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## Lincoln County HCE President's Message

Dear HCE Members,

So happy to welcome 2021 and place the memories of 2020 in the past. Hats off to all State, District and County HCE officers and committee members having to make sudden changes or cancellations to schedule meeting and events because of the COVID-19 pandemic!

I certainly hope each of us kept HCE in mind and sent in your dues to our county HCE Treasurer—Kathy Schiefelbein. You still may do so to remain a member. We have to work together to keep membership up with new suggestions, ideas and interests or we may have to proceed with disbandment of HCE. I am not a forever President!

Our meetings are still on hold. Hopefully I can meet with our HCE executive board, club presidents, and extension educator, Debbie Moellendorf, in the near future to decide on 2021 HCE plans for our county.

If anyone calls me, please leave a message as I don't answer unknown telephone numbers. My number is 715-437-9851.

THANK YOU!

Sincerely, Lorene Hass, Lincoln County HCE Vice-President

**Enclosed are the Impact of HCE and Healthy Life Style forms to fill out and return to me by June 10th, 2021. NO LATER!**

**My address is: Lorene Hass  
307 W. Main St.  
Apt. 219  
Merrill, WI 54452**

The hum of the bees is the voice of the garden.

Elizabeth Lawrence

# Let's Make an Appreciation Wreath

Taking time to notice and appreciate the good things in our life can help us feel better and more positive.



We tend to take for granted the simplest yet most important things in our world. Using appreciation strategies gives us a new perspective. When we take the time to appreciate something, we focus on something positive, making our brain less able to focus on the negative. Appreciation helps us cope and deal with stress, worry, challenging situations, sadness, and other distressing thoughts and emotions. It elevates our mood and helps us gain a more positive outlook on life. It even helps prevent depression.

Think of appreciation as taking a vitamin — it helps prevent negative thoughts and emotions, but it takes practice to learn to do it regularly.

## Gather your Supplies:

- Two sheets of hearts; one pink, one white (Included)
- Piece of ribbon for a hanger
- Glue, glue stick or tape
- Scissors
- Something to write or draw with; pen, pencil, crayons, ANYTHING

## Make the Wreath:

Think about appreciating things in life through our five senses — sight, hearing, smell, taste and touch. For example, appreciating the beauty of nature, sounds such as laughter or music, sensations such as a warm breeze, as well as the smell and tastes of good food. Taking time out to appreciate things in life is another part of taking care of yourself.

On the hearts provided, write items that you appreciate in your life (big and small, people, things, experiences, etc.). You can do this after you have the wreath assembled by adding the things you appreciate each day or as you think of them.

Cut out the hearts and glue them together to form the wreath.

Use the ribbon to add a hanger to the back of the wreath.

Hang your wreath in a spot you will see on a regular basis as a way to help you focus on the good things in your life.

**Add more items anytime!**



## What Do You Value?



caring  
community  
courage  
creativity  
education  
equality  
fairness

family  
freedom  
friendship  
honesty  
independence  
leadership  
love

peace  
respect  
responsibility  
security  
spirituality  
trust  
wisdom



Protect Yourself

# AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
  - You are asked to pay to put your name on a vaccine waiting list or to get early access.
  - Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
  - Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

**!** If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: **1-800-HHS-TIPS** | [tips.hhs.gov](https://tips.hhs.gov)
- FBI Hotline: **1-800-CALL-FBI** | [ic3.gov](https://ic3.gov)
- CMS/Medicare Hotline: **1-800-MEDICARE**



For accurate, up-to-date information about COVID-19, visit:

[oig.hhs.gov/coronavirus](https://oig.hhs.gov/coronavirus)  
[fbi.gov/coronavirus](https://fbi.gov/coronavirus)  
[justice.gov/coronavirus](https://justice.gov/coronavirus)



HHS  
Office of  
Inspector  
General



Federal  
Bureau of  
Investigation



Department  
of Justice







## COVID-19 Vaccine Information from the Lincoln County Health Department

COVID-19 vaccines are being given to healthcare personnel, long-term care facilities, first responders, and those 65 and older at this time. Updates on the COVID-19 vaccine can be found at our the Lincoln County Health Department website [www.lincolncountyhealthdepartment.com](http://www.lincolncountyhealthdepartment.com), by calling their vaccine message line at 715-539-

1375, or by emailing the department at [COVID@co.lincoln.wi.us](mailto:COVID@co.lincoln.wi.us). To keep our community safe, even once you have had COVID-19 or have been vaccinated, it is important to continue to wear your mask, practice physical distancing, wash your hands often, and stay home when you are sick. The Lincoln County Health Department provides up-to-date information.

