



NEWSFLASH



October 30, 2020

#Opportunity4All

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[Find us on
Facebook!](#)

Good morning 4-H Families,

Happy Halloween Eve! It's going to be a chilly one, but at least it's not supposed to snow like last year! Enrollments are coming in on the new 4-H Online 2.0 system. You will receive 2 emails of approval— one is the initial one and then I have to mark you as paid (you still pay your \$20/ member to your 4-H club leader). The confirmation of payment email is the one that you need to keep to request your manuals. I will be placing out first manual order on **Nov. 20th** so if you know your projects and want to get started over the winter break, please get the requests in by this deadline. Our next order deadline will be in February for your planning purposes. Manuals will be shipped to the Extension Office and sorted for pick ups. Fingers-crossed this will go according to plan! Please refer to the email I sent on 10/20 for any procedural questions on enrolling. It will not let volunteers enroll without a birthdate in the system, so please call or email me if you get that error because I have to enter it behind the scenes.

The 4-H at Home graphic below should have a direct hyperlink to more fun and educational activities for youth and teens. I know many of us are looking at ways to supplement learning for our kids and it's format for lessons seems pretty easy to use. Give it a try and let me know your thoughts!

Enjoy the weekend!

Becky Gocken



STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

NOVEMBER 2020

1		Illinois 4-H Scholarship Deadline
3		Extension Office closed for Election Day
7	9am	Stephenson County 4-H Ambassadors Meeting via Zoom
7-8		Illinois 4-H Junior Leadership Conference
10, 17, 24	4-5pm	Your Thoughts Matter Virtual SPIN Club
17	6:30pm	Stephenson County-wide Virtual 4-H Meeting via Zoom– Invite to come later
20		1st Quarter Manual Request Deadline– next order in Feb.
26-27		Extension Office closed for Thanksgiving
30		Organizational Leaders Paperwork Deadline to Ext. Office

DECEMBER 2020

1,8,15	4-5pm	Your Thoughts Matter Virtual SPIN Club
15		Enrollment and re-enrollment deadline to enroll in 4-H Online for ALL members
24–Jan. 1		Office closed for holidays (Re-open Thursday, January 2, 2021)

JANUARY 2021

1		Beef Steers, Beef Perf. Cows, Dairy Cows, & Milking Dairy Goat ownership (No paperwork to Ext. Office)
18		Extension Office Closed for Martin Luther King, Jr. Day



ILLINOIS 4-H SCHOLARSHIP



go.illinois.edu/4hscholarships

I ILLINOIS EXTENSION 

November 1 is the deadline for the Illinois 4-H Scholarship Application.

Link to Apply: <https://4h.extension.illinois.edu/members/scholarships>

STEPHENSON COUNTY 4-H INFORMATION:

UNIVERSITY OF IL EXTENSION



2020



4-H HOLIDAY CARD CONTEST

DEADLINE: NOVEMBER 18

GET READY TO SUBMIT YOUR BEST 4-H HOLIDAY CARD
DESIGN. THERE IS NO THEME SO GET CREATIVE!

THE WINNING DESIGN WILL BE USED AS THE OFFICIAL
HOLIDAY CARD FOR ALL
STEPHENSON COUNTY 4-H CLUBS .

THIS CONTEST IS OPEN TO MEMBERS OF ALL AGES!

CONTEST RULES



1. MUST BE SENT AS A JPEG OR PNG FORMAT
2. DESIGNS MAY BE HAND-DRAWN OR CREATED DIGITALLY. NO HANDMADE CARDS
3. OPEN TO MEMBERS OF ALL AGES
4. DESIGN MUST INCLUDE THE YEAR AND THE OFFICIAL 4-H CLOVER
5. CLOVER MUST INCLUDE THE "18 U.S.C. 707" NOTATION
6. DESIGN MUST LEAVE SPACE SO THE "ILLINOIS EXTENSION" LOGO CAN BE ADDED (SEE BELOW)
7. EMAIL YOUR DESIGN TO RGOCKEN@ILLINOIS.EDU



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

STEPHENSON COUNTY 4-H INFORMATION:



Stephenson County 4-H We are thankful for our 2020 trophy sponsors!

