



Lincoln County HCE President's Message

In This Issue

Making the Most of Leftovers	2
Mindful Movement	3
Imposter Scams	4-5
Dealing with Change & Loss	6
Eating Protein on a Budget	7

Hello Everyone!

What a year 2020 has been for all of us. Due to many unforeseen changes, and the resignation of our county HCE president as of October, 1st, 2020, our September communicator was put on hold.

Since the COVID-19 virus has become even more active in our area, all HCE meeting and events are placed on hold until further notice in 2021/

All our county HCE members should be thinking about the need for another president and the future about the need for another president and the future of HOC in our community. I shall be in touch with our county HCE officers and club presidents about future plans for 2021/ Any questions call me at 715-437-9851.

Everyone stay healthy till we can meet again.

*Holiday Blessings and
Happy New Year*

Lincoln County HCE Vice President,
Lorene Hass



The enclosed enrollment form must be filled out and dues paid and sent in by January 1st, 2012.

Thank You



You are
Brave.
You are
Strong.
You are
Loved.
You
Matter!

Take-Out and Delivered Foods

Holiday Meals, Picnics, Tailgate Parties, or just a Busy Day

In today's busy world, take-out and delivered foods are experiencing runaway popularity. Some foods are hot and some are cold when purchased. Foods from fast food restaurants are most often consumed immediately. Take-out foods may be purchased in advance for eating at a later time, such as a party platter or a cooked holiday meal. No matter what the occasion, more and more people are relying on others to prepare their food.

Perishable foods can cause illness when mishandled. Proper handling of the food and the leftovers is essential to ensure the food is safe for you to eat.

2-HOUR RULE

To keep hot foods safe, keep them at 140 °F or above. Cold foods must be kept at 40 °F or below. Bacteria grow rapidly between 40 and 140 °F. Discard all perishable foods such as meat, poultry, eggs, and casseroles, left at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F.

Keep HOT Food HOT!
Keep COLD Food COLD!

If you are not eating the take-out or delivered food immediately, follow these guidelines to make sure the food remains safe for you to eat at a later time.

Hot Take-Out or Delivered Food

Once food is cooked, it should be held hot, at an internal temperature of 140 °F or above. Just keeping food warm (between 40 and 140 °F) is not safe. Use a food thermometer to monitor the internal temperature of the food. A preheated oven, chafing dishes, preheated warming trays, or slow cookers may be used.

If you plan to eat at a later time, take-out or delivered food should be divided into smaller portions or pieces, placed in shallow containers, and refrigerated.

Cold/Refrigerated Take-Out or Delivered Food

Cold foods should be kept at 40 °F or below.

Refrigerate perishable foods as soon as possible, always within 2 hours after purchase or delivery. If the food is in air temperatures above 90 °F, refrigerate within 1 hour.

Keep foods cold on the buffet table by nesting serving dishes of food in bowls of ice. Use small platters and replace them with fresh refrigerated platters of food often, rather than adding fresh food to a serving dish already on the table.

When take-out or delivered food is purchased cold for an outdoor event—like a picnic, sporting event, or outdoor buffet—a cooler with ice is a practical alternative to a refrigerator. The cooler should be packed with plenty of ice or frozen gel packs. Keep the cooler in the shade when possible.

Remember the 2-hour rule when food is removed from the cooler. Discard all perishable foods that have been left out of the cooler longer than 2 hours; 1 hour in air temperatures above 90 °F.

Safe Handling of Leftovers

Discard all perishable foods, such as meat, poultry, eggs, and casseroles, left at room temperature longer than 2 hours; 1 hour in air temperatures above 90 °F. This includes leftovers taken home from a restaurant. Some exceptions to this rule are foods such as cookies, crackers, bread, and whole fruits.

Whole roasts, hams, and turkeys should be sliced or cut into smaller pieces or portions before storing them in the refrigerator or freezer. Turkey legs, wings, and thighs may be left whole.

Refrigerate or freeze leftovers in shallow containers. Wrap or cover the food.

REFRIGERATOR STORAGE AT 40 °F OR BELOW

Cooked meat or poultry	3 to 4 days
Pizza	3 to 4 days
Luncheon meats	3 to 5 days
Egg, tuna, and macaroni salads	3 to 5 days

Foods stored longer may begin to spoil or become unsafe to eat. Do not taste.

FREEZER STORAGE AT 0 °F OR BELOW

Cooked meat or poultry	2 to 6 months
Pizza	1 to 2 months
Luncheon meats	1 to 2 months

Salads made with mayonnaise do not freeze well.

Foods kept frozen longer than recommended storage times are safe but may be drier and not taste as good.



