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President's Letter

Greetings,

Our HCE "Fall is Full"

Working together we will be able to go to

1. State meeting in Manitowoc
2. Host Northeast District meeting in Seymour
3. Jerry Apps Day at Lutheran Church in Seymour
4. Picture Perfect
5. Plan the Program Book
6. Celebrate WAHCE Week
7. Quilt Show

We have so many talented members who devote their time and energies to quilting, pillowing, card making and visiting people and helping others, a big thank you!

Happy fall-stay safe and warm,

Lois M Dalke

Lois M Dalke
President



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Welcome to Fall!

As I reflect back on the summer of 2019 it has been a time of learning and appreciating others. I'm grateful for family, friends and neighbors as well.

I love the trees in my backyard. They provide lots of shade and privacy and raking in the fall! July 20th one of the big limbs in my tree decided to visit my house in the storm that Saturday morning...so I had a couple of holes in the roof, broken beams, ceiling of my garage hanging by threads of screws...and limbs all over. Then came the fun of making contact with the support systems like the fire department (a loose wire dangling in the branches) and WE Energies, and insurance, and my neighbors. All is good. No one was hurt and the roof replacement is complete. I lived with inconveniences for a while but all is OK. Half of my roof is replaced and looks good, new gutters, fascia and my garage even got cleaned out!

Are you ready for emergencies in your life? Do you have a plan? Knowing who to contact and updating the information with your providers is important. Do you have an emergency preparedness list handy so in case of an emergency you have some essentials available to you? More information about how to be prepared in an emergency can be found on pages 9-11 of this newsletter.

I am thankful no one got hurt with the emergency at my house and all could be repaired. Some are not as fortunate when dealing with natural disasters. In this newsletter we will have some information to help you start to think about being prepared for emergencies, should they arise.

Take Care,

Karen Dickrell

Human Development and Relationships Educator
UW-Madison Division of Extension Outagamie County

Upcoming Events

October

- 1 Program Book Planning Meeting ● Extension Office ● 9:00 am
- 2 Taking Care of You in the Prime of Your Life (first of four) ● Appleton Public Library (open to the public) ● 1:00 - 2:30 pm
- 16 Fall HCE District Meeting ● New Life Methodist Church, Seymour ● 7:30 am
- 16 Hortonville Autumn Fest ● St. Mary's Catholic Church, Hortonville ● 12:00 - 3:00 pm
- 24 Fall Association Meeting and Educational Focus ● Emmanuel Lutheran Church, Seymour ● 10:00 am
HCE Bag Lunch - bring a simple lunch so that we can be ready for the big event!
1:00 pm, "Rural Wit and Wisdom" Jerry Apps, Wisconsin author and speaker presentation open to the public. HCE is sponsoring this in collaboration with Muehl Public Library - Friends of the Library. Cookies and water will be provided.
- 24 Individual and club dues payable to HCE Treasurer
- 28 Newsletter Deadline

November

- 1-2 Quilt Show ● Starlite Club, Kaukauna
- 12 Popcorn: Feast or Famine, presented by popcorn entrepreneur Dorothy Paltzer ● Extension Outagamie County ● 1:00 pm
- 25 Preregister for Christmas Gathering

December

- 2 HCE Christmas Gathering ● Golden Corral, Appleton ● 11:30 am
Gift donation is for Community 2000

Upcoming Events

NorthEast District Meeting

October 16 ● New Life Methodist Church, Seymour

Our theme is "Changes-Choices-Challenges" and "Having a Ball in HCE." Our speaker is Carla Goffard, a wonderful woman who has had all three: changes, choices and challenges.

We will need volunteers to make nut breads, man the registration table and serve coffee and juice.

We are asking for a donation of cups/mugs. If you have a few extras-bring them!

Outagamie County HCE is hosting, so all members are also needed!

Thank you all!

Jerry Apps, Wisconsin Author and Speaker

October 24 ● Emmanuel Lutheran Church, Seymour
● 1:00 pm

Please join us as we welcome celebrated Wisconsin author and speaker, Jerry Apps, for an afternoon of storytelling and readings from his books.

Refreshments and sweets will be served, but please feel free to bring a bag lunch to eat during the Association Meeting.

Jerry will have books available for purchase at the event. Invite your family, friends and neighbors.

FREE EVENT!

Friends of Muehl Public Library & Outagamie County Home and Community Education Association presents...

JERRY APPS

OCTOBER 24, 1:00PM

EMMANUEL LUTHERAN CHURCH
349 N. MAIN ST.
SEYMOUR, WI

Rural Wit & Wisdom
Time-Honored Values from the Heartland
Jerry Apps
Photographs by Steve Apps



Outagamie Caregiver Coalition



CAREGIVER CHATS

Caregiver Chats are open to the public and provide an environment for Caregivers to come together and discuss what is happening in their lives and seek out possible resources to address the issues. This is an informal discussion to openly share and discuss what is happening in their life as caregivers.

