



## 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



Remember  
that you are  
loved, you  
matter, and  
never forget  
that there  
is always  
hope.

Germany Kent

## Lincoln County HCE President's Message

Hello Everyone!

Wow, it's finally summer! There were times in the past few months that were pretty dark, both literally and figuratively, when it seemed as though the sunshine would never return. But it has, as it always does. Life, although a bit changed, has returned, and we are returning to some semblance of normal. Thank you blessed God!

As you know, pretty much everything HCE related has been cancelled or postponed due to the corona virus pandemic. Our Central District meeting, county meetings, club meetings, the June Dairy Breakfast, county picnic, State Conference in Hudson, WI, and cultural arts judging /Lincoln County Fair have all been cancelled. But, hopefully, this has been a time of reflection, community, and prayer for all of us. It certainly has made me appreciate a lot of things I had taken for granted, and has allowed me to accomplish a lot of things I would not otherwise have had time for. It's always good to make lemonade when we are handed lemons!

Our county's Impact of HCE Member Contribution Reports have been received (4), compiled and sent in. Our totals were: Events: 188 hours, Fundraising 84 hours, Community Outreach 525.5 hours, and Donation value \$1,474. That's just for 4 members! Just think how much we would have had if everyone had sent theirs in... Maybe next year?

I'd like to offer a sincere thank you to Joni Hahn and Sue Johnson, Volunteer Coordinators for Merrill Reading Buddies, and Mary Verheyen, Volunteer Coordinator for Tomahawk Head Start. Due to the COVID 19 outbreak, and concern for everyone's continued health, the program came to an early close. They and the program will be sorely missed. We appreciate all the hard work and dedication of each and every person involved in the program. Thank you from the bottom of our hearts.

At this time, we usually include our upcoming calendar for the next several months, but since everything is still in flux, we will forgo that this time.

There is No Executive Board meeting in July.

Watch for upcoming announcements about the August Bake Sale at the Farmers Market, and a possible Executive Board Meeting in August

Communicator Articles are due on August 17.

**Note:** The Merrill Area Farmers Market will be opening on June 13, with safety restrictions in place. Please be sure to visit them for some fresh, local produce, and baked goods, and be sure to use your senior vouchers to get \$10 in savings on your purchase.

Lincoln County President,  
Susan Hass



**Please note these cancellations:**

2020 Cultural Arts Judging Event  
July 6

We will share all our good works once we  
get back together again!



2020 WACHE Conference  
Sept. 21-23, 2020

If you had room reservations, please call  
and cancel them!

Keep looking up — That's the secret of life.

## Making the Most of Leftovers

Using your leftovers in later meals can save time, money, and trips to the grocery store. Here are some ideas to help you use your leftovers:

- Have a “leftover” night, where you get out all your leftovers and everyone has a bit of everything, or people choose their favorites.
- If you don't have enough leftovers for another whole dinner, use them for breakfast or lunch instead, adding a salad or fruit to round things out.
- When using leftovers to make a new meal, you can combine them with fresh ingredients, but also consider looking in your pantry or freezer.

Here's some more ideas on how to use leftovers:

- Vegetables: Add leftover vegetables to scrambled eggs for a hearty breakfast, combine them with pasta for lunch, or reheat with some rice and add a pre-made sauce for a quick stir fry dinner.
- Protein: Shred leftover chicken for sandwiches or mix with taco seasoning and add to a tortilla with rice and your favorite veggies.
- Grains: Use extra noodles or rice as the start of a soup or casserole, adding in frozen vegetables and a protein source like canned beans.

If you're not sure what to do with your leftovers or need recipe ideas, try exploring MyPlate Kitchen from the USDA, where you can search by meal or ingredient.

### **Leftovers and Food Safety**

It's important to begin by cooking foods safely the first time around, and letting meat and poultry reach the appropriate internal temperature. Leftovers should be used within 3 to 4 days if refrigerated, or 3 to 4 months if frozen. Follow these food safety guidelines:

- Keep food out of the temperature Danger Zone – bacteria grow best between 40° F and 140° F, so we call this the “danger zone.”
- Cool food promptly. To help do this quickly, divide large amounts of food into shallow containers and cut large items of food, like chicken breast or roasts, into smaller pieces. Refrigerate foods as soon as possible, and definitely within 2 hours of cooking.
- Store leftovers in airtight packaging or containers to help keep bacteria and odors from other foods out and retain moisture.
- Thaw frozen foods safely in the refrigerator, with cold running water, or in the microwave (making sure the internal temperature reaches 165° F). You can also reheat frozen foods without thawing them first, but it will take longer.
- Always use a food thermometer to check temperatures!

