



**UW-Madison Division of Extension * Renee Koenig, Associate Professor, Human Development and Relationships Educator
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GIFTS FOR THE GIVERS

JOIN US!

Have fun, socialize and connect with others while learning your "happiness" score.

Dates: September 15 and 28 (attend one)

Time: 6:30-7:45 p.m.

Location: Keweenaw County Fairgrounds
Expo Hall, Luxemburg, WI

Facilitator: Renee Koenig, Program Educator

Registration required: Contact Renee at 920-388-7137 or renee.koenig@wisc.edu

If you are a "Giver" -- this is for you!

"Givers" are parents, grandparents, relatives, teachers, aides, caregivers, and anyone who gives their time to help a child or adult with special needs.

Caregiving is one of the most special and rewarding things you can do. It can also be very stressful.

Come to learn your "happiness" score and how it affects your caregiving. Hear about tools to help you take care of your needs. You will also receive a "giftbox" of resources.

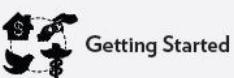
Planning AHEAD for the end of life

Planning AHEAD is a 7-session course (one hour each) that will help participants understand how to prepare for the end of life for themselves or a loved one, and why it's important to have a plan in place.

*This program offers a free workbook.

What topics are covered during the course of the program?

planning AHEAD PROGRAM TOPICS:



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief

Who should attend the Planning AHEAD program?

Anyone who is interested in planning for the end of life to make things easier for family members, have lost a loved one, are in the process of losing a loved one and are dealing with the transition

Contact Renee Koenig for more information, renee.koenig@wisc.edu.



Extension Keweenaw County
University of Wisconsin-Madison

Upcoming Workshops to Reduce Family Stress:

- Positive Parenting
- Powerful Tools for Caregivers
- Mental Health First Aid
- Money Matters
- Aging Mastery

Call 920-388-7137 or email renee.koenig@wisc.edu for a workshop schedule.

Getting Kids Ready to Go Back to School

Getting back to school calmly and smoothly can play a big part in setting the stage for a successful school year.

Getting off to a good start can make life less stressful for both parents and children and can help set the stage for a more successful school year. Here are some suggestions for parents to help ease the transition back to school.

Help your child adjust to a new sleep schedule. During the summer many kids prefer to sleep in and stay up late at night. When school starts kids have to adjust their sleep schedule. This transition can make the start of school more difficult if it's done suddenly, leading to morning battles and difficulties concentrating at school. Because it takes about three weeks for the body to adjust to a new sleep schedule, encourage your child to begin his or her bedtime well before school starts. You might suggest that they set their alarm 15 minutes earlier every day until school begins.

Work with your child to set up an environment to promote good homework habits. Make sure that s/he has a place to record assignments *that s/he will have access to at home*. Designate a homework area equipped with adequate light and supplies. Try to minimize distractions (e.g. no TV, video games, loud music ...). Work on designing a regular schedule for homework, even if it varies by day of the week due to extracurricular activities.

Discuss your expectations in terms of study hours, screen time, TV, cell phones, bedtime, etc. For those issues you deem negotiable, involve your child in setting expectations together. The clearer the ground rules and the more involved your child is in setting them, the more likely he or she will abide by them.

Try to establish a regular habit of conversations about their school day, including their homework and projects and their teachers' expectations. The first few weeks are the best time to create some habits that can build a foundation for the rest of the year. Specific questions usually work best. Rather than asking open ended questions like, "How was school today?", try more specific ones like, "Who did you sit with at lunch?", "What were the best and worse things that happened today?" or "Who's your favorite teacher this week and why?"

Get them thinking about the opportunities they will have for new friendships and how they might want to handle themselves as they meet new kids. Help them to be open to expanding their circle of friends.

Ask your child about his or her goals for the new school year. For example, do they want to try out for a new sport, get involved in a new extracurricular activity, make new friends, improve their grades in math? Help them think about what they can do (and how you can help) to achieve rejuvenated goals.

We would love to hear your ideas for getting the school year off to a good start.

ADRC of the Lakeshore Presents Sip & Swipe

Would you like to learn about technology but are unsure of the first step?

The ADRC of the Lakeshore is offering a "Sip & Swipe" program to teach the basic skills and common activities to do on a tablet. Join us for a two-day workshop.

Sip and Swipe

Sip and Swipe offers an easy, free and safe way to learn how to use a tablet (or smartphone). It is designed for those who have never touched a tablet before, or have minimal experience! Sip and Swipe offers the basics of using tablets, searching the internet, getting an email account and more! Increase your confidence as you learn at your own pace, with support from your coach.

Keweenaw ADRC Classes:

September 12th & 16th from 9:30am-11:30am

November 9th & 15th from 1:00pm- 3:00pm

Call 877-416-7083 to register

Tablets available for use during class or for rent through the ADRC.

ADRC
Aging & Disability Resource Center
of the Lakeshore

www.adrcofthelakeshore.com