



## Food and Nutrition

**Food Preservation:** Having a bumper crop of produce from your garden can be a blessing, or a frustration if you don't know how to preserve it. Learn about home canning, freezing or drying foods so that you can preserve nature's bounty! This workshop is designed to be an overview of home preservation techniques. Research based recipes are provided, and the workshop can be targeted toward your area of interest, i.e. preserving tomatoes, jams & jellies, salsas, pickles etc.

**Strong Women:** Dr. Miriam Nelson, Ph.D. is author of three books addressing women's health issues—*Strong Women*, *Strong Bones*, *Strong Women Stay Young*, and *Strong Women Stay Slim*. While Dr. Nelson's work has focused on fitness programs for midlife and older women, her messages about healthy eating, strength building and exercise are valuable for women and men of all ages. In addition to discussing a healthy diet, we will discuss the role of exercise and strength training in maintaining health and agility.

## Winnebago County UW-Extension



## Family Living Programs



Winnebago County UW-Extension  
625 E. County Rd. Y, Suite 600  
Oshkosh, WI 54901  
(920) 232-1973



## Winnebago County Family Living Programs

University of Wisconsin-Extension programs in Family Living help families thrive in a rapidly changing world. Backed by research, Family Living Educators work in their communities to promote family strengths.

### Stronger Families, Better Communities

Family Living programs provide education that enables people to....

- Strengthen family relationships.
- Manage family finances and housing resources.
- Become more effective parents and caregivers.
- Make safe and healthy food choices.
- Enhance interpersonal skills and decision making.
- Identify and address family related community issues and concerns.

**For more information or to schedule the following programs contact:**

Christine Kniep, Family Living Educator  
Kristi Cutts, Family Living Educator  
Winnebago County UW-Extension  
625 E. County Rd. Y, Suite 600  
Oshkosh, WI 54901  
Phone: 920-232-1973  
Fax: 920-424-1277  
Website:

<http://www.winnebago.uwex.edu/>



# Winnebago County UW-Extension Family Living Programs



## Family Life

**Stressing Out-Cooling Down:** Stress is a part of everyday living. Although we tend to think of stress as caused by external events, events in themselves are not stressful. Rather, it is the way in which we interpret and react to events that makes them stressful. The effect of stress can be positive or negative. Program participants will learn how to recognize the signs and symptoms of stress, understand the potential effects, and develop techniques to effectively manage personal stress.

**Building Healthy Relationships:** Healthy relationships are key to our health and well-being. You can have a healthy relationship with anyone in your life – family, friends and co-workers, but it doesn't just happen. Research on family strengths and resiliency finds five characteristics of strong healthy relationships. These include: 1-showing appreciation for each other, 2-spending time together, 3-ability to communicate with each other, 4-commitment to promoting each other's happiness and welfare and 5-willing to solve problems. This interactive session reviews these qualities and strategies for building these characteristics.

**Making Decisions-Solving Problems:** In simple terms, making a decision means selecting a course of action or forming an opinion from different alternatives. We all make countless decisions each day, from deciding what to eat or wear to figuring out how to spend our free time or disposable income. In this program participants will be introduced to a framework for making decisions, solving problems and reaching goals. Focus will be placed on identifying and understanding choices and consequences as well as building lifelong decision-making skills.

**Simplifying Your Life and/or Getting Rid of "Stuff":** It is estimated that we could live comfortable with 20-30% of the things we own. Getting rid of the rest would save time, money, space, cleaning, and keeping track of "the stuff". This program will share tips on simplifying your life by getting rid of "stuff", buying less stuff, doing less stuff and how to put energy into only those activities and things that are really important to you.

**Who Gets Grandma's Yellow Pie Plate:** Almost everyone has personal belongings such as family photographs, furniture or a yellow pie plate that has special meaning for them and for other family members. What will happen to these special belongings when you die? Who decides who gets what? This session will review factors affecting these decisions and tips for making the process easier for families.

**Maintain Your Brain:** Staying fit is more than exercise and eating right. It also includes stimulating your brain. Activities ranging from reading and writing to playing games and gardening can help you maintain your brain. It might also reduce your risk of Alzheimer's disease or other dementia. Learn ways to help your brain "stay fit" throughout your lifetime.

**Re-fire for the Best of Your Life:** The average life expectancy for Americans continues to rise. The country's population over the age of 65 is growing. Not only are we living longer, but also healthier and more independently than ever before. Changes like these are contributing to a new attitude about aging. This program will focus on the Re-irement-not Retirement which is relevant to many of today's seniors. Join us to discover key successful aging and become Re-Fired.



## Caregiver Programs

**Prepare to Care:** Saving for college. Paying a mortgage. Investing in a retirement account. Most of us understand why it's important to plan for the future. But when it comes to caring for an aging loved one, most families don't have a plan until there is a problem. Putting together a caregiving plan with your loved ones and other family members helps eliminate problems at home and work. This program highlights how to prepare for "what if" conversation, assessing needs, making plans and taking action.

**Adult Children & Aging Parents: Conversations between Generations:** Although individuals in families change, communication patterns usually remain the same. This program is designed to encourage families to talk about and plan for changing needs in later life, increase the ability of families to solve problems related to later life changes and to strengthen family relationships between generations.

**Caregiving Relationships for People Who Care for Adults:** This program focuses on reducing emotional pressures, preventing elder abuse and strengthening relationships between caregivers and care receivers. Participants learn about loss, facing fear, family dynamics in distance caregiving, taking care of yourself, and elder care services.

**Taking Care of You: Powerful Tools for Caregivers:** A six-week course for caregivers of older adults with Alzheimer's, Parkinson's and other disabling conditions. The class helps caregivers build communication skills, lower stress, set goals, make tough decisions, and communicate with family members and medical providers. Participants use relaxation and planning tools while learning to cope with anger and guilt, access community resources and solve problems.



## Money Management

**Making Your Money Work For You:** Managing your money involves both knowing what money and resources you have to work with and where you want your money to go. It is also knowing the difference between wants – those many, many things we'd like to have and needs – life's essentials. This program will help you learn about how you presently handle your money, as well as ways you can make your money work for you. Through hands-on-activities and discussion, you will learn about your financial priorities, how to track your expenses, and develop a spending plan that works for you.

**Rent Smart:** Rent Smart provides practical education to help people looking for rental housing to get and keep decent housing. Rent Smart emphasizes skills that can help tenants avoid legal confrontations. It reviews both tenant and landlord responsibilities and the advantages gained from viewing the landlord-tenant relationship as mutually beneficial rather than confrontational.

**Green Cleaning:** Today's modern home is loaded with substances designed to make domestic life easier. Some of these substances are toxic and polluting. The cost of these commercial, chemical-based products can be high-long term health concerns for the family, and environmental pollution caused by their manufacture and disposal. In the US, for example, 1 in 3 people suffer from allergies, asthma, sinusitis or environment. In this workshop we'll explore how you can make your own safe cleaning products—some of them are even safe to eat!

