

EXTENSION, MANITOWOC COUNTY NEWSLETTER

Manitowoc County Welcomes New 4-H Educator!

By: Neil Hall, 4-H Program Educator



Greetings; my name is Neil Hall and I'm excited to be the new 4-H Program Educator for Manitowoc County! I was born and raised in Manitowoc and look forward to serving in the area I have always considered "home." Since 2014 I've worked for UW System in a variety of roles involving student life, recreation and athletics, advising, and coaching at campuses in Manitowoc, Oshkosh, Fox Cities-Menasha, and Fond du Lac. Prior to that, I was the Youth and Community Sports

Director at the Manitowoc-Two Rivers YMCA. Other professional experiences include non-profit administration, sales and marketing, and entrepreneurship during time spent in Milwaukee and Southern California. I attended UW-Manitowoc before moving on to UW-Milwaukee to complete a BA in Sociology and attained my MS in Educational Leadership from UW Oshkosh. When not working you'll find me watching sports, at a concert, kayaking, fishing, or relaxing "up north" with my long-time partner, Mandy, and her 13-year-old son, Logan. I am eager to work with current 4-H volunteers and participants in Manitowoc County to maintain and build upon our strong foundation, and to expand program offerings to increase the overall impact of 4-H and engage diverse youth and families in Manitowoc County. Let's collaborate!

Call or email me at (920) 683-4172 or nrhall@wisc.edu.

Statewide Opioid Response

By: Cath Tease, Health and Well-Being Educator



Got unused medications? Get rid of them.

Unused medications do more than clutter your medicine cabinet, they can be dangerous and lead to accidental poisoning, overdose, and abuse. Thrown in the trash, unused medications can be retrieved and illegally sold. Flushed down the drain, they can contaminate the water supply.

Did you know that [collection sites](#) for unused medications are located throughout Manitowoc County?

As a co-chair of Healthiest Manitowoc County Substance Use Prevention (HMC-SAP) Coalition I encourage community members to use these sites to safely dispose of unwanted, unneeded medications. To reduce unwanted access to prescription medication we offer locked bags and lock boxes at no cost to community members and businesses. Family members and loved ones of persons with substance use disorder can find peace of mind knowing that medications are safe and secure. For more information about medication disposal or to request a lockable safety product please contact Cath Tease at cath.tease@wisc.edu or visit <http://healthiestmc.org/personal-lockbox-request/>



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Strong Bodies For All

By: Laura Apfelbeck, FoodWise Coordinator

STRONG BODIES FOR ALL!

The FoodWise team has been hard at work building strong muscles! FoodWise nutrition educators Jace Purdy and Krystina Yang earned their Strong Bodies certifications on August 11. They are now able to lead this series of weight-bearing exercises for older adults.

Research shows that regular exercise provides many benefits to older adults. Yet only 7% of middle-aged and older people exercise daily.

Regular, weight-bearing exercise helps older adults increase their strength, muscle mass and bone density, and decreases the risk of osteoporosis, diabetes, heart disease, arthritis, depression and obesity. Exercise has also been shown to improve self-confidence, sleep and vitality.

Preventing osteoporosis—porous bones that break easily and heal slowly—is especially important for middle-aged and older adults. About 1 of 3 women over age 40 suffers from this condition. Exercise can help prevent and treat osteoporosis. For many people, the challenge lies in finding ways for older adults to get the essential exercise they need.

So what's the solution? The Strong Bodies exercise program!

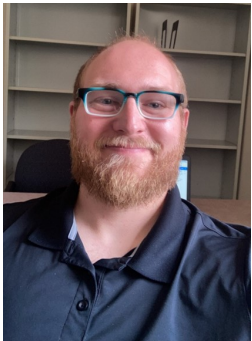
Strong Bodies, an eight-week exercise program for older adults, teaches participants in small groups ways to exercise more regularly and eat more healthfully. This course is held twice a week at no cost to participants. FoodWise aims host these exercise classes at rural community settings where access to exercise facilities is limited.

To request classes in English, contact Laura Apfelbeck lapfelbeck@wisc.edu or 920-683-4170. Classes are available in Hmong, Spanish, and English.



Manitowoc County Welcomes new FoodWise Nutrition Educator!

By: Jace Purdy, FoodWise Nutrition Educator



Hello there! My name is Jace Purdy and I am one of the new FoodWise Nutrition Educators for Manitowoc, Kewaunee, and Door counties. I earned a Bachelor's degree in Health Promotion and Wellness from UW-Stevens Point and for the last few years I have been living in the Madison area. There I worked as a biometric screener, traveling the lower half of the state, poking fingers, and taking blood pressure readings. I then was working as a health coach, helping people reach their health and wellness goals ranging from weight loss, increasing exercise, eating more fruits and vegetables, stress management, etc.

My interest in the FoodWise position, and nutrition education in general, is the ability to help others lower the barriers to their health and wellbeing. Being able to step into a position that helps educate and guide others to living their best lives is what draw me in! Then being part of a group that is working so hard to change the environments and systems that impact our health and lives day to day are incredibly strong driving forces.

My hobbies are an eclectic bunch. I am a huge fan of most things nerdy, dabbling in a ton of different board and card games. I also a huge fan of getting out into nature, hiking, and exploring our beautiful state. While trying to stay active I love to pursue strength sports, mainly powerlifting, but also things like strongman and highland games are incredibly interesting to me!

Manitowoc County Welcomes new FoodWise Nutrition Educator!

By: Krystina Yang, FoodWise Nutrition Educator



Greetings to all! I am Krystina Yang. I have just started as a part-time Nutrition Educator with UW-Madison Division of Extension for Door, Kewaunee, and Manitowoc counties. In 2015, I received my 2-year Associate of Arts degree and am currently pursuing a degree in Communication with an emphasis in Health Communication. My career plans are to increase health literacy and this position will help me achieve that goal. Food is a foundational building block to creating a healthier life. By providing nutrition knowledge, we can lift this community by giving them tools to propagate a hopeful future with lower health risks.



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