GRIEF, LOSS, & NEW TRADITIONS DURING THE HOLIDAYS

The COVID-19 pandemic has affected many people in different ways. Now that the seasons are changing and weather is colder, it is more difficult to connect with the people we care about. The upcoming holiday season will likely look much different for many families this year. Dealing with grief and loss during this time can be challenging whether it is the loss of a loved one, grief from missing out on seeing our family, or a loss of normalcy and traditions. Below are some tips and considerations when dealing with grief and loss during this time along with some suggestions for creating new traditions.

Express your needs. It's all right to let people know what is and isn't helpful right now.

Help someone else. It may be helpful to volunteer or perhaps make a donation to a favorite cause in memory of what you have lost.

Give yourself time. There is no set time to be done grieving, but grief usually softens and changes over time. With time, the holidays will become easier to manage.

Be aware of your feelings. Allow yourself to mourn and feel sadness. Identify what you have lost.

Name your strengths and coping skills. Consider other times of loss you've gone through. What did you do to help you get through it? What skills can you draw upon now?

Stay connected. Social distancing doesn't have to prevent you from getting support. Use phone calls, text messages, video chats and social media to stay in touch with family and friends who are positive and supportive. Reach out to those in similar situations.

Limit your news intake. Spending too much time reading or listening to news about the COVID-19 pandemic can cause you to focus heavily on what you've lost, as well as increase anxiety.

Reflect on the journey. Your loss doesn't define your whole experience. Consider some of your good memories and the big picture.

Start a new tradition or adapt the celebration. Here are just a few ways you can still honor traditions during this time:

- Instead of gathering around a table, connect virtually but have the same meal
- Unwrap gifts over the phone or computer
- Make gift bags of goodies for people to pick up from your doorstep or send through mail
- During a virtual dinner, enjoy the same dessert at the same time
- Have an "upside down" or "opposite" holiday -be creative!
- Watch a special movie together over video chat
- Create an audio or visual journal of friends and family singing favorite songs or sharing holiday memories
- Bundle up for an outdoor bonfire or caroling
- Enjoy a virtual holiday trivia game night
- Have a coloring contest where everyone colors a holiday picture and votes on their favorite
- Host an outdoor walk or run with close friends or family



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Como empleador que brinda igualdad de oportunidades en el empleo y acción afirmativa (EEO/AA, por sus siglas en inglés), la University of Wisconsin-Madison Division of Extension, proporciona igualdad de oportunidades en el empleo y en sus programas, incluyendo los requisitos del Título VI, Título IX, y de la ley federal para personas con discapacidades en los Estados Unidos (ADA, por sus siglas en inglés) y los requisitos de la Sección 504 del Rehabilitation Act.

Adapted from: *Coping with grief and loss during the holidays.* (December 1, 2017) Harvard Health Blog. Retrieved October 30, 2020, from <https://www.health.harvard.edu/blog/coping-with-grief-and-loss-during-the-holidays-201112244028> and *Coronavirus grief: Coping with the loss of routine during the pandemic.* (2020) Mayo Clinic. Retrieved October 30, 2020, from <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coping-with-coronavirus-grief/art-20486392>

10.30.2020



Aging Mastery Program®

National Council on Aging

Join the adventure!



UW Madison Extension North Central WI

will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

Virtual Classes will be held January 5th - February 4th
10:30am-11:30am, every Tuesday and Thursday

Limited spots available: Sign up now!

The program will launch on January 5, 2021,
but participants have to be signed up by December 28, 2020.
Please RSVP to: Forest/Oneida/Sheboygan/Wood County Extension
by filling out this form: <https://bit.ly/ExtensionAMP>

You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

For questions or assistance
please call 715-421-8437 or
920-459-5904.

10 FREE classes

Classes will be held using
Zoom Technology.

A computer, smartphone or
tablet with a working camera
and microphone is required.

Workbooks will be sent in the
mail or can be picked up at
your local Extension office
prior to class.

Find all the HCE Goodness!

S	D	P	S	U	E	M	S	T	A	G	O	R	E
U	G	N	I	K	A	B	E	N	S	S	F	E	C
C	I	N	C	I	P	N	I	E	N	E	R	A	I
A	Y	L	I	M	A	F	Y	E	T	W	I	D	V
S	T	R	A	C	A	U	V	R	S	I	E	I	R
O	M	E	D	U	C	A	T	I	O	N	N	N	E
N	C	S	E	R	H	O	N	E	E	G	D	G	S
N	U	N	B	L	S	E	V	I	L	L	S	T	F
C	R	A	F	T	S	R	S	H	A	R	I	N	G
H	G	L	H	O	M	E	M	A	K	E	R	S	A
E	S	U	S	T	A	I	N	A	B	L	E	D	T
S	E	T	V	A	U	G	A	R	A	C	I	N	R
A	C	U	L	T	R	U	A	L	R	N	R	E	A
C	O	M	P	A	N	I	O	N	S	H	I	P	N

Find these words:

BAKING

COMPANIONSHIP

CRAFTS

CULTURAL

ARTS

EDUCATION

FAMILY

FRIENDS

HAVEN

HOMEMAKERS

LIVE

SUSTAINABLE

MEETINGS

PICNIC

READING

SERVICE

SEWING

SHARING

Grief, COVID-19, & the Holidays

Resources for making decisions and getting support

Making Decisions

Centers for Disease Control and Prevention (CDC) - Holiday Celebrations:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

UW Madison Division of Extension - Moving Forward During COVID-19: Deciding Who, When, & How:

<https://aging.extension.wisc.edu/articles/moving-forward-during-covid-19/>

Getting Support

The following helplines are free, confidential, and available 24/7

UnitedWay 211 Dial 211 to connect to social services and local supports

<https://www.211.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

National Helpline 1-800-662-HELP (4357) – a treatment, referral and information service for individuals and families facing mental and/or substance use disorders

<https://www.samhsa.gov/find-help/national-helpline>

Friendship Line (Institute on Aging) 1-800-971-0016

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Veteran's Crisis Line 1-800-273-TALK (8255) or Crisis Chat - text: 8388255

National Suicide Prevention Lifeline 1-800-273-8255

HOPELINE (Center for Suicide Awareness) Text HOPELINE to 741741



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Como empleador que brinda igualdad de oportunidades en el empleo y acción afirmativa (EEO/AA, por sus siglas en inglés), la University of Wisconsin-Madison Division of Extension, proporciona igualdad de oportunidades en el empleo y en sus programas, incluyendo los requisitos del Título VI, Título IX, y de la ley federal para personas con discapacidades en los Estados Unidos (ADA, por sus siglas en inglés) y los requisitos de la Sección 504 del Rehabilitation Act.

Suggested resources are compiled by Selena Freimark, UW Madison - Division of Extension Health & Well-Being Educator. They are offered as samples for your reference only and are not intended to represent the best or only approach to any particular issue.

11.06.2020

2021 Membership Dues and Enrollment

We will have to try something new to pay your dues and enroll in Lincoln County HCE for 2021. We realize clubs are not meeting for safety reasons. So we are asking everyone to complete the form below and on the back side of this page (the Affirmative Action Information and Photo Release Permission and Open Records Law signature form). Please send your dues and this completed 2-page for in by January 2, 2021 to get you HCE member enrollment, confirm your Communicator mailing address and receive the 2021 Program and Activity book late January.

Complete and send in by January 1, 2021 to:

Kathy Schiefelbein
HCE Treasure
N869 Rangline Rd
Merrill, WI 54452

Your Name: _____

Address: _____

City, State, Zip: _____

Phone Number: _____ (Home) _____ (Cell)

Club Name: _____ or Individual Member _____

Dues: \$10.00 (for all members)

HCE Photo Release Permission Form and Open Records Law

(A) **Photo Release Permission:** Please indicate whether or not you give permission to the Wisconsin Association for Home & Community Education (WAHCE) to use your photo and comments in WAHCE reports, article and publication or on the WAHCE Facebook page and website designed for educational, informational, and promotional purposes. Please indicate your preference for photo release in box (A).

(B) **Open Records Law:** Under Wisconsin Open Records Law, Extension Lincoln County ordinarily must release mailing lists in its custody of the public upon request. Your name, address, and telephone number may be included on such a list unless you request confidentiality in writing. If you wish your name, address, and telephone number to be confidential, please indicate Yes or No in box (B) to the following statement: "I grant permission for the University of Wisconsin-Madison, Division of Extension to reveal my name, address, and telephone number to the public as part of a record or list".

Print Name

Signature

(A) **Photo Release:** You may use my photo

☐ Yes ☐ No

(B) **Open Records Law:** You may release my information

☐ Yes ☐ No



Extension

UNIVERSITY OF WISCONSIN-MADISON
LINCOLN COUNTY
801 N Sales Street, Suite 101
Merrill, WI 54452

Love
Peace
Joy



Association for Home and
Community Education



Extension

UNIVERSITY OF WISCONSIN-MADISON
LINCOLN COUNTY
801 N Sales Street; Suite 101
Merrill, WI 54452
UW-Extension Office Phone: 715-539-1072
Advisor Email: deborah.moellendorf@wisc.edu
Website: <http://lincoln.uwex.edu/>

WANT TO SUBMIT
AN ARTICLE?

To submit an article, please send or drop off
written articles at UW-Extension, 801 N Sales
Street Suite 101, Merrill, WI 54452 or electronic
articles can be sent to Debbie Moellendorf at:

deborah.moellendorf@wisc.edu

Submit by:

- For the March Communicator by **Feb. 9th.**
- For the July Communicator by **June 8th**
- For the Sept Communicator by **Aug 10th.**

