

## Professional Resource List

**Anne Menzies, RD ThedaCare Physicians, 710 Riverside Dr. Waupaca, WI. 54981 715-256-3000**

| <b>Topic</b>   | <b>Audience</b>                                 | <b>Program Source</b> | <b>Description</b>                                   | <b>Cost</b>                              | <b>Equipment</b>         | <b>Length of Session</b>       |
|--|---|-----------------------|--|--|--------------------------|--------------------------------|
| Shop Smart for Weight Loss                               | Adults  |                       | Making better grocery store choices; reading labels  | \$250 +<br>.44/mile                      | Power Point<br>Projector | 2 hours                        |
| Eating to Fuel your Active Lifestyle                     | Youth athletes;<br>Adults                       |                       | Healthy eating for the athlete                       | \$250 +<br>.44/mile                      | Power Point<br>Projector | 2 hours                        |
| Nutrition and Your Heart                                 | Adult   |                       | Healthy Heart Eating (cholesterol, fats, fiber)      | \$500 +<br>.44/mile                      | Power Point<br>Projector | 4 classes (45-60 minutes each) |
| Dieting, Weight, and Exercise: Finding a Healthy Balance | Adult   |                       | Healthy eating, exercise, positive self-image        | \$250 +<br>.44/mile                      | Power Point<br>Projector | 2 hours                        |
| Intuitive Eating   | Adult   |                       | Teaches the “non-dieting approach to weight loss     | \$15/person<br>/class<br>(min. 6 people) | Power Point<br>Projector | 10 classes (60 minutes each)   |
| Nutrition is Hot!  | Adult   |                       | Fiber, Carbohydrate, Fat                             | \$150<br>+ .44/mile                      | Power Point<br>Projector | 1 hour                         |
| Carb Lingo   | Adult   |                       | Diabetic Carbohydrate Counting                       | \$150 +<br>.44/mile                      | Power Point<br>Projector | 1 hour                         |
| MyPyramid  | Adult   |                       | New Food Guide Pyramid; Portion control; food safety | \$150 +<br>.44/mile                      | Power Point<br>Projector | 1 hour                         |
| Fast Food  | 6 <sup>th</sup> -8 <sup>th</sup> grade students |                       | Making better food choices when eating out           | \$150 +<br>.44/mile                      | Power Point<br>Projector | 1 hour                         |
| Who Needs Breakfast?                                     | 6 <sup>th</sup> -8 <sup>th</sup> grade students |                       | Importance of eating breakfast; portion control      | \$150 +<br>.44/mile                      | Power Point<br>Projector | 1 hour                         |
| MyPyramid  | 5 <sup>th</sup> -8 <sup>th</sup> grade students |                       | New Food Guide Pyramid                               | \$150 +<br>.44/mile                      | Power Point<br>Projector | 1 hour                         |

Additional topics as requested

**Carol Peotter, RD/Manager Riverside Medical Center, 800 Riverside Dr. Waupaca, WI. 54981 715-258-1052**

| <b>Topic</b>              | <b>Audience</b> | <b>Program Source</b> | <b>Description</b>                                    | <b>Cost</b>              | <b>Equipment</b>  | <b>Length of Session</b> |
|---------------------------|-----------------|-----------------------|---|--------------------------|-------------------|--------------------------|
| Healthy Food Choices      | Adults          |                       | Practical ways to eat healthy to match your lifestyle | \$100/hour +<br>.45/mile | Laptop; Projector | 1 hour                   |
| Healthy Eating on the Run | Adults          |                       | Maintaining healthy eating habits despite a hectic    | \$100/hour +<br>.45/mile | Laptop; Projector | 1 hour                   |

Healthy Eating for Young Children      Parents of children 1-8 years old      Ellyn Satter      schedule  
 Nutrition needs and eating behaviors of young children      \$100/hour + .45/mile      Laptop; Projector      1 hour  
Additional topics upon request

