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Extension  
La Crosse County



February '19

# X Crosse County News X

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Dear LAHCE Members,

February may only have 28 (sometimes 29) days, but, in the Midwest it can feel like the longest month! This February edition provides some information and a challenge that can help us through this chilly month.

First, Emily Crook is the Positive Youth Development Educator at Extension. She is working with afterschool programs and needs some volunteers – helping elementary school aged children can be a rewarding experience.

Studies show that 1 in 5 kids are alone and unsupervised from 3 to 6 p.m. and these are the hours when juvenile crime and victimization peak – while many parents are still at work ([www.afterschoolalliance.org](http://www.afterschoolalliance.org)).

La Crosse School District is working with La Crosse County Extension and 4-H to offer after school programming at Northside and Hamilton Elementary Schools. The focus is teaching them life skills in projects that interest them: like cooking, photography, painting, and gardening, while also helping them build resiliency.

The pilot program starts this February and we would love to have additional mentors lend a hand! Each school will have about 15 kids in 3<sup>rd</sup>-5<sup>th</sup> grades; Northside meets on Wednesdays, Hamilton meets on Thursdays, but both meet from 3-5 p.m.

Would you be interested in joining us by being a consistent, positive presence? We would love to have you! If you're interested, please contact Emily at 608-785-9761 or [emily.crook@ces.uwex.edu](mailto:emily.crook@ces.uwex.edu).

Second, February celebrates Random Acts of Kindness and this newsletter provides a challenge for each of us. Check out how you feel after being kind to others, honestly, it WILL brighten up your February! Finally, learn a little more about caregiving, our hearts, and Black History Month. These are all topics that affect us daily or will affect our future.

Have a heartfelt and heart healthy February!

Heather Quackenboss

Human Development and Relationships Educator

[Heather.quackenboss@ces.uwex.edu](mailto:Heather.quackenboss@ces.uwex.edu)





# Human Development

## Caregiving

According to an AARP survey, more than 70 percent of people over 50 plan to “age in place,” or stay in their homes or communities (2014). Rodney Harrell, director of AARP’s Livable Communities program explains, “Across the country, people are getting older, living longer, and staying in their communities.”

Sometimes, as our parents, spouses, partners, children, and friends get older, sick, or need more care as they stay in their own home, apartment, or dwelling, caregiving becomes part of our day, and sometimes our full-time duty.

Unpaid family caregiving is an activity that knows no bounds. Caregiving cuts across all ages, genders, races, ethnicities, and relationship types. Caregiving can be relatively easy to manage or be challenging and stressful. Sometimes caregivers begin by assisting with ADLs (activities of daily living) like helping with basic hygiene and daily activities. Caregiving can also include IADLs (instrumental activities of daily living) which include medical and nursing tasks that health care professionals typically perform.



Caregivers often are the main advocate and communicator for their loved one, and at the same time, can forget about their own care. There are nearly 40 million Americans providing unpaid care for family members or other adults. Of these caregivers, some are working their own job, are part of the sandwich generation (taking care of their own children and aging family), or have opted to only provide caregiving fulltime. Locally, the ADRC (Aging and Disability Resource Center) at La Crosse County has resources to help support caregivers with resources and training opportunities to plan for future caregiving.

We hear the term self-care and think all kinds of things about it. For caregivers, self-care can feel almost selfish. But, like the air mask rule on the airplane (put your own mask on first before helping others), it is important to take care of ourselves when we are taking care of others. The Family Caregiver Alliance shares some simple steps and strategies for caregivers on their website: <https://www.caregiver.org/caregiver-self-care-caring-you>

### For more information:

AARP. (2015). *Caregiving in the U.S.*(Rep.). Retrieved

[https://www.caregiving.org/wp-content/uploads/2015/05/2015\\_CaregivingintheUS\\_Executive-Summary-June-4\\_WEB.pdf](https://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Executive-Summary-June-4_WEB.pdf)

Family Caregiver Alliance. (n.d.). Caregiver Self-Care: Caring for You. Retrieved January 18, 2019, from

<https://www.caregiver.org/caregiver-self-care-caring-you>

Kirk, M. (2017, October 25). Urbanites Want to Stay Put as They Age. Retrieved from

<https://www.citylab.com/life/2017/10/urban-americans-want-to-age-in-their-neighborhoods/541971/>

## 2019 HCE West District Spring Meeting

Saturday, April 6

Alma Legion Hall, 501 N. Main St., Alma WI 54622

<b>9:00 a.m.</b>	Registration, Coffee, Refreshments	<b>12:15 p.m.</b>	Lunch
<b>9:30 a.m.</b>	Welcome, Buffalo County HCE President & FLE Mary Wood	<b>1:00 p.m.</b>	Speaker, Ed Lagace "Spring Bird Migration"
<b>9:40 a.m.</b>	West District Business Meeting, Jane Grabarski	<b>1:30 p.m.</b>	International Workshop, Dee Powers "Days for Girls"
<b>10:20 a.m.</b>	1) Walking tour - Alma Shops OR 2) Craft - Easter Basket	<b>2:15-2:30 p.m.</b>	Summary, Invitation to West District Fall Meeting—Clark County



# Human Development

## Heart Health



Heart disease is the leading cause of death for both men and women. Heart disease doesn't happen just to older adults, it is happening to younger adults more and more often. February is Heart Month, the perfect time to learn about your risk for heart disease, the symptoms of a heart attack, and the steps you can take now to help your heart.

