



# ROUND ROBIN

JANUARY 2023 NO. 1

Monthly Resource Newsletter



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## WELCOME

Welcome to the first edition of the Round Robin. A quarterly newsletter to share resources and information with families and community members in the Pierce and Saint Croix County areas. Our goal is to provide a platform that provides access to all the amazing things our area has to offer to better the lives of those who call it home. Join us in celebrating all that the local community organizations and UW Madison offers to better our community and support resiliency.

## RESOURCE CORNER.

The 2023 winter Parenting class schedule has now been finalized. Interested in connecting with parents across Wisconsin. In need of support as you navigate the rewarding world of being a parent. UW Madison Extension Program offers free online classes and flexible scheduling. Click the link below and scroll to the event section to view our calendar and register.

[Click Here!](#)

## WHAT'S NEW AT THE U

**RAISING WISCONSIN'S CHILDREN CONFERENCE : JAN 23-27 12-7PM CST**

Register now for the University of Wisconsin – Madison Extension's FREE online parenting conference! Attend any of the nine sessions to get practical, positive parenting ideas from experts and explore how to help children grow.

Go to: [go.wisc.edu/rwc2023](https://go.wisc.edu/rwc2023) for details and to register.



## MANAGING RISING FOOD COSTS

WRITTEN BY JONATHON FERGUSON

Over the last few months, Wisconsin households have felt the brunt of rising food prices. Managing these costs has been especially challenging for many Wisconsinites as the rise in costs coincided with decreases in household income due to the impact of the health pandemic. While the pandemic's critical impact has shifted from its peak in 2020, rising food costs have continued or worsened.

This rise in food expenses from Sept. 2021 to Sept. 2022 (BLS, USDL-22-1990) is detailed below.

Food Items and cost increase by:

All food items - 13%

Cereals and baked good -16.2%

Meats, poultry, fish, eggs - 9%

Dairy and related products - 15.9%

Fruit and vegetables - 10.4%

There are several strategies that can be used to minimize the impact of these rising costs. These strategies include:

- Plan meals ahead. By planning meals for the week before going to the store, shoppers give themselves a 'game plan.' This encourage shoppers to buy items they need and minimize unplanned, high cost purchases. If detailed planning is not possible or preferred, take a few minutes before entering the grocery store to consider the main items to buy.
- Check cupboards. Look through the pantry closely before shopping. This will keep you from buying things you already have.
- Consider store brand items. There is evidence (Consumer Reports, 2012) that store brand items are as much as 25% cheaper than equivalent name brand items. Each grocery purchase is different, so shoppers should compare prices for all the options available.
- Shop the sales. Take a few minutes to review the weekly ads before entering the grocery store. This can help build your shopping list or find the best prices.

- Match the shopping schedule. Many grocery stores start weekly sales midweek. As a result, shoppers may be able to buy the best-priced items on Wednesday or Thursday.
- Buy produce in season. When produce is in season there is plenty of it available to stores to supply. Because of this high supply, the price may be cheaper than when it is out of season and in low supply.
- Consider frozen or canned items. When buying fruits and vegetables, consider whether you can save money by getting frozen or canned instead of fresh. If shoppers choose ones that do not have added sugar or sodium, the nutritional value is similar. Plus, you don't have to worry about the items spoiling as you do with fresh items.
- Build a food budget. Have a limit set for how much to spend at the grocery store. This will encourage you to identify the food items of most importance before shopping.
- Don't shop while hungry! Shopping while hungry may encourage impulse buys and purchases that do not have much nutritional value.

Talk about these grocery shopping strategies, and other financial topics, with your county's financial educator.

Visit <https://counties.extension.wisc.edu/> to connect with your county educator.

### NEED ASSISTANCE? CHECK OUT ONE OF OUR LOCAL FOOD PATRIES.

**ELMWOOD FOOD PANTRY:**

**(715) 639-2307**

**PIERCE COUNTY FOOD PANTRY:**

**(715) 273-2070**

**PLUM CITY FOOD PANTRY:**

**(715) 647-2191**

**PRESCOTT AREA FOOD PANTRY:**

**(715) 262 4143**

**RIVER FALLS COMMUNITY FOOD PANTRY:**

**(715) 425-6880**

**SPRING VALLEY COMMUNITY**

**FOOD PANTRY**

**(715) 778-5988**

**[CLICK HERE FOR MORE INFO](#)**



## COMMUNITY HIGHLIGHT:

**SAINT CROIX VALLEY RESTORATIVE SERVICES**

WRITTEN BY BRIDGET WARREN

EDITED BY HANNAH WHITE-MCGINN

For those who may not have heard about St. Croix Valley Restorative Services is an incredible organization based out of River Falls Wisconsin. It follows the principles of Restorative Justice; which may be most well-known for the facilitation of Victim-Offender Conferencing; bringing together everyone involved within an incident/conflict to discuss how the incident affected everyone involved, and how the situation may be improved. The goal is to have this conversation to result in an agreement signed by both/all parties and a commitment to better, safer choices in the future. These principles can also be adapted and applied in schools, offices and community groups to help facilitate safe spaces and conflict resolution.