**Mary Ellie, RN Safe Kids Coordinator Waupaca County DHHS, 811 Harding St. Waupaca, WI. 54981 715-258-6323**

| <u>Topic</u>                                   | <u>Audience</u>                                     | <u>Program Source</u>                       | <u>Description</u>   | <u>Cost</u>   | <u>Equipment</u> | <u>Length of Session</u>                     |
|--|---|---|--|---|------------------|--|
| Safe Kids—prevention of unintentional injuries | Children 14 years old and younger in Waupaca County | Safe Kids Wisconsin/<br>Safe Kids Worldwide | Car seat safety; fire prevention; accident and injury prevention | Car seats available to low income families in Waupaca County for \$20 or less; no charge for installation | None             | Car seat installation available upon request |

**Marguerite Ramlow, Certified Yoga Instructor 9874 Cty. K Amherst, WI. 54406 715-824-3463**

| <u>Topic</u>                       | <u>Audience</u> | <u>Program Source</u> | <u>Description</u>                                 | <u>Cost</u>   | <u>Equipment</u>      | <u>Length of Session</u> |
|------------------------------------|-----------------|-----------------------|--|---------------|-----------------------|--------------------------|
| Yoga instruction and demonstration | All ages        | None                  | Stress management; Breathing & movement techniques | \$60-100/hour | Floor space for demos | 45-90 minutes            |

**JoEllen Biadasz, RN Waupaca County DHHS, 811 Harding St. Waupaca, WI. 54981 715-258-6399**

| <u>Topic</u>            | <u>Audience</u>                 | <u>Program Source</u>                                   | <u>Description</u>  | <u>Cost</u> | <u>Equipment</u> | <u>Length of Session</u> |
|-------------------------|---------------------------------|---|---|-------------|------------------|--------------------------|
| Early Brain Development | Child bearing age; Teen parents | Great Beginnings: 1 <sup>st</sup> Years<br>Last Forever | Developmental milestones in infant's life & interventions to optimize development | None        | None             | 30-60 minutes            |

**Sue Kempfert, RN Waupaca County DHHS N2910 Teddy Bear Lane, Waupaca, WI. 54981 715-258-5548**

| <u>Topic</u>  | <u>Audience</u>  | <u>Program Source</u> | <u>Description</u>                                  | <u>Cost</u> | <u>Equipment</u> | <u>Length of Session</u> |
|---|--|-----------------------|---|-------------|------------------|--------------------------|
| Changes in young girls. Also, diabetes, hypertension, allergies | 4 <sup>th</sup> -12 <sup>th</sup> grade girls in Waupaca School District | None                  | Menstruation in young girls and general health info | None        | VCR              | 20-30 minutes            |

**Cyndy Irvine, RN Community Education, Riverside Medical Center 800 Riverside Dr. Waupaca, WI. 54981 715-258-1636  
[cirvine@riversidemedical.org](mailto:cirvine@riversidemedical.org)**

| <u>Topic</u>   | <u>Audience</u>                             | <u>Program Source</u>  | <u>Description</u>   | <u>Cost</u>   | <u>Equipment</u> | <u>Length of Session</u> |
|--|---|--|--|---|------------------|--------------------------|
| Blood Pressure; Cholesterol; CPR; Babysitters training | Adults; Sitter class: at least 11 years old | American Heart Assoc.<br>American Nurses Assoc.<br>Safe Sitter Program | General information<br>Sitter class: lifesaving techniques, safety | Safe sitter class: \$40.<br>No charge for informational classes at businesses | As needed        | As requested             |

**Marci Reynolds, RN Manager, Diabetic Education and Cardiac Rehab, Riverside Medical Center 800 Riverside Dr. Waupaca, WI 54981**

**715-258-1162** [mreynolds@riversidemedical.org](mailto:mreynolds@riversidemedical.org)

| <u>Topic</u>                           | <u>Audience</u> | <u>Program Source</u>                             | <u>Description</u>  | <u>Cost</u>                                       | <u>Equipment</u> | <u>Length of Session</u> |
|--|-----------------|---|---------------------|---|------------------|--------------------------|
| Diabetes, Cardiac Rehab, Heart Disease | Adults          | American Heart Assoc.<br>American Diabetes Assoc. | General information | No charge for informational classes at businesses | As needed        | As requested             |

