

**CROSSE
COUNTY
NEWS**

OCTOBER 2021



President's Message

Fall is in the air and it feels like a new beginning for our Home and Community Education Association. Our La Crosse County Executive Committee met in person in August for the first time since January 2020. It was so good to see each other again and to start planning for 2022.

We met again on September 13th. Heather Quackenboss, University Extensions HDR, joined us and brought us up to date on Extension. She and the staff at Extension continue to support our LAHCE by mentoring, agreeing to present education seminars at the 2022 State Conference here in La Crosse County, and printing our newsletters and annual booklets. We are so grateful for their support!

What's new?

Sylvia Finch has agreed to serve as our LAHCE Treasurer. She was installed at the September meeting. I want to thank her for agreeing to serve. It is so important to have active members carrying on the mission of our organization. I urge all of you to consider volunteering for projects, attending District Meetings and the annual State Conference. The rewards are many, both individually, in the community and worldwide. There will be plenty of opportunities to help with community service projects in the next 6-8 months. We will be making fleece blankets which will be donated to Afghan refugees if they are needed there.

Otherwise, we have several charitable groups, including the Family and Children's Center, who can distribute blankets to those in need. We have a Stitches of Love Project making boutonnieres and corsages which will given to nursing home residents on special occasions like birthdays. We also have a Services of Love Project making clothing protectors out of button down shirts for nursing home residents. You will receive an email letting you know when workshops will be held. Please consider volunteering your time and energy to make them successful. What is the old adage? Many hands lighten the work, or something like that!

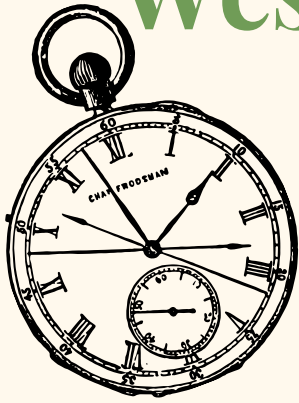
The Executive Committee has voted to discontinue having a booth at the La Crosse Interstate Fair. We had hoped it would generate interest in our organization and new members, but, sadly, that has not been the case. The Executive Committee reviewed the 2022 Annual Budget and approved presenting it to all LAHCE members at the Executive Committee and Club Presidents' Meeting on Monday, October 11, 2021 at the Hamilton Town Hall. All members are welcome to attend. There will be a potluck salad luncheon at noon. The meeting will begin after the luncheon. Please consider attending. Would love to see you there!

I attended the State Conference in Stevens Point along with County Secretary Sheryl Smith and first time attendee, Linda Gillmeister. As always, I am so inspired by the conference. We had a great time and learned so much! I will be attending the West District Meeting. I am also co-chair of the 2022 State Conference Planning Committee. I will have more to report on these activities in our next newsletter. Until then, have a great fall.

Cathy Onsager, LAHCE President



West District Invitation

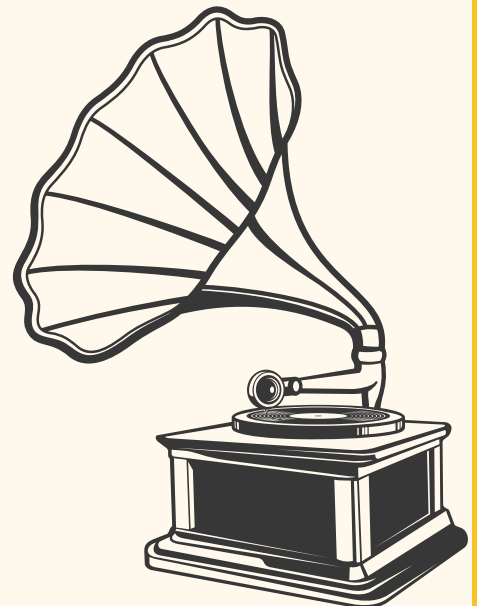
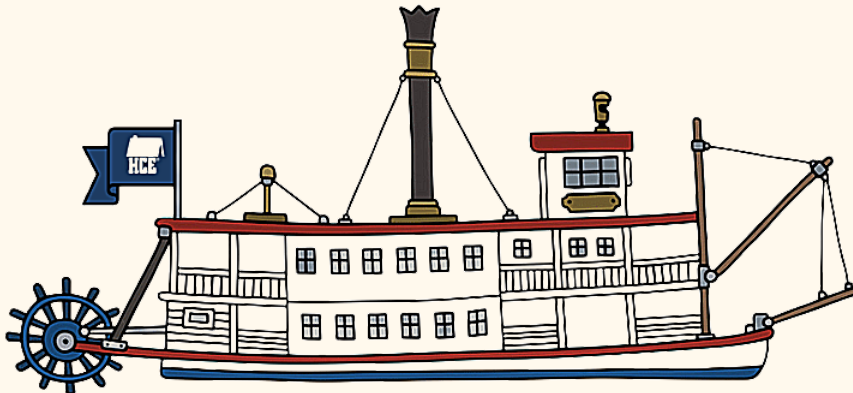