Heart disease—and the conditions that lead to it—can happen at any age. Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

- High blood pressure.
- High blood cholesterol.
- Obesity. Carrying extra weight puts stress on the heart.
- Diabetes.
- Physical inactivity.
- Unhealthy eating patterns.

Only 27% of people can identify all the major symptoms of a heart attack and know how to call 911 immediately when they occur. According to the CDC, the major signs of a heart attack are

- Chest pain or discomfort
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach

- Shortness of breath
- Nausea, lightheadedness, or cold sweats [Centers for Disease Control and Prevention]

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Eat at least 5 servings of fruits and vegetables every day.
- Be active. Move or exercise for 150 minutes per week.
- Do not smoke, quit smoking, and stay away from second hand smoke.
- If you drink alcohol, do so in moderation.
- Be social and laugh.

### Work cited and for more information:

February American Heart Month. (n.d.). Retrieved January 18, 2019, from <https://healthfinder.gov/NHO/FebAnnounce.aspx>

CDC Features. (2018, February 12). Retrieved from <https://www.cdc.gov/features/heartmonth/index.html>

WeAreWellness. (2017, February 10). Heart Health Month – Interesting Facts. Retrieved from [www.wearewellness.com/2017/02/10/heart-health-month-facts/](http://www.wearewellness.com/2017/02/10/heart-health-month-facts/)



## HCE West District Spring Meeting Registration

**Registration Deadline: March 23, 2019**

County \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_

Please send registration form and \$12.00 check, payable to Buffalo County HCE, to:  
Pam Earney, 147 Vista Drive, Alma WI 54610



# Human Development

## Random Acts Of Kindness Challenge

February 17<sup>th</sup> marks National Random Acts of Kindness Day and the beginning of Random Acts of Kindness Week. Researchers have found that our own wellbeing and happiness increases when we perform random acts of kindness for others. We all perform acts of kindness at one time or another – holding the door open for someone, letting someone merge in traffic, calling an old friend and saying hi, bringing a treat to work. These acts may be large or small, and their beneficiaries may not even be aware of them. Yet their effects can be profound—not only on the recipient but on the giver as well.



Researchers believe this practice makes you feel happier because it makes you think better of yourself and become more aware of positive social interactions. It may also increase your kind, helpful — or “pro-social” — attitudes and tendencies toward others. Evidence suggests that variety is key: People who perform the same acts over and over show a downward trajectory in happiness as the acts of kindness become routine and do not feel special. This challenge will promote kindness in the community as well as in yourself.

### The Challenge:

One day during the week of Random Acts of Kindness (February 17<sup>th</sup>-22), perform five acts of kindness—all five in one day. It doesn't matter if the acts are big or small, but it is more effective if you perform a variety of acts.

The acts do not need to be for the same person—the person doesn't even have to be aware of them. Examples include feeding a stranger's parking meter, donating blood, helping a friend with a chore, or providing a meal to a person in need.

After each act, write down what you did in at least one or two sentences; for more of a happiness boost, also write down how it made you feel.

### Examples:

1. Pay it Backward: buy coffee for the person behind you in line.
2. Say hi to the person next to you on the elevator.
3. Leave a gas gift card at a gas pump.
4. Leave quarters at the laundromat.
5. Return shopping carts for people at the grocery store.
6. Have a clean up party at a beach or park.
7. Email or write to a former teacher who made a difference in your life.
8. Let someone go in front of you in line who only has a few items.
9. Place positive body image notes in jean pockets at a department store.
10. Send a gratitude email to a coworker who deserves more recognition.
11. Write your partner a list of things you love about them.

Works cited and for more information

Lyubomirsky, S., Sheldon, K., & Schkade, D. (2005)

Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9(2), 111-131.

The Random Acts of Kindness Foundation: <https://www.randomactsofkindness.org/>

### LAHCE Mission Statement

La Crosse County Association for Home and Community Education strives:

- TO promote and strengthen the family unit;
- TO provide opportunities of self-education for development of potential abilities;
- TO better serve and improve home and community life.



# Human Development

## Black History Month

We know that Barack Obama was the first African-American to hold the office of president, but do we know that the first African-American State elected official was Alexander Lucius Twilight in 1836? Or that the first African American person to run for president was George Edwin Taylor in 1904?