**Cary Ogden, Ron Pehlke, Waupaca County DHHS, 811 Harding St. Waupaca, WI. 54981 715-258-6300**

| <u>Topic</u>   | <u>Audience</u> | <u>Program Source</u>                         | <u>Description</u>               | <u>Cost</u> | <u>Equipment</u> | <u>Length of Session</u> |
|--|-----------------|---|----------------------------------|-------------|------------------|--------------------------|
| Mental Health Issues; Suicide<br>Outpatient Services | 18-64 years old | Health and Human Services resources available | Mental health treatment services | None        | None             | 1 hour                   |

**Kathy Reinke, RD CDE Shawano Medical Center, 309 N. Bartlette St. Shawano, WI. 54166 715-526-7138 kreinke@shawanomed.org  
(also serving the Clintonville area)**

| <b>Topic</b>                           | <b>Audience</b> | <b>Program Source</b>       | <b>Description</b>  | <b>Cost</b>  | <b>Equipment</b> | <b>Length of Session</b> |
|--|-----------------|-----------------------------|---|--|------------------|--------------------------|
| Diabetes Prevention Program            | All ages        | National Diabetes Education | Diabetes Risk Awareness and Education                       | No cost for non-profit Organizations; variable cost for businesses | As needed        | As requested             |
| Weight management                      | All ages        | None                        | Portion sizes and Calorie control                           | Same as above  | As needed        | As requested             |
| Heart Healthy Eating                   | All ages        | American Heart Association  | Nutrition awareness: Low cholesterol, low fat, hypertension | Same as above  | As needed        | As requested             |
| Healthy Feeding Practices for Children | All ages        | None                        | Feeding/nutrition guidelines for various age groups         | Same as above  | As needed        | As requested             |

**Shari DeLisle, Licensed Athletic Trainer Sports Medicine—Shawano Medical Center, 309 N. Bartlette St. Shawano, WI. 54166  
(also serving the Clintonville area) 715-526-7373**

| <b>Topic</b>   | <b>Audience</b> | <b>Program Source</b> | <b>Description</b> | <b>Cost</b>                  | <b>Equipment</b> | <b>Length of Session</b> |
|--|-----------------|-----------------------|--------------------|------------------------------|------------------|--------------------------|
| Injury Prevention<br>Strength Training<br>Golf Fitness Program | Adults          |                       |                    | No charge for 1-time session |                  | 1 hour                   |

Additional topics upon request

**Elaine Gast, Community Relations Specialist Shawano Medical Center, 309 N. Bartlette St. Shawano, WI. 54166 715-526-7207  
(also serving the Clintonville area)**

**\*\*Contact for all other speaking topics through hospital**

**\*\*Check website at [www.shawanomed.org](http://www.shawanomed.org) for listing of area classes, support groups, and events**

**Jeff Oestreich, RPH; Dennise Ross, PharmD Waupaca Woods Pharmacy, 101 N. Western Ave. Waupaca, WI. 54981 715-258-7621**

| <b>Topic</b>  | <b>Audience</b>                | <b>Program Source</b> | <b>Description</b>  | <b>Cost</b>  | <b>Equipment</b>             | <b>Length of Session</b> |
|---|--------------------------------|-----------------------|---------------------|--------------|------------------------------|--------------------------|
| Drug abuse prevention;<br>Food supplements;<br>Alternative medicine;<br>Disease prevention;<br>Poisoning prevention | All ages in<br>City of Waupaca | None                  | General Information | \$75/session | Powerpoint<br>equipment; VCR | ½-1 hour                 |