Adkins Energy LLC
 Art & Jan Tessendorf
 Blackhawk HCE Unit
 Blain's Farm & Fleet of Freeport
 Boyer Livestock Trucking
 Bruce & Kathy Baumgartner
 Candi Seffrood
 Citizens State Bank
 Compeer Financial
 Country Financial
 Country View Equestrian Center
 Cow Comp- Jeff Cowman
 Dave & Michelle Golz
 Davis Rockets 4-H Club
 Donald Brown Jr.- The Hayman
 D'z Treats (Denise Hayungal)
 Eastland Feed & Grain Inc.
 Family of Joyce Groezinger
 Hack Sewing
 Friendship Center Lena
 Gerald Wire Family
 German Valley Golden Eagles 4-H Club
 Gilt Edge Farms
 Happy Day HCE Unit
 Holland & Sonds, Inc.
 Honoring Joyce Fig by Davis Rockets 4-H Club
 In Memory of Bemice Stucky by Davis Rockets 4-H Club
 In Memory of Brittany Koch
 In Memory of Dr. Harold Held, DVM
 In Memory of Ed Curry
 In Memory of Henry Yeagle
 In Memory of Larry Julius
 In Memory of Verna Winning

J. Rosemary Shockey Memorial
 Jeremy Longamore- LG Columbias
 John & Julie Miller Family
 Keene Family
 Keltner Farms- Ryan and Nikki Keltner
 Kentland Farms
 Krahmer Family
 Kris & Neal Wagner
 Le-A-Nites HCE Unit
 Lena Live Wires 4-H Club
 Lena State Bank
 Lena Veterinary Clinic
 Mark & Shelly Fiene
 McConnell Machine & Welding
 Meier Meadows
 Merlin, Joyce & Julie Germain Memorial
 Mike Shore
 Mock Orange HCE Unit
 Monroe Clinic
 New Hope Veterinary Clinic
 Northwest Illinois Farmer
 NW Illinois Forage & Grassland Council
 Orangeville Animal Health Service, LLC
 Penny & Denny Dietmeier
 Pearl City Elevator, Inc.
 Peter Haselhorst
 Rainbow Rangers 4-H Club
 Ray Schoonhoven Memorial
 Robertson Family
 Rock Grove Merry Makers HCE Unit
 Roger & Karen Wilhelms
 Rosenstiel Farms
 S & S Enterprises of Illinois



Stephenson County 4-H We are thankful for our 2020 trophy sponsors!



Sandy Helms
 Scott & Marlyse Johnson and Family
 Setterstrom-Havens Farm
 Skate Station
 Stagecoach Quilters Guild
 State Bank of Pearl City
 Stephenson County 4-H & Extension Foundation
 Stephenson County Antique Engine Club
 Stephenson County Farm Bureau
 Stephenson County Mutual Insurance Co., Rock City
 Agents: David Graybill & Dave Goeke
 Stephenson County SWCD
 Stephenson/ Winnebago County Beef Association
 Sylvia Hack
 Tracy & Tonya Kaiser
 West Point Mutual Insurance Company



On Sunday, October 18, 2020,
 Stephenson County 4-H
 Members and their families
 picked up their ribbons and
 trophy awards 2020 style-
 a Drive-Thru Event!



ILLINOIS 4-H INFORMATION:

NOV 2020

4-H Gratitude Challenge



SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
Start a gratitude journal. Each day write down something you are thankful for.	Write a thank you note to your 4-H advisor.	Think of someone you are grateful to know. Tell them.	Complete one random act of kindness today.	Send a text to someone who makes you smile and tell them why.	Handwrite a letter and mail it to a friend.	Create a piece of art that shows what you are thankful for.
08	09	10	11	12	13	14
Spend time with someone you care about.	Compliment at least 5 other people today.	Think of someone you are proud of. Tell them!	Thank a veteran for their service. Veteran's Day	Volunteer to do an unpleasant task, like taking out the garbage or doing the dishes.	Write a thank you note to a special teacher.	Bake a treat for your neighbors.
15	16	17	18	19	20	21
Gather 10 items from your closet to donate.	Make a social media post highlighting a person you are grateful for.	Write a thank you note to a coach or mentor.	Color a picture and give it to a friend.	Do a family member's chores for them today.	Set time aside to play a game with your family.	Share a photo of something you are grateful for on social media.
22	23	24	25	26	27	28
Think of a creative way to Pay It Forward today.	Leave a note of encouragement for a friend.	Call a relative you haven't spoken to recently.	No complaining day! Each time you want to complain, say something you are grateful for instead.	Spend time with family and friends. Thanksgiving	Give a small gift to someone for no reason at all.	Write a letter or note to your parents or grandparents.
29	30					
Donate one canned food item for each day you forgot to write in your gratitude journal	Read over your gratitude journal and spend time reflecting on the challenge.					

4-H wants you to take our 2020 Gratitude Challenge! 2020 has not been an easy year, but we still have plenty of reasons to give thanks. Print this calendar and complete each daily task to help show gratitude to your Club, Community, Country, and World.

Use **#4HGrowsHere**, **#Grateful4Her**, and **#4HGratitudeChallenge** to spread an attitude a gratitude to all of your social media friends and followers.



4-H GROWS HERE

ILLINOIS 4-H INFORMATION:

I COLLEGE 101



LEARN ABOUT THE IN'S AND OUT'S OF COLLEGE LIFE FROM CURRENT U OF I STUDENTS

Tuesday Nights - 7:00 PM
Beginning November 10

All sessions held LIVE via Zoom.

Each session will include a panel of current University of Illinois students or 4-H alumni who will share personal experiences and helpful hints for helping you navigate college life. Panelists will respond to some pre-determined questions but time will be given for live Q & A during each session as well.



Register online at
extension.illinois.edu/cjmm

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University of Illinois at Urbana-Champaign - US Dept. of Ag - Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programming and employment. If you need a reasonable accommodation to participate in this program, please contact 217-532-3941.
Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

ILLINOIS 4-H INFORMATION:



November 10 - Picking a Major & Career

Is college right for me? What should I study? What career path should I choose? What should I be doing now - in high school - to better prepare myself?



November 17 - Picking a College

How do I know if a college or university is right for me? How do I prepare for a college visit? What do you love about your college or university? What made you choose to enroll there?

November 24 - Applying, Financial Aid & Scholarships

What are some tips for completing college applications and financial aid applications? Where do I find scholarships?



December 1 - College Life

What is it like living in a dorm? How do you manage your class schedule and other responsibilities? What is the biggest adjustment to living on your own or with new people?



December 8 - College Life, Part Two

What type of student organizations are you involved in? What other experiences or opportunities can you be involved in on campus (study abroad, internships, student research, etc.)

December 15 - Start Now

What are some things that high school students could start or continue doing to better prepare for college? What is something you wish you were told about preparing for college? What's the biggest surprise about college so far?



STATE 4-H INFORMATION:

END OF YEAR AWARD TIME



Whether you are a first-year 4-H member or a longtime member, it's time to focus on pulling together information for your 4-H award applications. Even younger members can submit the 4-H Experience Application and be eligible for 4-H recognition. Older members can submit both the 4-H Experience Application and the Illinois 4-H Scholarship Application to be eligible for state recognition, scholarships, and/or trips.

The **Illinois 4-H Scholarship** is a merit-based scholarship to award outstanding work in project areas. Five \$1,000 scholarships will be awarded in each of the following categories: Animal Science, Civic Engagement/ Global Living, Creative Performing Arts & Communication, Food Systems, Healthy Living/ Nutrition, Leadership, Natural Resources & Environmental Science, Personal Growth and STEM/Robotics. The deadline to apply is November 1. Apply online @ go.illinois.edu/4Hscholarships .

Each 4-H member has a story to tell and are eligible for our 4-H awards program – tell YOUR stories and see where they take you!



4-H VOLUNTEER CAFÉ CONVERSATIONS!