Sidney Poitier won the Academy Award for Best Actor in 1963, becoming the first black (Bahamian-American) actor to win this award. Of the 155 Academy Awards for Best Actor or Actress, only 14 recipients have been black.

Black History month is much more than listing the “firsts.” Black History Month began in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. Harvard-trained historian Carter Woodson and Minster Jesse Moorland founded an organization, today known as the ASALH (Association for the Study of African American Life and History), dedicated to researching and promoting achievements by black Americans and other people of African descent. In 1976, President Gerald Ford officially recognized Black History Month, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

This year, the ASALH’s theme for Black History Month is Black Migrations which emphasizes the movement of people of African descent to new destinations and subsequently to new social realities.

Beginning in the early decades of the twentieth century, African American migration patterns included relocation from southern farms to southern cities; from the South to the Northeast, Midwest, and West; from the Caribbean to US cities as well as to migrant labor farms. After World Wars I and II, emigration was noted of African Americans to Africa and European cities.

Such migrations resulted in a more diverse and stratified interracial and intra-racial urban population amid a changing social environment. This diversity brought forms of religion, music like ragtime, blues, and jazz, and a blossoming of visual and literary arts to areas that had not experienced it before.

For us, this can mean more opportunities with culture that we may not be as familiar with. For many of us, we learned history from books that did not include history of different races, ethnicities, and cultures. Learning about all history is important for our growth, understanding of people who may not be like us, and our future.

### Works cited and for more information:

ASALH - The Founders of Black History Month | ASALH Announces 2019 Black History Theme, Black Migrations. (2018, December 12). Retrieved from <https://asalh.org/asalhs-2019-theme-black-migrations/>

Pero Gaglo Dagbovie, *The Early Black History Movement*, Carter G. Woodson, and Lorenzo Johnston Greene (Urbana: University of Illinois Press, 2007); Jacqueline Goggin, *Carter G. Woodson: A Life in Black History* (Baton Rouge: Louisiana State University Press, 1993).



## Rambling Memories—Retiring

Shirley Dummer decided to retire from writing her column, **Rambling Memories** for the “Crosse County News “. For many years we enjoyed her creative writings of her experiences growing up in rural western Nebraska, then moving to rural Wisconsin during the Great Depression and raising a family. Not only will the LAHCE members miss her memories, but so will our husbands who also looked forward to reading her reflections.

Thank You, Shirley, for your interesting contributions to our organization’s newsletter.





# Executive Committee Reports

## President's Message



It is February, and a natural thing to do is to curl up and read a book, or just day dream while the weather outside is dreary, as it is at this writing. That certainly has its place, for in a relaxing mode creative juices flow. This is a good time to generate some HCE ideas, so take your 2019 Program Booklet, plan for your HCE involvement and make note of the ideas that come forth.

The Cultural Arts and Program Coordinators have planned a nice variety of activities for this year. A good turnout will not only show your support of their planning, but will be satisfying to all who participate. The momentum is catching and generates creativity! Know that your participation is as important as leadership!

Your board members have a strong commitment to make this a pleasant and fulfilling year for our 40 members. That is an increase of four members, which no doubt is due to the encouragement and example of our HCE members. You are to be commended!

The West District Spring Meeting will be in Alma on April 6th. Yes, this is a Saturday! The reason for this day of the week is that most of the Buffalo County members are employed during the work week. Details of the agenda and registration are in this newsletter. This is an opportunity to get ideas from other counties as well as supporting the causes of HCE.

*Lois M. Hess*  
President

### ***UW-Extension-Activities Line***

Interested in an upcoming event? Curious if an event has been cancelled? Call our activities line for an updated recorded message. (608) 785-6418

### ***UW-Extension Facebook Page***

For the latest research-based educational news and articles, be sure to "like" and follow our facebook page at [www.facebook.com/lacrossecountyuwex](http://www.facebook.com/lacrossecountyuwex)

## Message from the Editor

I would like to remind everyone to submit their Newsletter renewal form which was published in the January newsletter, and also to complete the photo release part of it. The newsletter is our means of communication with the clubs in our county.

I also encourage any member to submit articles to me that they feel would be of interest to members. There are also women in the county who receive the newsletter who are not members, this is a way to reach out to them and let them know about HCE and our activities. Just email them to me at [rosh927@charter.net](mailto:rosh927@charter.net). Any submissions should be sent by the tenth of the month so I can review them and forward to the extension office.



*Sheryl Smith*  
Newsletter Editor

## Family and Community Life

We have chosen to make items for the Family & Children's Center as our Stitches of Love project this year. Debra Hermann and Angie Vondrashek have volunteered to be our leaders as this project is very near and dear to them.