2nd Wednesday of the Month

4:30 p.m. to 6:00 p.m.

Location: St Paul Elder Services
316 E 14th St, Kaukauna

4th Wednesday of the Month

3:00 p.m. to 4:30 p.m.

Location: Regional Cancer Center
2500 E Capitol Dr, Appleton

 St. Paul Elder Services, Inc.
316 E. Fourteenth St., Kaukauna, WI 54130



ThedaCare®

Committee Report

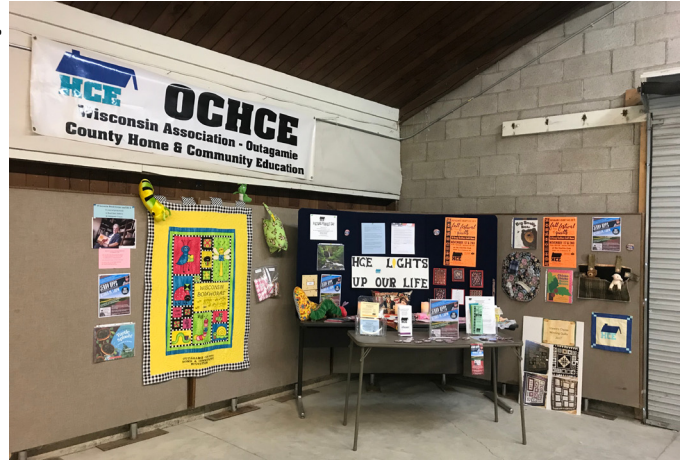
by Linda Biese

Fair Booth Theme was “HCE Lights Up Our Life”

We featured articles that we made in our workshops. We advertised for the October meeting with our speaker, Jerry Apps.

Posters were up for our “picture Perfect Day” September 25 and our quilt show, November 1-2. There were pictures of the Patriotic Quilts that will be given away in November.

There was an article on Wisconsin Bookworms and Marcie Suprise.



Picture Perfect:

Set for September 25 at the Center Town Hall, 9:00 am - 3:00 pm. Potluck, please bring a dish to pass. Plates, cups, silverware and napkins are provided.

Please tell your friends and neighbors to come and join us.

Charity Workshop:

We haven't worked together much all summer, but individually we have accomplished a lot. We are working on quilts, baby bundles and three different kinds of pillows.

Quilt Show:

We have ten vendors for the show. We have several quilts for sale. We are looking for volunteers to help with setup, take down and during the show.

We still have room for quilts to be displayed.

There will be a quilt raffle and we have five items on the tickets. Proceeds will go to the Education Fund for HCE.



**OUTAGAMIE COUNTY
HCE 2019**

*fall festival
of quilts* **Bi-Annual**

**& Krazy Krafters
Craft Show**

NOV. 1ST & 2ND
Friday 4-8 Saturday 8-2

Starlite Club
W2091 Cty. JJ, Kaukauna

Vendor's Marketplace
LUNCH AVAILABLE
Saturday 11:00-1:00



HCE
Outagamie County
Home & Community Education
<http://outagamie.uwex.edu>

Feature Report

By Dorothy Paltzer, Coordinator of Programs

We celebrated our 21st year in the Wisconsin Bookworms Program at our banquet in May. We had an Annual Quilt Raffle and receive grants to buy sets of eight books to be given to children in the Headstart Program in Outagamie County. We had volunteers who went in to read and do activities to over 330 children. Wisconsin bookworms is a partnership with Wisconsin Public Television and WAHCE. This was our last year with this program. We hope to be part of a literacy program within our county.

We give away two scholarships each year. The applicants must be attending college or vocational school and be a relative of an HCE member.

We offer Educational Focus Programs throughout the year. This year the programs included: Overview of Yoga and Chair Yoga Activity, Organic Nutrition, Caring Connections, Nature Program and Picnic, Tour of Outagamie County Government Center, ADRC and New Facilities, The Joy of Storytelling and Popcorn: Feast or Famine.

We will be planning for our programs for next year on October 1. Our programs are always open to the public.

We did special programs also like: Family Learning Project Day with 4-H Youth. We had ten youth ages five to thirteen. They made simple disappearing nine patch blocks. We will be doing this again next year. The project will be a simple table runner. Our Picture Perfect Day was a success. We made over 700 greeting cards and put together 330 dementia picture memory books.

Our group is very active in volunteering and working on a lot of projects that help others. We make quilts of all sizes, walker bags, wheelchair bags, dementia blankets, three types of pillows, dementia memory books, greeting cards, etc.



HCE toured the Outagamie County Administration Building on September 5.

In Memoriam

Myrna Griesbach passed away Sunday, August 25 at the age of 78. She was a past member of the Willow Hill HCE Club.