West District
Invitation to all
members in the
state to join us for
the State
Conference in La
Crosse in
September 2022.



Pictured left to right are La Crosse
County HCE members:
Linda Gilmeister, Sheryl Smith &
Cathy Onsager.

Rollin' on the River



Cultural & Textile Arts Committee Report

HCE Committees and clubs are slowly and carefully starting to hold face-to-face meetings again, even though the Delta Variant of Covid-19 is raging. Hopefully most of us are vaccinated by this time, and those who aren't should definitely be wearing masks and practicing social distancing.

Results of cultural arts judging at state conference.

Angie Vondrashek, baptismal dress made from recycled wedding dress-- blue ribbon, Laura Ira, Mother and daughter matching aprons-- blue ribbon, Linda Gillmeister, crocheted kitten on a rug-- blue ribbon, pillowcase doll-- blue ribbon, Sheryl Smith, patchwork bib--blue ribbon, necklace pendant made from belt buckle and old jewelry--blue ribbon, wall plaque embellished with old jewelry--red ribbon, black and white photo of baby bird in nest--red ribbon, photo of grand dog, Cora--blue ribbon plus medallion.

We have planned the following activity for any and all who wish to participate:

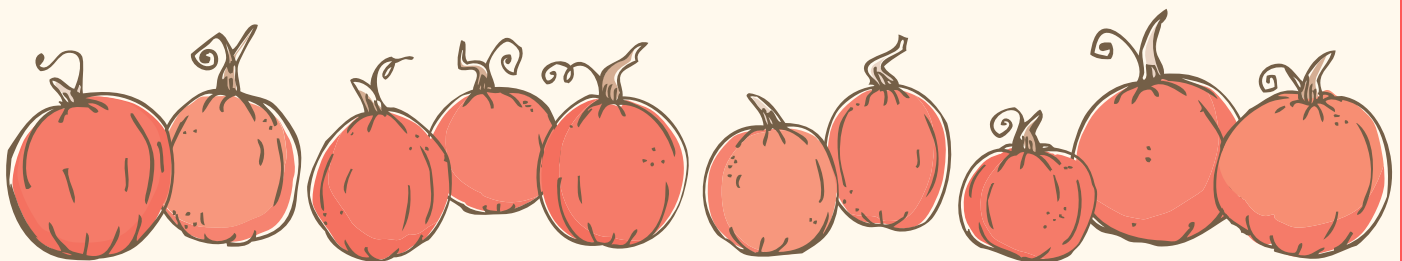
WHAT: Tying Fleece Blankets

WHERE: Laura Ira's Home

113 Meadow Ln

West Salem, WI

WHEN: October 18, 2021 @ 1:00PM (Come when you can and stay as long as you want). Refreshments will be provided.



Cultural & Textile Arts Committee Report

We have quite a lot of fleece fabric to make into blankets, and there are a number of different organizations who greatly appreciate receiving them. We have not decided who the blankets will be donated to at this time. If you have any fleece fabric you would like to donate, please bring it along. With winter approaching, we can help to keep many men, women and children warm!!

If you have any ideas for some simple group projects we could do, please share them with me.

Happy Crafting.