Register to participate in the **4-H Volunteer Café Conversations**. We are so excited to be launching this new Illinois 4-H opportunity creating a platform for 4-H Volunteers from across Illinois to meet virtually and discuss topics of interest, share both ideas and challenges. Volunteers will gain access to tools & techniques to support their volunteer efforts, strengthening 4-H club and member learning experiences. We will address two topics during each Café Conversation so come with your ideas, questions, and since this is a Café Conversation, feel free to bring a snack as well!

Thursday, November 19, 2020; 7 PM

TOPICS will include:

1. **Planning Service Learning & Community Service Experiences that Make a Difference**
2. **Communicating Effectively with 4-H Families**

Link to register for the next Volunteer Café Conversation:

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22724>

Future 4-H Volunteer Café Conversations are scheduled in February & May! We are excited with our participation so far and will be recognizing volunteers and 4-H members who participate in 75% of the Volunteer Café Conversations with a token of our appreciation! Be sure to save the dates!

STATE 4-H INFORMATION:



JOIN COLLEGIATE 4-H AT U OF I

A great way to meet people at U of I is by joining C4-H, the registered student organization for 4-H alums attending University of Illinois. For more information, contact Brittney Muschetto at

uiuccollegiate4h@gmail.com.

4-H VOLUNTEER VIRTUAL TRAINING OPPORTUNITIES

Engaged volunteers are central to a thriving 4-H club program which is why we have developed three new virtual volunteer training opportunities for you this fall! Please hold the following dates and watch your email for an email for a registration details so you can participate in the following training opportunities!

Effective & Engaging Meetings – Thursday, November 12, 2020

The 4-H club meeting is typically one of the first experiences for new youth and new families interested in 4-H. This is the place where members get to know one another and share ideas. This means creating engaging and effective club meetings is the first opportunity to capture the interest of the members and the confidence of the parents. Join us to learn key strategies to help you create effective & engaging 4-H experiences in your club!



TRUE LEADERS IN SERVICE – SHARE YOUR STORY!

4-H members and clubs have continued to demonstrate they are **True Leaders in Service**, as they have worked independently to support both their personal and club goals of making a difference in their community by focusing their energies on the 4th “H” and pledge their HANDS to larger service! Illinois 4-H members and clubs have demonstrated how to **Make the Best Better**, during the COVID-19 crisis by developing plans and taking action collecting and donating food to stock shelves at local food pantries; reaching out vulnerable populations who may not have family members close to pick up needed supplies; and by making hundreds of face masks face masks to distribute to medical facilities; local businesses; and in communities.

If you did not register your plan for serve outreach, please use this link to share what your plan <https://4h.extension.illinois.edu/clubs>. Be sure to also follow-up and report what you accomplished on through your service project. The accomplishments of both individual members and clubs will be highlighted on the Illinois 4-H Website so make sure you go use the reporting link located in the middle of the page where it says, **CLICK HERE** to report your 4-H Community Service Activity to provide your club update!



ZOOMED OUT

PRACTICES TO HELP WITH ZOOM FATIGUE

Video calls on virtual platforms can be draining and lead to fatigue, worry, or even burnout. Participating in video calls doesn't have to wear you out! Try these tips and resources to prevent, manage, and recover from video call fatigue.

GENERAL TIPS

- Pay attention to screen placement
- Focus on voices
- Use speaker view
- Hide your own image
- Catch up and connect
- Say no to multitasking
- Build in transition times
- Disconnect when you need to
- Care for your eyes with the 20-20-20 rule

TAKE A STOP AND STRETCH SESSION

- Shrug your shoulders up and down a few times. Rotate your shoulders forward, then backward.
- Place your hands on the back of your head and interlace your fingers. Gently stretch your elbow backwards while taking a deep breath.
- Reach your right arm in front of you, flexing at the wrist (imagine your gesturing "stop"). Gently pull the fingers on your right hand back and hold for a few seconds. Repeat on the other arm/hand.