*Source: Stay at Home Tips, University of Wisconsin-Madison Division of Extension*

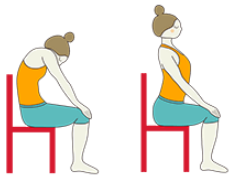
# Mindful Movement – A Strategy to Manage Stress



One of the ways that we can deal with stress – both in the moment and as a way to prevent it – is to practice some mindful movements. During mindful movement we pay attention to our own bodies, noticing how our body feels during the movement practice without judging it.

Here are a few Mindful Movements to get started. The Mindful movements below can be completed in either a standing position or a seated position. These movements should not cause pain so if you feel pain at any point you should stop that movement.

**Shoulder lifts** – Either standing or sitting, pay attention to your shoulders. Our shoulders are a place where we often hold lots of stress. When we get really stressed, our shoulders start to creep upward and get really tight. To get started with shoulder lifts, inhale lifting your shoulders up toward your ears. As you exhale, drop your shoulder down as low as you can. Repeat this a couple of times. Do you feel the difference? Sometimes when we get really stressed, we can check in with our bodies by doing this simple exercise and remind our shoulders that they don't have to hold on to stress.



**Gentle Neck Stretch** – Another simple movement with our breath. As you inhale, lift your chin up toward the ceiling. Exhaling as you drop your chin slowly toward your chest. Repeat this a few times. Next, exhale as you slowly drop the right ear toward the right shoulder (but not all the way). As you inhale, slowly lifting your head back to neutral. Now, exhale as you slowly lower your left ear toward your left shoulder (again not all the way). Inhale, slowly lifting your head back to neutral. You should feel a gentle stretch on the side of your neck as you do this.



**Lifting Arms** – Take a deep breath in, and stretch your arms out to the side and then up over your head. Imagine that you're making the biggest circle around you that you can. Breathing out slowly, reverse that motion, bringing your arms back down stretching them out and slowly bringing them back down by your sides. Repeat this a few times.

**Spreading our Wings** – Raise your arms to shoulder height in front of you with palms spread wide and facing toward each other. As you inhale, open your arms up as wide as possible, and pulling your shoulder blades toward each other. Exhale while bringing your palms toward each other again in front of your body. Repeat a couple of times letting your arms gently return back down to your sides when you have completed.



Think about how you feel after doing these movements? Do you feel different after doing these movements than you did before? How do you think mindful movement could be helpful in managing stress?

Not only can these movements help us manage stress, stretching through mindful movement can also help to increase muscular strength and flexibility in our body. All things that are good for our overall health and well being.

*Source: Mindfulness-Enhanced Strengthening Families Program: For Parents and Youth 10-14 (MSFP 10-14), University of Wisconsin-Madison Division of Extension*



## Move into Mindfulness



## Dealing with Imposter Scams

Beware! Imposters are everywhere! When the phone rings, do you know who is calling before you answer or who sent the mail you just opened? When at your computer or on your smart phone, do you know who sent the email in your inbox? Do you know who created that pop-up message on your screen? All of these methods and many more are being used by scammers who are not what they may seem to be.

### Signs of an Imposter Scam

Here are some common indicators that you are dealing with an imposter:

- **Requests for personal information.** Examples include: date of birth, social security number, Medicare ID number, credit card numbers, or bank account numbers.
- **Requests for payment of any kind.** No contest, prize or grant recipients have to make payment to receive their winnings or award.
- **Requests for payment by wiring money or pre-paid debit cards.** Providing money through either of these is the same as giving someone cash and it is not likely that it can be traced or retrieved once given.
- **Threats and urgency.** The more threatening the call – you'll be arrested, have to go to court, have your credit ruined the more likely it is from an imposter. Calls requiring urgent action from someone you do not know are likely made by imposters.
- **Requests for secrecy.** This is especially true for appeals for financial assistance from relatives who say "Don't tell my mom and dad." Also for calls about winning a prize where you are told by the caller you can't tell anyone else about it until you have received your winnings.