We will have a project day in the future to make blankets, scarves, mitten, etc. In the mean time it has been suggested that clubs could learn more about the project by taking a tour of the Family & Children's Center's facility. To make arrangements for a tour you can contact the Director of Development, Jamie Korn at 608-785-0001. The center is located at 1707 Main Street, La Crosse next to the Newman Center. Their web address is [www.fcconline.org](http://www.fcconline.org) to obtain more information about the services they offer our area.

Please consider touring this facility for a great learning experience.

*Leann Kramer*  
Family & Community Life

# Committee Reports

## International Coordinator

A third of the world's population is enduring some form of water scarcity.

This year, International for La Crosse HCE will focus on the need to preserve and protect our water supply and how we can help ourselves and others to have clean drinking water.

*Leah Bork*

*International Coordinator*

## Executive Committee Reports

### Membership & Marketing Report



I was looking over the list of committees and the members who have volunteered to serve on them. I find it interesting that although we

have 40 members, only 15 have said they would serve on one of the 6 committees, some on more than 1 committee. Volunteerism is a big part of being a member of HCE, and a good way to do things with other members. If you would like to be on any of these committees, please feel free to contact the chairperson of that committee, any additional members are welcome.

As always I am looking for new ways to market HCE, and will take any suggestions that anyone would have to offer. I am also offering an incentive award for the club/member who recruits the most members in 2019. Let's make this a good year.

*Sheryl Smith*

*Membership & Marketing*

## Cultural & Textile Arts

Don't forget to mark your calendars for the following upcoming program:

### History of Scarves and Many Ways to Wear Them

**DATE:** Monday, Feb. 25, 2019 @ 1:00 p.m.  
**WHERE:** Hamilton Town Hall in West Salem  
(No steps - Handicap Accessible)  
**COST:** NO CHARGE  
**RSVP:** Laura Ira  
**E-Mail:** [lnira@live.com](mailto:lnira@live.com)  
**Phone:** 608-786-4749 (H)  
608-498-2953 (C)



Please bring your favorite scarf and learn some new ways to tie and wear it. Refreshments provided. Bring a friend!

Hopefully, you are well on your way to finishing your projects for the Cultural & Textile Arts contest. Judging will be done at the Spring Banquet/Annual Meeting to be held on May 6, 2019.

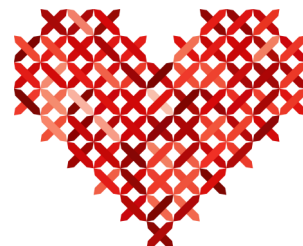
**Please note the following change for registering your items. Pre-registration will be required!! No exceptions!!** A pre-registration form will be included in the March newsletter. This form will need to be completed, signed and turned in to me no later than **April 20, 2019**. Pre-registration will allow for better organization when you bring your items to be judged on May 6.

Another cultural learning event is being planned for late summer. More to follow on that at a later date.

Happy crafting and creating!

*Laura Ira*

*Cultural & Textile Arts Coordinator*



# COOPERATIVE EXTENSION SERVICE

United States Department of Agriculture

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*La Crosse County News*





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## ACTION CALENDAR: FRIENDLY FEBRUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain</b>				<b>1</b> Send someone a message to say how much they mean to you	<b>2</b> Ask a friend what good things have happened to them recently	<b>3</b> Get in touch with an old friend you've not seen for a while
<b>4</b> Do something supportive and friendly for your colleagues	<b>5</b> Notice the good qualities of everyone you meet today	<b>6</b> Thank someone and tell them how they made a difference for you	<b>7</b> Show an active interest by asking questions when talking to others	<b>8</b> Say friendly things to people who work in your local shop or cafe	<b>9</b> Tell a loved one about their strengths that you value most	<b>10</b> Put away digital devices & really focus on who you're with
<b>11</b> Try to involve others and invite them to join your conversations	<b>12</b> Smile at the people you're with and try to brighten their day	<b>13</b> Be kind especially when your first instinct is to be unkind	<b>14</b> Tell loved ones why they are so special to you	<b>15</b> Respond positively to everyone you meet today	<b>16</b> Call a friend to catch up and really listen to them	<b>17</b> Make an effort to have a friendly chat with a stranger
<b>18</b> Look for the good side when other people frustrate you	<b>19</b> Send an encouraging note to someone who needs a boost	<b>20</b> Actively listen to what people say, without judging them	<b>21</b> Give sincere compliments to three people you meet today	<b>22</b> Make a plan to meet up with others and do something fun	<b>23</b> Take time to speak with a neighbour and get to know them	<b>24</b> Do an act of kindness to make life easier for someone else
<b>25</b> Make positive comments to as many people as possible today	<b>26</b> Thank three people you feel grateful to and tell them why	<b>27</b> Make uninterrupted time for your loved ones	<b>28</b> Be gentle with someone who you feel inclined to criticise	 		

### ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)