**If you are a Lincoln County resident that fits into Phase 1-A or are 65 years and older, vaccine is available through the following COVID 19 vaccinators:**

Aspirus	Visit the Aspirus website at <a href="http://aspirus.org/covid19-vaccine-request">aspirus.org/covid19-vaccine-request</a>
Marshfield Clinic	Sign up for their vaccine waitlist on their website at <a href="http://marshfieldclinic.org/community-vaccine">marshfieldclinic.org/community-vaccine</a>
Ascension	In this limited initial round of public vaccinations, those who want to be vaccinated must schedule an appointment and be a current patient of Ascension Medical Group of Wisconsin (AMG-WI). AMG-WI is in the process of reviewing medical records for all existing patients and contacting eligible patients over the coming weeks who fit the above criteria.
Lincoln County Health Department	If you are a Lincoln County resident, sign up for our vaccine waitlist <a href="https://hipaa.jotform.com/210314348090042">https://hipaa.jotform.com/210314348090042</a> Currently we are not taking a waitlist for those in 1B who will be eligible March 1st.
Tomahawk Pharmacy	Sign up for their vaccine waitlist <a href="https://hipaa.jotform.com/gina469/COVID-Interest">https://hipaa.jotform.com/gina469/COVID-Interest</a>
Trig's Pharmacy	Sign up for the waitlist here: <a href="https://www.surveymonkey.com/r/TrigsRxWaitList">https://www.surveymonkey.com/r/TrigsRxWaitList</a>
Walgreens Pharmacy	Request to be on Walgreen's waitlist <a href="http://www.walgreens.com/findcare/vaccination/covid-19">www.walgreens.com/findcare/vaccination/covid-19</a>
Walmart Pharmacy	Check Walmart's website for updates at <a href="http://www.walmart.com/cp/1228302">www.walmart.com/cp/1228302</a>
Young's Drug Store	Currently vaccinating Assisted Living Facilities and Senior Living Centers.

## HCE HEALTHY LIFESTYLE



Get moving and eat healthy with HCE members across Wisconsin. Please reply to this 4 question survey about maintaining your healthy lifestyle from February 15 to May 8, 2021.

Name (optional) \_\_\_\_\_

County \_\_\_\_\_, Wisconsin

**1. Which activities do you usually participate in weekly? Check all that apply.**

☐ walking    ☐ hiking    ☐ running    ☐ dancing    ☐ bowling  
☐ biking    ☐ spinning    ☐ yoga    ☐ swimming    ☐ Tai Chi  
☐ Strong Bones or other exercise class    ☐ exercise DVD  
☐ Other (please list) \_\_\_\_\_

**2. How many times a week are you usually active for ½ hour or more?**

☐ 5 or more    ☐ 3 or 4    ☐ 1 or 2    ☐ zero

**3. How many ½ cup servings of fruits & vegetables do you usually eat daily?**

☐ 8 or more    ☐ 5 - 7    ☐ 1 - 4    ☐ zero

**4. How much of your diet is raised, grown or made within 100 miles of you?**

☐ Most    ☐ About half    ☐ Some    ☐ Very little    ☐ Unsure

**Return your completed form to Lorene Hass by June 10, 2021**



### Impact of HCE Member Contribution Report

**Reminder:** All Impact of HCE contribution reports need to be returned to Lorene Hass by June 10. Thank you!

Please use the Member Contribution Report table to keep track of you HCE contributions to your community. Just record your hours and HCE events, fundraising for HCE, community outreach/volunteering, and the value of donations to HCE each month of the years, June through May.

Then total each month and the entire year within the four categories.

### **Reminder:**

**Return all surveys to County Vice-President Lorene Hass by June 10th!**

# HCE MEMBER CONTRIBUTION REPORT FOR JUNE 2020 THRU MAY 2021

[illegible]



2020 was a tough year. It was tough for a lot of reasons, not the least of which was that all of our plans for the year were cancelled. Some of us just stopped planning things altogether. There didn't seem to be much point, when we wouldn't be able to follow through on those plans.

BUT there is benefit in positive thinking, in looking ahead, in making plans and being excited for the future—even if that future doesn't turn out as we'd planned.

With that in mind, here is something to look forward to!

### **2021 WAHCE Conference**

The stars are aligning to safely gather this fall to celebrate, spread good cheer and create together. Central District and WAHCE will be hosting the 2021 State Conference at the Holiday Inn in **Stevens Point on September 20-22.**

Talk to each other and make a stellar plan to join in the fun. We will shine a light on our HCE achievements. Get ready to twinkle with your cultural arts entries. We have an all-star line-up of speakers, workshops and county activity displays. Blast off the event with one of our tours or on-site hands-on projects.

The Holiday Inn Hotel and Conference Center will be our star base. Please make room reservations for yourselves. There are rooms reserved for Sunday night, September 19th if you plan to arrive that day, plus Monday and Tuesday, September 20 and 21. Our Conference Room Rate is \$99.00 for a Standard Room (2 queen beds or 1 King bed plus pullout sleeper sofa). Deadline for room reservations at our conference rate is August 20, 2021. Call 715-344-0200 for a reservation.