### Imposter Phone Scams

- **IRS or Department of Treasury.** Calls threatening you must pay now for tax violations. The IRS will not contact you by phone. They would contact you by mail. They will not make threats.
- **Federal Grant Award.** Do not be fooled by the 202 area code used to look like the call is coming from Washington, D.C. These unsolicited grants are not awarded. In the rare case where someone receives a grant they did not apply for, no payment is required to receive the grant.
- **Medicare or Affordable Health Care Act.** The caller claims to be a government representative insisting you provide personal identification information and/or pay a fee or face loss of benefits. Government agencies will contact you by mail, not by phone. They will not make threats on the phone.
- **Other Law Enforcement or Government Agency.** The caller may threaten deportation, but for a fee will assist you to get your certification. They hope you will be scared enough to part with money and/or personal identification information. Or a caller may claim that a foreign dignitary who needs your help with a money transfer, is "legitimate". No law enforcement or government agency makes these kinds of calls.
- **Lottery or Prize Winner.** The caller says you have won but an administrative fee, shipping, or taxes need to be paid. You never have to pay for a prize or winnings.
- **Family Assistance.** Also known as the "Grandparents Scam". These callers prey on the goodwill and desire to help family. The caller will say they are a family member, usually a younger one, in some kind of trouble needing immediate financial assistance. These scammers will feed off of information you inadvertently give them. The caller will ask you not to call someone who could verify the legitimacy of the call ("Don't call mom or dad") and to send money in an untraceable manner.
- **Computer Problems.** The caller claims to be from "Microsoft" or "Google" or another known company and states they have detected a problem with your computer. These callers will attempt to get you to pay for services, likely via credit card and to give access to your computer so they can steal personal information and even control of your computer. Legitimate companies do not make these kinds of calls. Never give a caller access to your computer





- **Utility shut off.** The caller states you haven't paid your utility bill and someone is on the way over to disconnect your service unless you make an immediate payment to the caller. To check if what the caller says is true, call the number on your billing statement, not the number the caller gives you.
- **"Spoofed" Numbers.** Technology exists that allows a caller to control what shows up on Caller ID. This is called "spoofing". Calls may appear to come from a local number, when the calls are actually coming from outside the country. If you do not recognize the number on the Caller ID, let the call go to your answering machine or voicemail. If it is important or a personal call, the caller will leave a message. If you have a question about the message left, call the Consumer Protection Hotline at 1-800-422-7128.

### **Imposter Mail Scams**

Mail scams require a response once you've received the mail. The most common imposter scams are prize scams where you are instructed to call and told you need to make a payment of some sort to receive your winnings. Versions of the phone imposter scams may also come in the mail or through email.

### **Imposter Computer Scams**

- **Email scams.** Email imposter scams may be versions of the imposter phone or mail scams. Often the objective may be to get you to click on a link that will ask you for personal information or to click on an attachment that will download a virus or other malware to your computer.
- **Screen Pop-Ups.** A message will pop up on your screen, usually claiming there is something wrong with your computer and telling you to click on the window for assistance. You will then be given information to contact someone to help you, possibly from a known company like "Microsoft" or "Google". If an error message appears on your computer, contact someone you know and trust for help. Do not click on pop-up windows reporting a problem with your computer.
- **Online search imposter scams.** When looking for assistance through an online search, be aware that some companies, including scammers, have paid to have their links appear at the top of your search list. It is very easy to think you are talking to a representative of the actual company you want, or are on their website, only to find you are being asked to provide personal information, payment information and/or access to your computer. Check the website address to make sure you are dealing with the real company.
- **Social networking website imposter scams.** Treat links in messages on these sites as you would a link in an email message. If it looks suspicious, even if you know the source, it is best to delete it or mark it as junk. Hackers can break into accounts and send messages that look like they are from your friends, but are not. If you suspect that a message is fraudulent, use an alternate method to contact your friend to find out. Do not trust that a message is really from who it says it is from.

### **Do Not Respond!**

**The best defense against all these imposter scam is to not respond.**

- **Do not answer the call.** Use your Caller ID. If you do not recognize the number let it go to your answering machine or voicemail. If you do answer the call, hang up as soon as you realize this is not someone you want to talk with. Talking to these callers or calling them back will likely result in additional contacts from them and other scammers.
- **Delete email from unknown senders.** If you do not know who sent it, do not open it. Sometimes opening an email is enough to tell a scammer that this is a valid address and they will continue to send you email. If you do not know who sent it, never click on a link or attachment in an email.
- **Verify your search result.** Before acting on the result of an online search, check to make sure you are dealing with the company you want. If you do make contact, watch for the signs of a scam.
- **Do not call the verification number you are given.** Call the number on a billing statement, found in the phone book or reliable online directory. Never check to see if something is legit using the number given to you on the call, mailer, email or message.

*Source: Wisconsin Department of Agriculture, Trade and Consumer Protection-*





## What to do if you Experience Change and Loss During the Pandemic



Recently, we have all experienced loss of some sort. There are many examples:

- Loss of physical closeness with those outside our home
- Loss of in-person gatherings due to physical distancing
- Loss of freedom to move about without an increased awareness of risk
- Loss of the opportunity to say goodbye and to celebrate the life of someone we loved who died

Each of us can create a list of our current and future (anticipated) losses. For many of us, we have only attributed grief to the physical loss of someone. The reality is, this time period is filled with very real loss and grief is a normal and expected reaction.