**Lori Hartz Thedacare Dietitians 920-831-5077 (First contact to work w/N.L. Medical Center RD\*)**

**\*Lainie Hintz, RD New London Family Medical Center 1405 Mill St. New London, WI. 920-531-2068**

| <b>Topic</b>                       | <b>Audience</b> | <b>Program Source</b> | <b>Description</b>   | <b>Cost</b>   | <b>Equipment</b>        | <b>Length of Session</b> |
|------------------------------------|-----------------|-----------------------|--|---|-------------------------|--------------------------|
| New Food Pyramid                   | Any             | None                  | General Information  | \$60/hour—non-<br>Profit groups; \$100/<br>Hour—businesses;<br>(includes prep &<br>travel time) | Powerpoint<br>equipment | 45-60 minutes            |
| Healthy Eating at<br>Home and Away | Any             | None                  | How to make healthy<br>food choices at home<br>& when eating out | Same as above   | Same as above           | 45-60 minutes            |
| Label Reading                      | Any             | None                  | How to read the<br>Nutrition facts panel                         | Same as above   | Same as above           | 45-60 minutes            |
| Heart Health                       | Any             | None                  | Good/bad fats, sodium,<br>Fiber, cholesterol                     | Same as above   | Same as above           | 45-120 minutes           |
| Food Portions                      | Any             | None                  | Serving sizes for foods  | Same as above   | Same as above           | 45-60 minutes            |

**Wendy Blezek Fleming, Account Manager, Hospital Marketing New London Family Medical Center 1405 Mill St. New London, WI  
920-531-2071**

**(First contact to work with Kim Kandler, NLFMC Athletic Trainer\*)**

**\*Kim Kandler, Licensed Athletic Trainer, New London Family Medical Center 920-716-8139**

| <b>Topic</b>   | <b>Audience</b> | <b>Program Source</b> | <b>Description</b> | <b>Cost</b>  | <b>Equipment</b> | <b>Length of Session</b> |
|--|-----------------|-----------------------|--------------------|--|------------------|--------------------------|
| Injury Prevention<br>Strength Training<br>Ergonomics | Adults          |                       |                    | No charge for first program;<br>\$50/hour for multiple presentations | As needed        | 45-60 minutes            |

Additional Topics upon Request

**Bruce Pierson, PT, Rehabilitation Services Manager Riverside Medical Center, 800 Riverside Dr. Waupaca, WI. 54981 715-258-1053**

| <b>Topic</b>  | <b>Audience</b> | <b>Program Source</b> | <b>Description</b> | <b>Cost</b> | <b>Equipment</b> | <b>Length of Session</b> |
|---|-----------------|-----------------------|--------------------|-------------|------------------|--------------------------|
| Body mechanics, Lifting,<br>Back Safety                 | Adults          |                       |                    |             |                  |                          |
| Ergonomics/exercises<br>for office worker               | Adults          |                       |                    |             |                  |                          |
| Stretching/prevention<br>for weekend/working<br>athlete | Adults          |                       |                    |             |                  |                          |
| Body mechanics/posture                                  | Adults          |                       |                    |             |                  |                          |
| Abdominal stabilization                                 | Adults          |                       |                    |             |                  |                          |
| Balance/falls prevention                                | Adults          |                       |                    |             |                  |                          |
| Urinary incontinence<br>issues/treatment                | Adults          |                       |                    |             |                  |                          |

**Deana Hirte Waupaca Resource Center, 515 School St. Waupaca, WI. 54981 715-256-1621**

| <b>Topic</b>     | <b>Audience</b>  | <b>Program Source</b> | <b>Description</b>                             | <b>Cost</b> | <b>Equipment</b> | <b>Length of Session</b> |
|------------------|--|-----------------------|--|-------------|------------------|--------------------------|
| Anger Management | Adults (only held<br>At Waupaca Family<br>Resource Center) |                       | Techniques to manage<br>anger in adults        | Free        |                  | 90 minute                |
| 1-2-3 Magic      | Adults (at Resource Center)                                |                       | Discipline techniques<br>for kids 2-12         | Free        |                  | 90 minutes               |
| Nurturing        | Adults (at Resource Center)                                |                       | Nurturing techniques<br>For parents/caregivers | Free        |                  | 90minutes                |

For list of additional classes, check website at [WFRC1@hotmail.com](mailto:WFRC1@hotmail.com)