**Keep busy doing  
something you  
love and submit it  
to the Wisconsin  
HCE Cultrul &  
Textile Arts show!**





**Wisconsin Association for Home & Community Education, Inc.  
Cultural & Textile Arts Show  
2021 Guidelines for County Chairs**



**ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2021.** Any items NOT pre-registered will NOT be judged or displayed. Only one entry on each registration form. Send all forms together immediately after county show including written entries. A County may enter a total of 12 entries plus one Bonus Category 20. A county cannot have duplicate entries in any lettered sub-category. The County Cultural Arts Chair must include a self-addressed postcard or email address to verify receipt of registration forms. If you do not receive verification within three weeks, please call or email the WAHCE Cultural Arts Chair.

**IMPORTANT: All entrants MUST sign the Registration form.** Please read and sign below; entries will NOT be accepted if unsigned. Entrants will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrants give permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

All work must be done by entrant and completed after last year's county show. It must receive a first place at this year's county show or fair. All items must be clean or laundered or will be disqualified by the judge. Kits and patterns may be used as long as entrant does all the work. All easels must have securely taped label with name, county and district.

**Color Coding of Registration Forms by Districts:**

Central – White

Northeast – Yellow

Northwest – Light Blue

Southeast – Green

Southwest – Orange

West – Pink

**Entry Day:** Deliver items Sunday (9/19/21) from 7-9pm or Monday (9/20/21) 9-11:30 am. Judging will begin at 12:30PM. Members may view the show after the Monday evening activity until 10:30pm and during the day Tuesday, September 21, 2021. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

Send registration and written entries to:

**Phoebe Shourds, Cultural Arts Chairperson**

401 State Hwy 65, River Falls, WI 54022

Email: [pnspaulson@yahoo.com](mailto:pnspaulson@yahoo.com)

715-821-1606 (c)

Contact Phoebe with any cultural arts questions.

Cut on the dotted line and send in the **SIGNED** completed Registration Form and Claim Check **with both parts filled out**. You will receive your Claim Check when you bring in the items.

**2021 Registration Form**

Category/Class (example 2D) \_\_\_\_\_

County \_\_\_\_\_ District \_\_\_\_\_

Name (print) \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone # \_\_\_\_\_

Title or Description \_\_\_\_\_

Are you bringing an easel? Y or N

**2021 Claim Check**

Category/Class (example 2D) \_\_\_\_\_

County \_\_\_\_\_ District \_\_\_\_\_

Name (print) \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone # \_\_\_\_\_

Title or Description \_\_\_\_\_

Are you bringing an easel? Y or N

Peoples' Choice # (Official use only) \_\_\_\_\_

**Please read and sign:** Entries will NOT be accepted if unsigned. Entrant will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrant gives permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

Signature: \_\_\_\_\_ County \_\_\_\_\_ Date: \_\_\_\_\_

**Listing of entry categories is on the next page.**

## Wisconsin Association for Home & Community Education, Inc. Cultural Arts Show & Contest – 2021 Categories



### 1. Painting/Drawing

*Framed or Wrapped.  
Easels must have securely  
taped label with name,  
county, and district.*

- A. Oil
- B. Acrylic
- C. Watercolor
- D. Alcohol Ink
- E. Other

### 2. Photography

*Photograph must be 8" x  
10", unmatd only, in 8½" x  
11" plastic. Framed  
photographs will be  
disqualified.*

- A. Color—Landscape
- B. Color—Waterscape
- C. Color—Plants
- D. Color—Animals/  
Creatures
- E. Color—People
- F. Color—Skyscape
- G. Black & white/sepia
- H. Other

### 3. Sewing

- A. Children's Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Useful Item
- F. Purse or Tote
- G. Pillow
- H. Item made from  
recycled materials
- I. Wearable Accessory  
(apron, scarf, hat,  
etc.)
- J. Other

### 4. Knitting

- A. Wearable Item
- B. Accessory (i.e., hat,  
scarf, mittens)
- C. Afghan
- D. Other

### 5. Crocheting

- A. Wearable Item
- B. Accessory (i.e., hat,  
scarf, mittens)
- C. Doily/Dresser Scarf
- D. Afghan
- E. Other

### 6. Hand Stitching

- A. Plastic Canvas
- B. Embroidery
- C. Cross Stitch
- D. Other

### 7. Craft

*Six (6) Cards without  
envelopes MUST be  
mounted as a group on a  
flat sturdy display board  
no larger than 14" x 22".*

- A. Cards—paper only-6
- B. Cards—mixed  
media-6
- C. Scrapbooking
- D. Craft made from  
recycled materials
- E. Handcrafted  
doll/toy
- F. Glass craft
- G. Other