GIVE YOUR BRAIN A BREAK

Points and Circles

- Stand up.
- Point your right index finger.
- Make a circle with the fingers on your left hand.
- **Challenge:** switch so that the left index finger is pointed and the right fingers form a circle. Switch back and forth as quickly as possible. For added challenge, try switching points and circles with both hands in the air.

Up and Down Challenge

- Stand up.
- Stretch both arms out in front of you.
- Move your right arm in a horizontal motion.
- Move your left arm in a vertical motion.
- **Challenge:** move the right arm horizontally while moving the left arm vertically at the same time. After several tries, switch and move the left horizontally and right arm vertically.

Snap Wink

- Stand up.
- Snap your right fingers while winking your left eye.
- After several tries, switch and snap your left fingers while winking your right eye.
- **Challenge:** switch back and forth - snapping with right and winking with left once and then snapping with left and winking with right once. Switch back and forth.

Beat fatigue with fresh air! Take a few moments before, after, or between calls to step outside. Take a deep breath, stretch your body. Notice something about the environment.

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UNIVERSITY OF ILLINOIS | U.S. DEPARTMENT OF AGRICULTURE | LOCAL EXTENSION COUNCILS COOPERATING
UNIVERSITY OF ILLINOIS EXTENSION PROVIDES EQUAL OPPORTUNITIES IN PROGRAMS AND EMPLOYMENT.
IF YOU NEED A REASONABLE ACCOMMODATION TO ATTEND, CALL THE REGISTRATION OFFICE AT 815-632-3611.



ADDITIONAL RESOURCES

Bring these solutions to your screen sessions - How to make the most of virtual spaces

- Facebook live session by Laura Dudle, assistant clinical professor of applied psychology at Northeastern University
- https://www.facebook.com/watch/live/?v=2811965112192735&ref=watch_permalink&t=96

How spaces make us better versions of ourselves

- Tedx Talk by Libby Sander
- https://www.youtube.com/watch?v=cscBdhU0QYA&feature=emb_title

Relating Through Technology

- Academic publication by Jeffery Hall, professor of communication studies at the University of Kansas

ACTIVITY RESOURCES

These card decks feature easy exercises and activities to encourage reduced stress and increased mindfulness, self-compassion, and empowerment. The activities can make great transition or break activities between video calls.

Stress Less card deck

- <https://sunnypresent.com/stress-less-cards/>

Mindful reminder card deck

- <https://www.playtherapysupply.com/games/mindful-reminders-card-deck>

Self Compassion card deck

- <https://www.playtherapysupply.com/games/self-compassion-deck>

Empowering Questions card deck

- <http://sunnypresent.com/empowering-questions/>

BRAIN BREAK RESOURCES

Brain breaks are great mind body challenges that help increase attention and focus. Even though many brain break resources are geared toward youth, the activities can be used with people of all ages.

50 Educational Brain Breaks

- <https://www.weareteachers.com/brain-breaks-for-kids/>

Energy and Calm Brain Breaks and Focused Attention Practices

- <https://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels>

Brain Break Ideas

- <https://www.pgsd.org/cms/lib/PA01916597/Centricity/Domain/43/BrainBreaksforElementaryStudents.pdf>

Active Play, Active Learning – Brain Breaks Guide

- <https://sph.uth.edu/content/uploads/2014/06/APAL-Brain-Breaks-Guide.pdf>

10 Brain breaks that will help your students refocus

- <https://www.playworks.org/resource/10-brain-breaks-that-will-help-your-students-refocus/>

Energizing Brain Breaks

- <http://brainbreaks.blogspot.com/>



Take a moment for mindfulness! Try simple deep breathing exercises - noticing where you feel your breath in your body. Use your senses and scan your environment. Aim to notice things you don't normally pay attention to.

WHAT'S HAPPENING AT THE EXTENSION:

UNIVERSITY OF ILLINOIS EXTENSION

Jo Daviess County: 204 N Vine, Elizabeth 815-858-2273
Stephenson County, 2998 W Pearl City Rd, Freeport 815-235-4125
Winnebago County, 1040 N Second St, Rockford 815-986-4357



Missed a Webinar? visit our [Youtube channel](#) for recorded webinars

Currently all programming is being done using Zoom meetings or by Webinars.
To Register - call us or go online at go.illinois.edu/jsw



Making The Most of Your Diabetic Resources:

October 28- 10:00 AM

Learn about meal planning tools and counting carbohydrate servings. Take away research-based information and resources to help you stick to your meal plan.