Congratulations

Congratulations to the 2019 HCE Scholarship Winners!

HCE Scholarship: Noah Heimmermann, a member of B-Square 4-H Club

Shirley Richardson Memorial Scholarship: Zachary Hart, the grandson of Therese Short, Country Apples Member

Thank You

We received the following letter from with Wisconsin DAV, Veterans Home in King:

Dear Giving Bees and Outagamie County HCE,

On behalf of the Wisconsin Department of Veterans Affairs, I want to thank you for your donation of the dementia blankets, walker bags, dementia booklets, homemade quilts, three sided pillows, misc. pillows, card packs and misc. assorted cards for our members to enjoy.

Providing the best possible programs, benefits and services to our veterans' community in recognition of their service and sacrifice to our state and nation is a mission the WDAV takes very seriously. We do all we can to meet and exceed the needs of Wisconsin's veterans.

We appreciate your support of Wisconsin veterans. It is through contributions such as yours that we are able to provide an enriched quality of life that each has earned through selfless service to our country. With friends like you, we are able to ensure that Wisconsin is a place that Veterans can be proud to call home.

Again, thank you so much for your generous donation. Contributions are tax deductible to the fullest extent allowed by the law. Please contact your accountant or tax professional for advice.

Sincerely,
Department of Veterans Affairs

We received this note from Zachary Hart, recipient of the Shirley Richardson Memorial Scholarship.



Thank you For Selecting me to be the recipient of the Shirley Richardson Memorial Scholarship. I greatly appreciate your generosity!

Sincerely,
Zachary Hart

The following is an excerpt from the brochure, *Prepare for Emergencies Now: Information for People with Disabilities*, available through Outagamie County Public Health.

Make a Communication Plan

A disaster can interfere with your ability to communicate with your family, friends and coworkers. It is vital to have backup plans for staying in touch with your support network, and for your network to be aware of where you will shelter or evacuate.

Create a Personal Support Network

Make a list of family, friends and others who will be part of your plan. Include a relative or friend in another area who would not be affected by the same emergency, and who can help if needed. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. Teach them how to use any lifesaving equipment or medicine in case of an emergency. Practice your plan with your personal support network.

If you undergo routine treatments at a clinic or hospital, or if you receive regular services at home such as home health care, meals, oxygen, or door-to-door transportation, talk to your service provider about their emergency plans. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about a back-up plan for its use during a power outage.

Talk to your employer and co-workers about the assistance you might need in an emergency. Always participate in exercises, trainings and emergency drills offered by your employer or in your community.

Develop a Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Deciding to Stay or Evacuate

Depending on your circumstances and the nature of the emergency, the first important decision is whether to stay or go. You should understand and plan for both possibilities. If you're specifically told to evacuate or seek medical treatment, do so immediately. If you require additional travel time or need transportation assistance, consider ways you might make these arrangements in advance.

Staying Put

Whether you are at home or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. Consider what you can do to safely shelter-in-place alone or with friends, family or neighbors. Also consider how a shelter designated for the public would meet your needs. If you have options and decide to stay put and shelter in place, consider that you may be without electricity, phone service and accessible roads for days or longer.

Evacuation

There may be situations in which you decide to leave, or are ordered to leave. Plan how you will get away and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. Keep your equipment with you in an evacuation, if at all possible. If you must leave your wheelchair, bring your cushion.

Fire Safety

Plan two ways out of every room in case of fire. Check for items such as bookcases, hanging pictures, or overhead lights that could fall and block an escape path.

Contact Your Local Emergency Information Management Office

Some local emergency management offices maintain registries for people with disabilities. If you add your name and information to a registry, be sure you understand what you can expect. Be aware that a registry is NEVER a substitute for personal preparedness. Even if the registry may be linked to first responders, assistance may not be available for hours or days after a disaster. Contact your local emergency management agency to see if these services exist where you live, or visit www.ready.gov/ to find links to government offices in your area.

EMERGENCY PREPAREDNESS CHECKLIST

GENERAL CHECKLIST



This checklist should help you prepare for natural disasters and/or emergencies before they occur and includes general items you may want to include in your **GO BAG** (if you need to evacuate) or **HOME KIT** (if you are home and have to wait on emergency assistance after a natural disaster). Pack your **HOME KIT** with supplies for at least five days, so you and your family can be prepared with the necessary supplies to survive independently until you can receive emergency assistance. Also see the **DISABILITY CHECKLIST**, provided in the *Be Prepared, Have a Plan: Emergency Preparedness Toolkit*, for other items you might want to include in your **GO BAG** or **HOME KIT**.

