw them away and use the new guidelines. These recipes have been checked and checked again for accuracy and safety to ensure safe, high quality Wisconsin food preservation recommendations. There is nothing inaccurate in the old publications; the new contain additional food items. Call the Extension office at 920-834-6845 to order yours today. Most UW-Extension publications can be viewed on line at: http://learningstore.uwex.edu/	Publication Name/Date & Number	Cost
		Canning Fruits Safety - 2008 (Item #B0430) Previously 2002
	Canning Meat, Wild Game, Poultry & Fish Safely - 2008 (Item #B3345) Previously 2002	\$ 2.50
	Canning Salsa Safety - 2008 (Item #B3570) Previously 2000	\$ 1.50
	Canning Vegetables Safely - 2008 (Item #1159) Previously 2000	\$ 2.00
	Freezing Fruits and Vegetables - 2008 (Item #B3278) Previously 2000	\$ 2.00
	Freezing Home Prepared Foods - 1993 (Item #B1306)	\$ 1.00
	Homemade Pickles and Relishes - 2008 (Item #B2267) Previously 2002	\$ 4.00
	Keeping Food Safe - 2005 (Item #B3474)	\$ 3.00
	Make Your Own Sauerkraut - 1994 (Item #B2087)	\$ 1.00
	Making Jams, Jellies and Fruit Preserves - 2008 (Item #B2909) Previously 2003	\$ 4.00
	Safe Canning Methods - 1991 (Item #B2718)	\$.50
	Tomatoes Tart and Tasty - 2008 (B2605) Previously 2004	\$ 2.50
	Using and Caring for a Pressure Canner - 1995 (Item #B2593)	\$ 1.00
	Wisconsin's Wild Game: Enjoying the Harvest - 1992 (Item #B3573)	\$ 2.50
	WI Safe Food Preservation (Item #BWSFPS-P) - Canning Salsa Safely; Canning Vegetables Safely; Freezing Fruits & Vegetables; Tomatoes Tart & Tasty; WI's Wild Game	\$10.00