Fat, Sodium and Sugar, Oh My!

November 4 - 10:00 AM

Learn strategies to enhance flavor in your meals while keeping sodium and sugar at a low. The goal is to improve the healthfulness of our meals without sacrificing flavor.

Managing Risk

November 11 - 10:00 AM

Uncontrolled diabetes puts you at risk for many chronic health conditions. Learning what those risks are and what you can do to decrease the risk will help you to live a healthy life with diabetes. During this session, we will discuss the importance of talking with your healthcare team, how high blood sugars impact your health, and what you should be aware of when you are feeling ill.



Certified Food Protection Manager Course

November 30, December 1 & 3 : 9:00 - Noon

Testing December 4 : 9:00 - Noon OR 1:00 - 4:00 PM

This online course will be held over a period of three days, with the exam given in-person on the fourth day. Participants must be present for all three days to be eligible to take the exam. This course will be taught using Zoom, and participants will need a web-camera.

Diabetes Recipes

<https://web.extension.illinois.edu/diabetesrecipes/>

University of Illinois Extension has a great website with recipes for those living with diabetes!! From main dishes and sides, to bread and desserts, each recipe contains an approximate analysis for calories, protein, carbohydrate, fat, saturated fat, fiber, sodium and cholesterol.



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Get Saavy - Budget Hacks

October 21- Noon

If you're looking for new ways to manage your money mess, we have the budget hacks for you! Learn how to take what we know about human behavior and choices to build better financial habits.

Everyday Environment Webinar Series

August 13 - December 10, 2020

Vermi-composting: Turning Leftovers Into Soil

November 12 - 1:00 PM

Vermi-composting is one of the easiest ways to compost at home. It is odorless, easy, and makes winter composting so much more fun!

University of Illinois Extension experts are here to help families, businesses, and communities solve problems and learn new skills with research-based webinars, virtual meetings, videos, and more.

WHAT'S HAPPENING AT EXTENSION:



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

To Register:

call OR visit us at go.illinois.edu/jsw

AUTUMN HEALTH PICKS WEBINAR SERIES



Fermented Foods - October 28- Noon

Join us and learn how to run some experiments in your own home and understand what the science really says these foods can do for you.

Block The Bite - November 4 - Noon

Tick ecologist Heather Kopsco will teach you when and where you can expect to find these potentially dangerous pests when outdoors, and simple ways to keep your family protected (pets, included!).



Happy Healthy Providers: Healthy Habits:

October 27- 6:00 PM

Learn strategies that early care and education center staff can use to support children and their families in developing a foundation of healthy habits that last a lifetime.

Mindfulness - November 10- 6:00 PM

Mindfulness has a variety of research-backed impacts, including reduction in stress, and improvements in job satisfaction, emotional regulation, and focus. In this session, discover how to cultivate a personal mindful practice and explore strategies to implement mindfulness in your childcare setting.



Care For Couple Relationships - October 29 - 6:30 PM

Learn about challenging situations to couple relationships and techniques for maintaining your special bond and relationship dynamic.

Speak Clearly, Listen Carefully - November 5 - 6:30 PM

Learning communication techniques that help you express feelings in a productive way is advantageous for the caregiver, care receiver, family members, friends, health care and eldercare services team.

GARDENING QUESTIONS?

Our Master Gardener Helpline is open and ready to help. Fill out our [online form](#) to help us serve you better



Falling Into The Autumn Vegetable Garden

**November 6
Noon**

\$5 Registration Fee

Whether you are ready to shut down the vegetable garden for the year or still considering extending a couple more weeks of the growing season with your current plants, there are some practices that you can do this fall. Will include the topics of seed saving, season extension, crop storage, general end of season practices, fall soil management, and many others.