### 8. Heritage Skill

- A. Hardanger
- B. Tatting
- C. Woodworking
- D. Basketry
- E. Spinning/Weaving
- F. Felting
- G. Swedish Weaving
- H. Rug Making
- I. Macramé
- J. Quilling
- K. Other

### 9. Bed Quilt

*Larger than 60" x 80" or  
4,800 sq inches*

- A. Tied
- B. Hand quilted

*Machine Quilted by You:*

- C. Pieced
- D. Appliqued
- E. Embroidered

*Machine Quilted  
Professionally:*

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

### 10. Lap/Baby Quilt

*Smaller than 60" x 80" or  
4,800 sq. inches*

- A. Tied
- B. Hand-quilted
- C. Pieced
- D. Appliqued
- E. Embroidered
- Machine Quilted*
- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other lap quilt

### 11. Quilted Wall

*Hanging (with hanging  
sleeve, NO frame) -- One  
(1) item only; no longer  
than 50 inches*

- A. Hand Quilted,  
fabric
- B. Machine Quilted,  
fabric
- C. Other i.e., collage  
of assembled  
materials or mixed  
media

### 12. Quilted Table Topper/Runner

- A. Hand Quilted
- B. Machine Quilted
- C. Other

### 13. Jewelry

- A. Bracelet
- B. Necklace
- C. Set
- D. Other

### 14. Constructed Original Item

- A. Clay/Pottery
- B. Wood
- C. Fabric/Felt
- D. Other

### 15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Ceramic/Kiln Fired
- F. Other

### Poem, Non-Fiction, Fiction

*Two copies typed on plain  
paper with 12 point font,  
must accompany the  
registration forms. Entries  
must not be framed or in  
book form. Staple a cover  
sheet with the category/title  
which is to be centered on  
the entry. Name and  
county should appear on  
the back side. Do not  
count "a", "an", and "the"  
for either essays or short  
stories.*

### 16. Poem

### 17. Non-Fiction

*Original, 1 topic; 250-500  
words*

### 18. Fiction

*Original with beginning,  
middle and end, 3,000  
words or less*

### 19. Original Published Book

*One copy must accompany  
entry.*

### 20. Bonus Category – "Reach for the STARS with HCE", the Fun

*Category. Limit of one  
entry per county. Use your  
imagination. You may use  
any media to construct  
your entry.*

*Size restriction - base no  
larger than 10"x10" with  
maximum height of 20".  
Judging - those attending  
will vote for their favorite  
"Reach for the STARS with  
HCE" entry. **Have fun!***

**STATE  
REGISTRATIONS  
DUE BY:  
AUGUST 1, 2021**

## Medication Safety Tips



**DOSE OF REALITY**  
PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN

- **Store all medications in a locked container** to help combat prescription drug abuse and prevent young children from getting into it (includes vitamins, eye drops and medicated creams).
- **Do not share your medication.**
- **Always follow your medical provider's instructions.**
- **Be a good role model with your own medication.**
- **Properly conceal and dispose of old or unused medication.**
- **Note how many pills are in a bottle or pill packet and keep track of refills.** If you find you have to refill a medication more often than expected, someone may be taking your medication without your knowledge.
- **Talk with your children about the risks of misusing prescription and over-the-counter medications.**



**HEALTHY MINDS**  
LIVE WELL LINCOLN

[Learn More](#)

<https://doseofrealitywi.gov/>



## Free Medication Drop Boxes in Lincoln County

### Merrill Police Department

1004 East First Street • 715-536-8311

Monday - Friday, 8:00am - 4:30pm

### Marshfield Clinic—Merrill

1205 O'Day Street • 715-539-0101

Monday - Friday, 9:00am - 5:00pm

Located in pharmacy • No holiday drop offs  
Lincoln county residents only

### Tomahawk Police Department

219 West Somo Avenue • 715-453-2121

Available 24/7 • Call to coordinate drop off

Located in lobby

### Tomahawk Pharmacy

844 N. 4th Street • 715-453-6600

Monday-Friday, 8:30am - 6:00pm

Saturday, 8:30am - 12:00pm



## Guidelines

- Bring medications in a Ziploc bag without any personal information on it.
- Do not bring needles, syringes, IV bags, or radioactive chemotherapy medications.



**HEALTHY MINDS**  
LIVE WELL LINCOLN







## Extension

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

AN  
OPTIMIST  
IS THE  
HUMAN  
PERSONIFICATION  
OF SPRING.  
-SUSAN J. BISSONETTE



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](mailto: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](mailto:deborah.moellendorf@wisc.edu)

Submit by:

- For the July Communicator by **June 14th.**
- For the October Communicator by **September 6th.**

