

EXTENSION, MANITOWOC COUNTY NEWSLETTER

What makes you Happy? from *The How Of Happiness - A New Approach to Getting the Life You Want*

by Sonja Lyubomirsky

Submitted By: Cath Tease

Myth #1: Happiness must be found

Myth #2: Happiness Lies in changing our circumstances

Myth #3: You either have it or you don't

Is happiness a choice? Is happiness something that is available to all of us?

As the Health and Well-Being Educator serving Manitowoc County, I am exploring years of scientific research compiled in *The How of Happiness*, a pre-requisite read to teach a course called Learning To Breathe. What does breathing have to do with happiness. It seems mindfulness is a powerful tool we can all access to find inner peace and happiness. Is Happiness a state of Be-ing?

Learning to take happiness into our own hands is empowering. With all the sadness and hardships brought on during the pandemic, we may be experiencing a heightened level of stress, hardship and trauma. Yet practicing gratitude, the act of noticing and appreciating, can shift hurtful, negative thinking. Gratitude is far more than saying thank you. Research has found that people who consistently practice gratitude are happier, more energetic, more hopeful and experience more frequent positive emotions. And get this, gratitude helps people view the world with more empathy and forgiveness, helpfulness and hope.

Research found that when we take time once a week to reflect on gratitude we become happier people. Living in gratitude becomes a practice of mindfulness.

To learn more about the Learning to Breathe course aimed at teaching adolescents skills for managing stress and tips for regulating their emotions please contact me at cath.tease@wisc.edu

Surveys to Improve Nutrition at Community Meals

Submitted By: Lauren Geistkemper and Laura Apfelbeck

First Presbyterian Community Meals has been serving a free weekly meal since 2008. Volunteers currently serve 150 people each week from 5-6pm, utilizing a drive-up service due to COVID.



Pastor Matt Sauer spoke with FoodWise coordinator Laura Apfelbeck expressing a desire to improve the nutrition quality of the meals. He felt participants, often extremely low income people, were likely to have diet-related health issues. According to the National Library of Medicine, the diet quality among food pantry users was low in meeting the dietary recommendations for calories, fruits, vegetables, dairy products, and calcium. He was likely correct. But we didn't yet have the data to support his supposition.

A first step toward increasing nutrient-dense foods is creating a nutrition policy. In January 2021, First Presbyterian Community Meals worked with FoodWise to outline and implement a new nutrition policy with the goal of following basic USDA MyPlate recommendations for portions, meal components, and recipes. With the help of University of Wisconsin Division of Extension FoodWise and University of Wisconsin-Green Bay Dietetic intern Lauren Geistkemper, new understandings will encourage compliance.

Pictured above: UW-Green Bay Dietetic Intern Lauren Geistkemper



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In February, Geistkemper surveyed 85 community meal participants to gather information about their diet-related health concerns and gather feedback about the meal. Geistkemper completed 18 surveys for First Presbyterian meals program representing 85 people.

Participants stated they appreciated the meal service. One woman shared, "This meal has been very helpful. My husband lost his job since the pandemic and we are just trying to make ends meet right now." Another family shared their young daughter requests it every week.

To determine diet-related health issues, Geistkemper asked: Of the people you pick up meals for, does anyone have diet-related health issues? Respondents then chose from a list of options. Four people identified diabetes (5%), 8 identified high blood pressure (10%), and 8 people specified tooth decay (10%) as a concern. Twenty-one people (25%) identified obesity as a concern for someone they were feeding.

Knowing the dietary concerns of the population we are serving helps us better understand the importance of serving a healthy, well-balanced meal.

Fill the Hill with Clovers Update, Winter Leadership Camp 2021, and Camp TaPaWingo Tree and Shrub Sale

Submitted By: Kevin Palmer



Pictured above-Camp TaPa Wingo Sledding Hill

Camp TaPaWingo hosted a Fill the Hill with Clovers fundraising campaign for 30 days in December and January. The Fill the Hill with Clovers fundraising campaign's goal was to fill the sledding hill at camp with clovers and Camp TaPaWingo supporters did it!

The COVID-19 pandemic has created some unique challenges for Camp TaPaWingo, which has been closed for programming and rental groups since last March. Camp supporters sponsored clovers for \$25 and the clovers were placed on the hill daily.

A total of 285 clovers were sponsored, and the camp earned just over \$6,000. Thank you to all of the clover sponsors! A clover will be given to each 4-H family in Manitowoc County to display in their yard when the ground thaws this spring!

Winter Leadership Camp 2021 has gone virtual! Winter Leadership Camp has been traditionally held in Manitowoc County at Camp TaPaWingo, but due to the COVID-19 it is going to be virtual this year!

Eight 4-H Educators are working together to host the camp and 46 youth and 3 adult chaperones from 16 counties are joining us! Youth will work on improving their leadership skills through hands-on, interactive leadership sessions, which include communication, decision making, planning and organizing, and teamwork.

Youth will also gain a better understanding of what it means to be a leader and how to apply being a youth leader in their club, county, and school. Along with leadership learning, youth will have opportunities to participate in a variety of virtual recreational activities including a snow shovel challenge and a virtual visit from "Lola" the goat from Cronkshaw Fold Farm!



Pictured above-Lola



The annual Camp TaPawingo Tree and Shrub fundraiser is here again! Want to beautify your yard? Reduce your family's carbon footprint? Replace winter damaged shrubs? Support 4-H Camp TaPaWingo and help the environment at the same time by purchasing trees or shrubs from our wide assortment of species available. Some of the species available this year are Balsam Fir, Black Spruce, White Pine, Flame Birch, Sugar Maple, Butterfly Bush, Dogwood Red Osier, Hazel Nut and more. Quantities are limited so submit your order soon.