



KEWAUNEE COUNTY EXTENSION CONNECTION

Connecting people with the University of Wisconsin



35 million Americans are caring for an older loved one, are you one of them?

Are you currently caring for an older loved one? Or, are do you feel it's time to start getting more involved with the care or support of a loved one? If so, you may be looking for free resources to help you help your love one live their best life as they get older, check out the Agefully Tool for Family Caregivers. Agefully is an online evidence-based tool for family caregivers developed by nurses at UW-Madison in the School of Nursing's Center for Aging Research and Education with input from real families. Agefully provides you with a number of assessments, articles and plans that help you work with your loved one and other family members to determine what resources will best fit your loved one's needs to help them thrive.



Agefully gives you access to free guidance and support on the following topics:

- *Driving
- *Finances
- *Caregiving Skills
- *Home Safety
- *Family Dynamics
- *Health

All you need to do is create an account to get started! Go to the Agefully website to get started <https://agefully.me/#/home>.

If you have any questions about how to connect with a local Family Caregiver group, contact your county Extension Office, County or Tribal Aging Unit or Aging and Disability Resource Center. For additional questions, contact Life Span Program Manager, Sara Richie, at sara.richie@wisc.edu.

Mastery Makers

The Aging-Friendly Kewaunee County coalition has been meeting to address the needs of our older population. One of our key objectives is to reduce loneliness and its negative impact on health by promoting volunteer work and social activities. We created short videos that highlight the Mastery Makers who are over age 60 and making a positive influence in our county.

Watch the videos here:

<https://kewaunee.extension.wisc.edu/families-finance-wellness/mastery-makers/>



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at jennifer.whitty@wisc.edu

Virtual StrongBodies - Summer 2024 Session

Dates: July 9 through September 26, 2024

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

How to Sign Up: Register online at <https://go.wisc.edu/uh8933>

A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after July 1st



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