Laura Ira

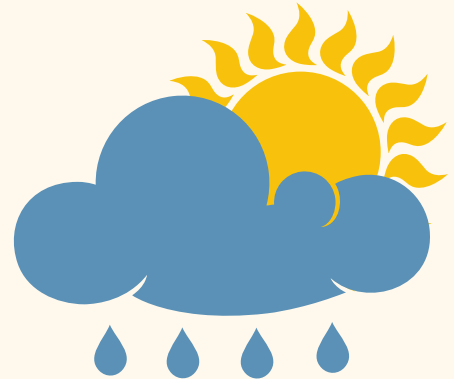
Cultural & Textile Arts Chairperson



Education Program Report

At this time, programs are on hold until after January of 2022. Some suggestions are learning about the Salvation Army and all that they do, chair yoga, inviting a local meteorologist to speak about weather and workshop on making cutting boards. If anyone would like to help with these programs, please contact me.

Nancy Kuczynski (526-3717)



International Report

WAHCE Partners with Nicaragua is in need of material for their Learning Centers. They are looking for two or three yard pieces of light weight, brightly colored cotton fabric. It is for women who want to sew clothing for themselves and their families, so need larger yardage. If anyone has some they would like to donate, please let me know. Leah Bork, International Chair



LAHCE 2022 Proposed Operating Budget



LA CROSSE ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

PROPOSED 2022 OPERATING BUDGET

INCOME	2020 Proposed	2020 Actual	2021 Proposed	2021 Actual	2022 Proposed
Dues (35 members @ \$15 each)	\$ 540.00	\$ 600.00	\$ -	\$ -	\$ 525.00
Member Donations	\$ 250.00	\$ -	\$ 250.00	\$ -	\$ -
From Scholarship Account	\$ 150.00	\$ -	\$ 150.00	\$ 300.00	\$ 150.00
From Wisconsin Bookworms Account	\$ 6,800.00	\$ 700.00	\$ 6,800.00	\$ -	\$ 7,000.00
Undesignated Reserves	\$ 120.00	\$ -	\$ 474.00		\$ 244.00
Awards	\$ -	\$ 100.00	\$ -	\$ 100.00	\$ -
TOTAL INCOME	\$ 7,860.00	\$ 1,400.00	\$ 7,674.00	\$ 400.00	\$ 7,919.00
EXPENSES					
State Dues	\$ 180.00	\$ 200.00	\$ 40.00	\$ 39.00	\$ 35.00
District Dues	\$ 36.00	\$ 40.00	\$ 40.00	\$ 39.00	\$ 35.00
Update Subscription	\$ 64.00	\$ 64.00	\$ 64.00	\$ 40.00	\$ 64.00
WAHCE Conference	\$ 300.00	\$ -	\$ 300.00	\$ -	\$ 300.00
Family & Community Life	\$ 25.00	\$ 16.00	\$ 25.00	\$ -	\$ 25.00
Education Programs	\$ 150.00	\$ -	\$ 150.00	\$ -	\$ 150.00
Membership & Marketing	\$ 25.00		\$ 25.00	\$ -	\$ 25.00
Cultural Arts	\$ 25.00		\$ 25.00	\$ 25.00	\$ 25.00
Rent	\$ 50.00	\$ 55.00	\$ -	\$ -	\$ 55.00
Program Books	\$ 15.00		\$ 15.00	\$ -	\$ 15.00
Miscellaneous (Postage, Supplies, etc)	\$ 40.00		\$ 40.00	\$ -	\$ 40.00
Books for Wisconsin Bookworms	\$ 6,800.00		\$ 6,800.00	\$ -	\$ 7,000.00
WAHCE Conference Scholarship	\$ 150.00	\$ -	\$ 150.00	\$ 300.00	\$ 150.00
TOTAL EXPENSES	\$ 7,860.00	\$ 375.00	\$ 7,674.00	\$ 443.00	\$ 7,919.00

****Budget will be voted on at the October 11th
fall meeting.**

4 Things You Can Do to Make Your Flu Shot More Effective



Though you should get a flu shot regardless if you're able, these are four factors that can make it as effective as possible this year.

1. Time It Right

With summer quickly turning into fall, being prompt with your flu shot is important. "Flu season has started in many parts of the country and it is a good idea to get the flu vaccine soon to protect yourself from the flu," advises Roess. The CDC recommends getting vaccinated by the end of October for it to be most effective.