**Dr. MaryJo Byers, OD; Dr. Jeff Byers, OD Hayes and Byers, 222 S. Washington Waupaca, WI. 54981 715-258-2020**

| <u>Topic</u>   | <u>Audience</u> | <u>Program Source</u> | <u>Description</u>  | <u>Cost</u> | <u>Equipment</u> | <u>Length of Session</u> |
|----------------|-----------------|-----------------------|---------------------|-------------|------------------|--------------------------|
| Basic eye care | Any age         | None                  | General information | No charge   | VHS              | ½ hour                   |

**Deb Ferguson, Nurse Midwife, FNP Thedacare Physicians Waupaca 710 Riverside Drive Waupaca, WI. 54981 715-256-3092**

| <u>Topic</u>   | <u>Audience</u>             | <u>Program Source</u> | <u>Description</u>  | <u>Cost</u> | <u>Equipment</u>     | <u>Length of Session</u> |
|--|-----------------------------|-----------------------|---------------------|-------------|----------------------|--------------------------|
| Reproductive health; Pregnancy prevention- Abstinence/birth control Options; pre-conceptual Care, andepartum/ Perinatal; GYN care; STD's | Female/Male variety of ages |                       | General Information | None        | Powerpoint projector | 1 hour                   |

**Sherry Fisher Waupaca Co. Tobacco Free Coalition Coordinator 811 St. Waupaca, WI. 54981 920-596-3973**

| <u>Topic</u>                        | <u>Audience</u>  | <u>Program Source</u>  | <u>Description</u> | <u>Cost</u>  | <u>Equipment</u> | <u>Length of Session</u>              |
|-------------------------------------|------------------|--|--------------------|--|------------------|---------------------------------------|
| Health Risks related to Tobacco Use | Adults           |  |                    | Free   |                  | 30-60 minutes                         |
| Trained Facilitator for:            |                  | ALA Freedom From Smoking (FFS)   |                    | \$40/participant for materials + \$400 instruction fee |                  | 8-90 minute sessions                  |
|                                     |                  | ALA Not On Tobacco (NOT) – teens   |                    | No charge  |                  | 10-50 minute sessions                 |
|                                     |                  | ALA Alternative To Suspension --- (ATS – To be used as an alternative to tobacco citation fines) |                    | No charge  |                  | 4 hour session on Sat.                |
|                                     | Younger students | ALA Teens Against Tobacco Use (TATU)   |                    | No charge  |                  | Meet monthly with multiple activities |

**Marilyn Herman, Family Living Educator, Waupaca County UWEX 811 Harding St. Waupaca, WI. 54981 715-258-6225**

[marilyn.herman@ces.uwex.edu](mailto:marilyn.herman@ces.uwex.edu)

| <u>Topic</u> | <u>Audience</u> | <u>Program Source</u> | <u>Description</u> | <u>Cost</u> | <u>Equipment</u> | <u>Length of Session</u> |
|--------------|-----------------|-----------------------|--------------------|-------------|------------------|--------------------------|
|--------------|-----------------|-----------------------|--------------------|-------------|------------------|--------------------------|

|                                     |        |  |  |                    |
|-------------------------------------|--------|--|--|--------------------|
| Eating for a Productive Workday     | Adults | How eating can prevent sickness, impact your Energy and memory                           | No charge for professional time with WOW (Working On Wellness) projects \$100 for community or business groups if not in WOW (+ mileage) | 45 minutes-2 hours |
| Eating Well--The Shift-Work Dilemma | Adults | Techniques to lower risk of overweight, high blood pressure, sleep disorders, depression | Same as for above  | 45 minutes-2 hours |

Additional nutrition topics upon request

**Connie Abert, Department Head and Youth Development Educator, Waupaca County UWEX 811 Harding St. Waupaca, WI. 54981**  
**715-258-6226 [connie.abert@ces.uwex.edu](mailto:connie.abert@ces.uwex.edu)**