Radon: Why Is It Still an Issue

**November 30
6:00 PM**

\$5 Registration Fee

Professional radon testers have found over 55% homes tested in Northwest Illinois at or above the recommended action level of 4 pCL.

The only way to know the radon level in your home is to conduct a test of the home. Additionally, homes should be retested rough every 3 years to check for changes.

If you need a reasonable accommodation to participate, email us at uie-jsw@illinois.edu early requests are encouraged to allow us sufficient time to meet your access needs.

WHAT'S HAPPENING AT THE EXTENSION:



Taking Care of the Caregiver; Online Webinar Addresses Challenges

Over 34 million people in the U.S. are caring for someone over the age of 50. This six-part Discover Caregiving Relationships webinar series is designed to help caregivers address the many issues and challenges they face in their current role. Participants will discover

the variety of relationships impacted by caregiving situations and learn techniques to help keep them healthy.

"Many times caregivers put their own needs last," says Cheri Burcham, University of Illinois Extension family life educator. "This series examines the physical and emotional toll of caregiving and strategies for minimizing personal risks."

The series begins at 6:30 p.m. Oct. 8 and runs for six consecutive Thursdays. Registration is required for this webinar series and can be completed on-line at: <https://go.illinois.edu/caregiver>. Participants may choose one or more of the sessions based on interest. If one needs a reasonable accommodation to participate in programming, contact Burcham at cburcham@illinois.edu. Early requests are strongly encouraged to allow sufficient time for the requested accommodation.

The Discover Caregiving Relationships webinar schedule includes:

- ~~Oct. 8 | **Caregivers Need Care, Too:** This session examines how to recognize and prevent caregiver stress and burnout with strategies for self-care.~~
- ~~Oct. 15 | **Losses and Mixed Emotions of Caregiving:** Caregivers experience losses and difficult emotions such as frustration, guilt, and fear. Learn how common these emotions are for caregivers and how to accept and manage them.~~
- ~~Oct. 22 | **Changing Relationships in Caregiving:** Identify and understand the relationship changes that can develop among family members, successful long-distance caregiving, and the need for family support.~~
- ~~Oct. 29 | **Couple Relationships in Caregiving:** Caregiving situations can bring unexpected challenges to couple relationships. Learn more about those unique circumstances and techniques for maintaining your special bond and relationship dynamic.~~
- Nov. 5 | **Speak Clearly, Listen Carefully:** Effective communication is important in our world but critical in a caregiving situation. Learning communication techniques that help you express feelings in a productive way is advantageous for the caregiver, care receiver, family members, friends, health care, and eldercare services team.

Nov. 12 | **Eldercare Services and Professionals: How to Maneuver Through the Maze:** Locating professional assistance with caregiving can be challenging. In this session, caregivers can gain useful information on available eldercare service resources and how to navigate the process.

SOURCE: Cheri Burcham, Family Life Educator, University of Illinois Extension

WRITER: Liz Smith, Media Communications Coordinator, University of Illinois Extension

WHAT'S HAPPENING AT EXTENSION:

AUTUMN HEALTH PICKS

WEBINAR SERIES



Join Interdisciplinary Health Sciences Institute and University of Illinois Extension for a series on a variety of health topics. Pick and choose programs based on interest. All sessions are offered on Wednesdays at noon (CST) from September 23 - November 18, 2020.

Sept 23 | Decoding That Diet You Saw on the Internet: Vegetarian, Vegan, and Paleo Diets

Are vegans always healthier? Are we supposed to eat like our ancestors during the hunting and gathering era? Join registered dietitian Ru Liu to learn about the vegan, vegetarian, and paleo diets, and gain the tools to decide whether those diets are for you.

Sept 30 | Taste the Rainbow: A Brief Overview of Carotenoids in Your Diet, Body, and Life

In this seminar, we will discuss carotenoids: what they are, where we see them in our daily life, their benefits for our health, and how to incorporate them into our diet. Join neuroscience PhD student Corinne Cannavale to learn more about these amazing nutrients!