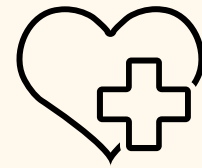
But why is timing so important? "It takes about two weeks from the time you receive your flu vaccine for your body to develop enough antibodies to protect you from the flu," elaborates Roess, "If you get it too late, then your body may not have enough time to develop enough antibodies to protect you."

2. Get Enough Sleep

Another way to ensure your immune system is in tip-top shape to make the most of the flu shot is to get plenty of shut-eye. Matt Walker, sleep scientist, author and professor at the University of California, Berkeley, stated in a TED Talk that those who are not getting adequate sleep are three times more likely to come down with a cold than those getting more than seven hours a night. He references a study in International Journal of Behavioral Medicine where those who did not get more than five hours of sleep per night leading up to their flu shot made the vaccine only half as effective as those who had adequate sleep. He explains that our immune system repairs and builds itself while we sleep, so it is less equipped to utilize a vaccine when we aren't catching enough zzz's.



4 Things You Can Do to Make Your Flu Shot More Effective



3. Move Your Body

Getting plenty of exercise is another way to make sure your body is healthy and ready for the flu vaccine. Staying physically fit and maintaining a healthy weight can help reduce your risk of chronic illness, which can make you more susceptible to complications of the flu. Additionally, a study in the Journal of the American Geriatric Society found that regular cardiovascular exercise improved people's responses to the flu vaccine over a 10-month trial.

4. Keep Your Gut Healthy

While no foods give you an immediate immunity "boost," eating a healthy diet can help support a healthy immune system. Specific foods, particularly probiotics, can play an especially important role in keeping you healthy and able to fight off a bug. Be sure to work in lots of vegetables, fruits, whole grains, yogurt and fermented foods, like kimchi and sauerkraut, to keep your body nourished to make the most of the flu vaccine.

Bottom Line

The flu shot is really important for staying healthy through the changing seasons, especially this year. Timing of your vaccination and an overall healthy lifestyle can help you get the most effective prevention. "Getting an adequate amount of sleep (6-9 hours depending on your needs), staying physically active, staying hydrated and eating healthy foods will boost your overall health, including your immune system," said Roess. She also added that it is important to keep your hands clean and away from your face, especially when you are out in public. Frequent hand-washing and disinfecting high-touch surfaces can help prevent the spread of any disease, including the seasonal flu.



THE MIND DIET FOR HEALTHY BRAIN AGING

The Mediterranean-DASH Intervention for Neurodegeneration Delay (MIND) diet is a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. It was developed as a result of a four-and-a-half-year study through the National Institute of Aging led by Dr. Martha Clare Morris, a Rush University nutritional epidemiologist.

The study found that people who ate more of the MIND diet foods had less risk for Alzheimer's disease. People who followed the diet moderately reduced their risk for Alzheimer's disease by 35% and those who followed it closely reduced their risk by 53%.

The MIND diet recommends 10 items to incorporate into your diet and 5 items to limit.

THE 10 THINGS TO INCORPORATE INTO YOUR DIET INCLUDE:

GREEN LEAFY VEGETABLES (AT LEAST 6 SERVINGS A WEEK)
OTHER VEGETABLES (AT LEAST 1 A DAY)
NUTS (5 SERVINGS A WEEK)
BERRIES (AT LEAST 3 SERVINGS A WEEK)
BEANS (AT LEAST 3 SERVINGS A WEEK)
WHOLE GRAINS (3 OR MORE SERVINGS A DAY)
FISH (AT LEAST 1 SERVING A WEEK)
POULTRY (2 SERVINGS A WEEK)
OLIVE OIL (USE AS IN COOKING AND DRESSINGS)
WINE, ESPECIALLY RED (1 GLASS A DAY)

THE 5 THINGS TO LIMIT IN YOUR DIET INCLUDE:

RED MEAT (LESS THAN 4 SERVINGS A WEEK)
BUTTER AND MARGARINE (LESS THAN 1 TEASPOON DAILY)
CHEESE (LESS THAN 1 SERVING A WEEK)
PASTRIES AND SWEETS (LESS THAN 5 SERVINGS A WEEK)
FRIED OR FAST FOOD (LESS THAN 1 SERVING A WEEK)

COOPERATIVE EXTENSION SERVICE
United States Department of Agriculture
University of Wisconsin-Extension
La Crosse County Offices
212 North 6th Street
La Crosse, WI 54601



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