| <b>Topic</b>            | <b>Audience</b> | <b>Program Source</b> | <b>Description</b>                         | <b>Cost</b>   | <b>Equipment</b> | <b>Length of Session</b> |
|-------------------------|-----------------|-----------------------|--|---|------------------|--------------------------|
| Colors,                 | Adults&Youth    |                       | What is your personality temperament?      | No charge for professional time                         | Booklet charge   | 45 minutes-4 hours       |
| Conflict Management     | Adults&Youth    |                       | How do manage conflict?                    | with WOW (Working On Wellness) projects.                |                  | 45-1.5hr                 |
| Generations             | Adults&Youth    |                       | Characteristics of your generation         | \$50/hr for community or business groups if not in WOW. |                  | 45-1.5hr                 |
| Balancing Work And Home | Adults&Youth    |                       | What are your priorities                   | Charge for + mileage.                                   |                  | 45-1.5hr                 |
| Guiding Good Choices    | Parents &Youth  |                       | Helping parents Help their children        |   |                  | 45-5hrs                  |
| Net Smartz              | Parents &Youth  |                       | Be safe on the Internet                    |   |                  | 45-1.5hr                 |
| Media Sharp             | Parents &Youth  |                       | Learn how the media influences our choices |   |                  | 45-1.5hr                 |

**Tim Lencki MS CSCS, Health and Fitness Headquarters of Waupaca LLC 2610 N. State Road 22 Waupaca, WI. 54981  
715-256-1459**

| <b>Topic</b>         | <b>Audience</b> | <b>Program Source</b> | <b>Description</b>  | <b>Cost</b>   | <b>Equipment</b> | <b>Length of Session</b> |
|----------------------|-----------------|-----------------------|---|---------------|------------------|--------------------------|
| Exercise and Fitness | Adults          |                       | Educational & Motivational Information on becoming healthy through physical activity. | \$100/session | None             | Varies; flexible         |

**Jon Yearwood, Director, Clintonville High School Rec Center 330 N. Harriet St. Clintonville, WI. 65929 715-823-7215 (ext.2278)**

| <b>Topic</b>  | <b>Audience</b>                  | <b>Program Source</b> | <b>Description</b>                                 | <b>Cost</b>  | <b>Equipment</b> | <b>Length of Session</b> |
|---|----------------------------------|-----------------------|--|--|------------------|--------------------------|
| Programs/Instruction offered at center in:<br>Strength training<br>General Exercise<br>Swimming | All ages<br>All ages<br>All ages |                       | Gymnasium, full fitness center, 2 pools, whirlpool | Daily, monthly, annual passes available; call for price list | None             | Variable                 |

**Fred W. Raschke, DC Raschke Chiropractic Center, SC, N1992 Cty Rd F, Weyauwega, WI 54983 920-867-2451**

| <b>Topic</b>                        | <b>Audience</b> | <b>Program Source</b> | <b>Description</b>   | <b>Cost</b> | <b>Equipment</b>      | <b>*Length of Session</b> |
|-------------------------------------|-----------------|-----------------------|--|-------------|-----------------------|---------------------------|
| Proper Lifting                      | Adults/Students |                       | Back injury prevention and self care – active hands on class                                       | \$125       |                       | 1 hour                    |
| Preventing Upper Extremity Injuries | Adults          |                       | Key aspects to reduce repetitive stress injuries   | \$125       |                       | 1 hour                    |
| Sitting on the Job                  | Adults          |                       | Seated worker ergonomics, stress reduction, instruction to adjust personal workspace               | \$125       | Power Point Projector | 1 hour                    |
| Eat for Life                        | Adults/Students |                       | Healthy nutrition for a healthy lifestyle  | \$125       | Power Point Projector | 1 hour                    |
| Living the Wellness Lifestyle       | Adults/Students |                       | Keys to maintaining and improving your health; nutrition, exercise, stress                         | \$125       | Power Point Projector | 1 hour                    |
| Auto Safety Facts                   | Adults/Students |                       | Learn how to prevent serious injury; adjusting seats, headrests child restraint systems, safe cars | N/C         | Power Point Projector | 1 hour                    |
| Personal                            | Adults          |                       | One on one – adjusting your  | Varies      |                       | 15 min per person         |

Workstation  
Assessments

workstation to fit you for  
maximum comfort and efficiency

\*Times can vary to meet your needs.

Schools and Non-profit organizations – No fee to minimal fee. Dr Raschke is available for noon lunch programs and safety meetings.