Oct 7 | Healthy Habits: Building Budget-Friendly Meals and Tracking Your Progress

Recognizing the need for cheaper meals, health professionals have prioritized healthful eating and have increasingly used web-based and mobile apps to aid with building a healthier and more economical menu. Join nutritional sciences graduate student Jonathan Cerna to learn more about resources that can make it easier to eat healthy on a budget.

Oct 14 | Get the Facts on Nutrition: Know your Labels

Do you ever feel confused by all of the nutrition information out there? Join Leila Shinn, MS, RDN, FAND to learn about how to read the Nutrition Facts label as well as important information on vitamins and supplements that you can use in making healthy diet choices for you and your family.

Oct 21 | Active Aging: Using Exercise to Maintain Health Across the Lifespan

Wondering how active you should be during your lifespan? Should we be running a 5k every morning or is it enough to go on a 10 minute walk? Join kinesiology student, Shelby Keye, to learn about the current physical activity guidelines for all ages and how they can be beneficial for you.

Oct 28 | Fermented Foods: What do they do?

Learn how to decipher fact from fiction with enthusiast, fermenter, and nutritional sciences PhD student Breanna Metras. Join us and learn how to run some experiments in your own home and understand what the science really says these foods can do for you.

Nov 4 | Block the Bite: A Guide to Commonly Encountered Ticks and How to Protect Yourself and Your Family

Ticks suck...literally. But which ones transmit which diseases, and what are safe and effective methods to prevent them from biting? Tick ecologist Heather Kopsco will teach you when and where you can expect to find these potentially dangerous pests when outdoors, and simple ways to keep your family protected (pets, included!).

Nov 11 | Dietary Defense: How Nutrition Can Impact Immunity

COVID-19 has caused a sizeable increase to the already leading cause of mortality in the world. Join nutritional sciences PhD student Noah Hutchinson as he outlines important evidence-based aspects of nutrition and day-to-day habits that can put you in the best position to maintain a healthy immune system and lower your risk of contracting an infection.

Nov 18 | Staying Sharp: Maintaining Brain Health As You Age

Aging is inevitable, but there are many things we can do to maintain brain health as we get older. Join neuroscientist Mickeal Key to learn about how and why the brain changes with age, how these changes can impact daily life, and what healthy habits can help you maintain brain health.

Registration link – <http://go.illinois.edu/healthpicks2020>



IHSI | Interdisciplinary Health Sciences
Institute & University of Illinois Extension

WHAT'S HAPPENING AROUND STEPHENSON COUNTY:

NORTHERN ILLINOIS 4-H HORSE & PONY SHOW

It's time to get ready for the 2021 Northern Illinois 4-H Horse & Pony Show. The committee has a meeting scheduled to start planning for the 2021 Show on Sunday, November 15, 2020 at 1:00 at the Bertolet Memorial Library, Leaf River. This is not an open show, but only for 4-H'ers enrolled in the horse project. Wisconsin and any other state is welcome. If you need directions or other information, please contact Linda Schreiber at (815) 757-9846. Anyone interested in being on the committee is welcome to attend the meeting. If you know of someone who would like to be on the committee, please let them know.

Thanks.

Linda



Stephenson County Fair is 😊 feeling excited.

23h · 🌐



The Stephenson County Fair Association would like to announce the dates for the 2021 Fair as July 27-31. We hope that everyone is doing well in these uncertain times and look forward to (hopefully) seeing everyone next year! Stay positive.



39

32 Shares

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HALLOWEEN ACTIVITY PACKS AVAILABLE

OCTOBER 19-31

Three cartoon ghost characters, each holding a jack-o'-lantern. The ghosts are white with black eyes and mouths, and the jack-o'-lanterns are orange with carved faces.

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WHAT'S HAPPENING AROUND STEPHENSON COUNTY:

**Business Interruption Grant
(BIG)
Technical Assistance Virtual
Workshop for Stephenson
County**

**Wednesday, November 4th
at 3:00 p.m. via Zoom**

Register in advance: <https://bit.ly/35HWOAV>

After registering, you will receive a confirmation email containing information about joining the meeting.



**Illinois
Department of Commerce
& Economic Opportunity**