One of the most important things we can do is to acknowledge the losses we are experiencing. Taking note of our feelings and expressions of grief is the first step to identify ways to take the best care we can of ourselves.

### **Take good care of yourself**

- Be patient with yourself, consider letting go of things that might not need attention right now.
- Learn more about the grief you may be feeling. (<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>)
- Create a “not yet” list of things to look forward to when our physical distancing requirements are lifted.
- Connect with people in your life using technology, a phone call or writing letters.
- Get outdoors as much as you can. Sit on your porch, go for a walk, work in your yard, or plant a container garden. (<https://hort.extension.wisc.edu/articles/container-gardening/>)
- Maintain a regular routine, including mealtimes and bedtimes.
- Recognize that grief can show itself in different ways (anger, sadness, sleeplessness, inability to focus or plan, forgetfulness).
- Give yourself time to manage your feelings: Start a journal to write your thoughts during this time, talk about your feelings with others, or find another creative outlet to express what you are experiencing and create meaning in your loss.
- Don't forget that many of the emotions associated with grief require physical attention to manage: exercise, sleep, and healthy eating will support your body.
- It might feel too new right now to identify positives that might emerge; a gratitude practice can help us focus ourselves on the good that is still present in the world.
- Organize family photos. Remembering a happy memory releases in our brain the same “feel-good” chemicals that flooded it at the time of the actual experience.
- Recognize that anxiety can be increased when we aren't sure of what our future holds and what additional losses may come over time.

### **Remember**

It's OK to ask for help. If you are feeling distressed, call the **National Disaster Distress Helpline** (800-985-5990) for emotional support, or call 2-1-1 and ask about your county's emotional support hotline. (Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>)

If you need medical care or advice, stay home and call your doctor or clinic. **If you have an emergency, call 911.** If you become sick or feel unwell, make sure a family member or friend knows that you are unwell and ask them to check on you by phone or video chat every day.

**Get organized:** Post a contact list on your fridge or near your phone:

- Name and phone number of your doctor and pharmacy
- Family contacts
- Neighbors
- Other frequently called numbers

**Know where to find resources to get help meeting your needs:**

Local counseling services

Call [2-1-1](tel:211), a service that can help you get information about resources to meet your immediate needs

**For more information, ideas, and tips**

About staying safe and what to do if you have COVID-19 symptoms, go to [www.dhs.wisconsin.gov/covid-19](http://www.dhs.wisconsin.gov/covid-19)

About mental health and coping during COVID-19, go to <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

On how we can build a healthier, more resilient Wisconsin, go to [www.dhs.wisconsin.gov/resilient/index.htm](http://www.dhs.wisconsin.gov/resilient/index.htm)

*Source: Stay at Home Tips, University of Wisconsin-Madison Division of Extension*



## How to Include Meat and Other Proteins for Healthy Eating on a Budget

**Healthy meals include protein**

Most of us think of meat when we hear the word protein. Beef, pork and poultry are good sources of protein and contain important vitamins and minerals. Many of us eat meat on a daily basis. But there are many other healthy food sources of proteins, some less expensive than meat.

Think about including these proteins in your meals:

- seafood or legumes (lentils, beans and dried peas)
- dairy (milk and yogurt)
- eggs
- soy products
- nuts and seeds

Try these ideas to include more of these foods in your diet:

- Use a yogurt sauce to top a lentil dish. ([www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/masur-dal-red-lentils-onion](http://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/masur-dal-red-lentils-onion))
- Have “Breakfast for Dinner” with a vegetable egg scramble, turkey sausage and a fruit cup.
- Canned salmon or tuna can be made into salads, patties or casseroles.
- Top yogurt, salads or vegetable dishes with nuts or seeds.

While the coronavirus has caused some people to question the safety of our meat supply, there is no evidence that meat products are contaminated with virus or causing illness among consumers. To prepare and eat meat:

- Always cook meat to safe temperatures.
- Eat appropriate servings: 2 oz. per person (4-6 oz. per day).
- Limit processed meats like hot dogs, sausage and lunch meats, and select leaner cuts of meat.
- Get more for your money by using it in mixed dishes such as spaghetti with meat sauce, chicken casserole or pork carnitas ([www.freep.com/story/life/food/recipes/2016/09/10/pork-carnitas/90042996/](http://www.freep.com/story/life/food/recipes/2016/09/10/pork-carnitas/90042996/)).

If you include a variety of protein foods in your diet, and include protein at all meals, you should be able to stay healthy even if the meat supply changes or it becomes too costly for your family.

*Source: Stay at Home Tips, University of Wisconsin-Madison Division of Extension*



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Submit by:

- For the September Communicator by **August 17th.**