EMERGENCY ITEMS

- ☐ Important documents (see **IMPORTANT DOCUMENTS CHECKLIST**, included in the *Be Prepared, Have a Plan: Emergency Preparedness Toolkit*)
- ☐ Medications and extra medications
- ☐ Medical tags (bracelet / necklace / ankle bracelet)
- ☐ Water (1 gallon / person / day)
- ☐ Food (non-perishable)
- ☐ Food (Special Dietary Needs)
- ☐ Can opener
- ☐ Flashlight or lantern (hand-crank or solar type; otherwise make sure you pack a supply of new batteries)
- ☐ Batteries: orthotics, hearing aids, cochlear implants
- ☐ Batteries: stick battery and USB charger for computer, cell phones, tablets
- ☐ Extra batteries (variety of sizes)
- ☐ Chargers: phone / tablet (with car adapter)
- ☐ Blanket / sleeping bag
- ☐ Fire blanket and 12-volt blanket
- ☐ Evacuation chair (This should be requested as an accommodation and be part of your care plan, if you live or work in a multi-story building.)
- ☐ Face mask
- ☐ Fire extinguisher
- ☐ First aid kit and first aid manual (replenish first aid kit annually)

- ☐ Whistle
- ☐ NOAA radio
- ☐ Download APPS on smart phone (NOAA / weather, compass, flashlight, GPS, etc.)
- ☐ Matches / lighters (in a waterproof container)
- ☐ Fire starter kit
- ☐ Wire Saw
- ☐ Mess kit
- ☐ Water purification filtering system
- ☐ Disposable gloves (sterile and non-sterile)
- ☐ Plastic sheeting and tape (hazardous material spills, etc.)
- ☐ Box of small garbage bags (for waste disposal) and zip lock bags (various sizes)
- ☐ Coffee can with cover for candles and matches (as a source of heat)
- ☐ Maps (local & state)

TOILETRIES / PERSONAL HYGIENE

- ☐ Soap
- ☐ Shampoo / conditioner
- ☐ Toothbrush, toothpaste, and denture adhesive, cleaner and container
- ☐ Deodorant
- ☐ Women: Feminine products
- ☐ Men: Razor / shaving cream

(continued on back side)

EMERGENCY PREPAREDNESS CHECKLIST

GENERAL CHECKLIST



TOILETRIES / PERSONAL HYGIENE (continued)

- ☐ Towel
- ☐ Comb, brush, hairdryer
- ☐ Fingernail clippers, file, tweezers
- ☐ Laundry detergent (*small package*)
- ☐ Wipes and hand sanitizer
- ☐ Paper towels and toilet paper (*5-day supply*)

CLOTHING / MISCELLANEOUS

- ☐ Change of clothes and shoes
- ☐ Gloves, heavy socks, winter boots
- ☐ Hand and feet warmers
- ☐ Rain gear, poncho, rubber boots
- ☐ Work boots
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Books, reading materials, games
- ☐ Tablet and pencil(s) / pen(s)
- ☐ Extra set of keys (*car, house, etc.*)

HOME

- ☐ Collapsible escape ladder (*1 for each bedroom above the 1st floor*)
- ☐ Backup heat source
- ☐ Generator and/or alternate power source (*inverter, solar or wind-powered*)
- ☐ Dual-sensor smoke alarm / carbon monoxide detector (*test every 6 months and replace batteries*)

MY CHILD

- ☐ Change of clothes for 5 days
- ☐ Formula
- ☐ Baby food and feeding utensils
- ☐ Child / baby toiletries (*soap, shampoo, toothbrush and toothpaste*)
- ☐ Diapers and wipes
- ☐ Child-size first aid kit, baby aspirin, etc.
- ☐ Toys and books

MY PET / SERVICE ANIMAL

- ☐ Leash / carrier or cage
- ☐ Food and bowl
- ☐ Water and bowl (*1 gallon / animal / day*)
- ☐ Medicine / First Aid Kit
- ☐ Blanket
- ☐ Treats / toys / rawhide or chew bones
- ☐ Cats: litter, scoop, and a portable clean litter box



Don't forget!

When it's time to change the clocks for Daylight Saving Time, go through your **GO BAG** and **HOME KIT**! Check to see if anything needs to be added or replaced.

DATE OF LAST UPDATE: _____ / _____



Outagamie County
Home and Community Education
Fall 2019 Newsletter
3365 W Brewster St
Appleton, WI 54914



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Jeff Nooyen	County Board Chair
Joy Hagen	County Board Vice Chair

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Keith Suprise	Vice Chair
Daniel Melchert	Secretary
BJ O'Connor-Schevers	Member
Debbie VanderHeiden	Member

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Vicki Handschke	Office Assistant
Kevin Jarek	Crops, Soils, and Horticulture Agent
Mia Ljung	Community Development Educator
Ina Montgomery	Program Assistant
Hannah Phillips	FoodWise Healthy Communities Coordinator*
Alicia Schroeder-Haag	4-H Program Coordinator
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**Serves Calumet, Outagamie, Waupaca and Winnebago Counties*

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