St. Croix Valley Restorative Services was founded in 2001 as the Restorative Justice Program, and first provided formal services in 2003. In 2006 the Restorative Justice Center opened in River Falls, WI. The River Falls location was selected as it sits neatly between the St. Croix/Pierce two-county line, and more readily serves the University of River Falls campus (UWRF) located just three blocks from the Center. Through expanded services we continue the commitment to Restorative Justice as an approach/philosophy to crime, risky behavior choices and interpersonal conflict, viewing these issues as harms. These harms cause a wound to individuals, families, and the greater community. At the end of 2018, we broadened our scope of services into mental health counseling, focused on justice involved youth and adults, and suicide prevention with the hiring of licensed therapists. A name change, and numerous change aspects of the organization were initiated. All of this, in keeping with the long-standing mission of addressing the harms caused by crime, risky behavior choices and interpersonal conflict.

The Restorative Practices that are provided at St. Croix Valley Restorative Services are inspired by the philosophy and practices of restorative justice, which puts repairing harm done to relationships and people first, over and above the retributive need for assigning blame and dispensing punishment for a rule, policy or law broken. Restorative Justice is not a program; it is a focus on building set of skills within individuals that build relationships with goals of resolving conflict, building accountability/responsibility and empathy in a simple, safe, and emotionally healthy manner.

To understand what Restorative Justice is, it's easiest to compare it to Criminal Justice; Criminal Justice is primarily concerned with:

- Public safety;
- What law was broken;
- Who broke that law;
- How can we punish the individual so that they do not do it again?

Restorative Justice can work with or as an alternative to the Criminal Justice system. St. Croix Valley Restorative Services instead view crime & conflict as harm to relationships and the community. They are primarily concerned with:

- What happened?
- Who was impacted?
- What needs to happen to make things better or right?

Restorative Justice works with victims, offenders and community members to address the impact of crime and conflict. Restorative justice focuses on accountability and a commitment to safe choices; it is not about shame, blame or guilt. The services use a blend of speaking and dialogue processes.



## COMMUNITY HIGHLIGHT:

### SAINT CROIX VALLEY RESTORATIVE SERVICES

You may wonder what services St. Croix Valley Restorative Services directly offers. The organization provides a variety of services for youth, individuals, and families through prevention, intervention and reintegration programming. They provide other harm-reduction treatment programming regarding Intimate Partner Domestic Violence incidents. They also provide licensed therapy for the community. For an overall breakdown of the programs St. Croix Valley Restorative Services offers please see the this below.

#### Prevention group-dialogue sessions addressing:

- Underage Consumption (alcohol)
- Underage Possession of Tobacco
- Teen Traffic Violations

#### Intervention group-dialogue sessions addressing:

- Underage Consumption (alcohol)
- Controlled Substance & Alcohol use
- Victim Empathy
  - **Victim Empathy** – General (disorderly conduct, theft, burglary, forgery, threats, etc.)
  - **Victim Empathy** – OWI (specifically addresses repeated OWI/DUI/DWI charges, used in conjunction with our Victim Impact Panel)
  - **Victim Empathy** – Intimate Partner & Family (addresses domestic violence issues, or conflict within family systems)
- **Victim Impact Panel** (drunk, drugged, or distracted driving charges, also supporting survivors of tragic loss due to a crash or driving under the influence).

#### Reintegration programming:

- Volunteer Stakeholder/Community Service hours within Restorative Justice sessions
- Community speaker

### INTIMATE PARTNER DOMESTIC VIOLENCE SERVICES:

They provide a myriad of Intimate Partner Domestic Violence (IPDV) services:

- Evidence-based IPDV Risk Assessment
- Low, Medium, and High Risk treatment groups (separate men's and women's groups)

### LICENSED THERAPY:

Provided by a Masters Level Licensed Marriage Family Therapist (LMFT)

- Youth through adult therapy
- Couples/Families
- Court-ordered Mental Health Evaluations

Looking for more information? Check out the website by clicking below.

[St. Croix Valley Restorative Services](#)

## ST. CROIX VALLEY RESTORATIVE SERVICES

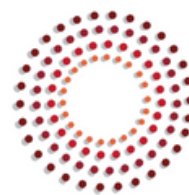
#### ADDRESS:

215 N SECOND ST., SUITE 108  
RIVER FALLS, WISCONSIN 54022

PHONE: 715.425.1100

#### EMAIL:

CENTER@RESTORATIVESERVICES.ORG

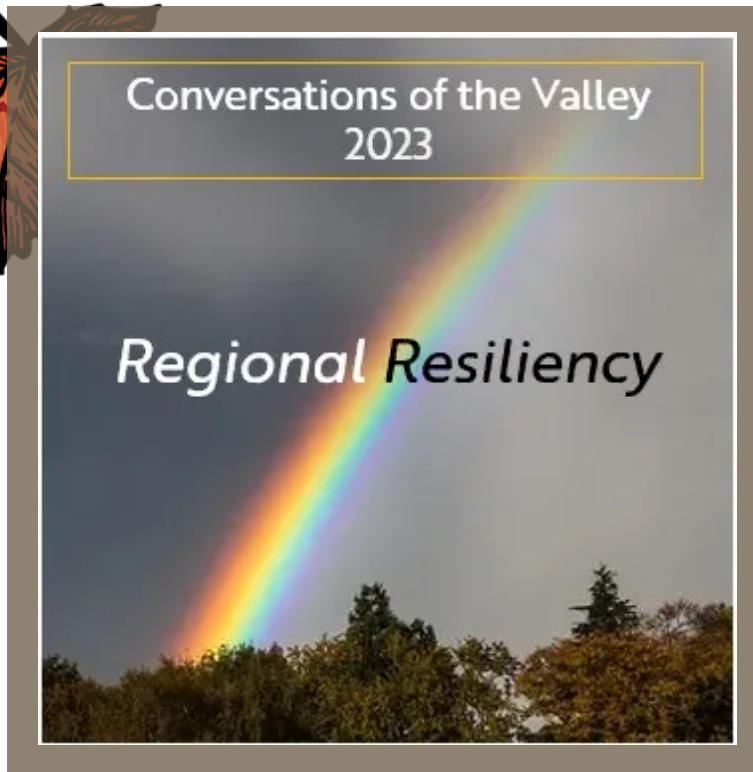


St. Croix Valley  
**RESTORATIVE  
SERVICES**





## CONVERSATIONS IN THE VALLEY 2023



## REGINAL RESILIENCY

"What Makes For A Resilient Community?"

Professor Deller will address topics such as: Why are some communities more resilient to shocks? What can communities do to improve their ability to rebound?

Steven Deller, Professor, Community Development Specialist, UW-Madison.

Via Zoom (Link emailed following registration)  
Wed. Jan 11, 2023 -- 12 noon - 1:00 pm



## Please Join us for Conversations of the Valley.

This year's series, REGIONAL RESILIENCY, focuses on how to keep our unique region - and its communities - healthy, thriving, and better able to withstand unexpected challenges.

Since 2004, Conversations of the Valley has been a forum for community members to learn and talk about issues important for our region. Attendees gain insight which often leads to meaningful action.

- Topics are presented 4 times/year via Zoom.
- FREE. Registration is required to receive Zoom link.
- Topics are summarized below.

[Click Here to Register](#)

## UPCOMING TOPICS

## ""Community Resiliency and Entrepreneurship"

Wed Feb 8, 2023

[Tessa Conroy](#), Professor, UW-Madison

## "Resilient Main Street - Resilient Region"

Wed Apr 12, 2023

Heidi Swank, Executive Director of [Rethos](#)

## "Childcare's Role In Resiliency"

Wed May 10, 2023

Renee Ernstling, [Childcare Partnership](#) and  
Kari Stattelmann, [First Children's Finance](#)

[Click Here to Register](#) and for more information.



## CHILD CAR SEAT PROGRAM:

### INJURY PREVENTION AND OCCUPATIONAL HEALTH

The Pierce County Public Health Department Child Passenger Safety Technician (CPST) offers free inspections of car seats and booster seats as they are currently installed in your vehicle. The CPST will assist parents with proper installation of the seat as well as educating parents on safely securing the child in the seat.

According to the CDC, more than 63,000 children were injured in a motor vehicle crash in 2020. Currently, motor vehicle crashes are the leading cause of death in children between age 2 and 14. Several factors contribute to a child's risk for injury and death including the child's age, size, and the proper use of seat restraints. Data shows that as a child's age increases, the compliance for correct car seat use decreases.

To reduce the risk of injury and death, children should be properly buckled into car seats, booster seats, and using seat belts that are appropriate for their age and size.

If you have recently installed a car seat or have questions about car seat requirements and guidelines, Pierce County Public Health can help. They have Certified Car Seat Technicians on staff who can check your existing car seat or help you install a new one.

Car seat checks and education are available at NO COST.

For questions, or to schedule an appointment, **call Melissa or Amy at 715-273-6755.**

For more information [Click Here!](#)



## COMMUNITY HEALTH

**IT'S THE SEASON FOR COLD AND FLU  
FIND OUT WHAT YOUR COMMUNITY  
CAN DO FOR YOU.**

### COVID-19: Vaccine

COVID-19 vaccines are the best tools to protect yourself and your loved ones from getting severely sick with COVID-19.

Everyone 6 months and older is recommended to get all doses in their COVID-19 vaccine primary series.

Everyone 5 years and older is recommended to get an updated COVID-19 booster dose at least two months after your last COVID-19 dose.


COVID-19 vaccines are safe, effective, free, and widely available across Wisconsin. Make a plan to protect yourself and your family today!


For more information [Click Here!](#)

## FREE AT HOME COVID-19 TESTS

**COVID-19 AT HOME TEST KITS ARE AVAILABLE FOR PICK-UP IN OUR ELLSWORTH AND RIVER FALLS OFFICES.**

Kits are available to all residents of Pierce County. Each kit contains 2 rapid antigen tests, 1 kit per person. Test can be used on anyone age 2 and older.





8/2022



## BIRTH TO THREE:

### IDENTIFYING AND SUPPORTING CHILDREN WITH DEVELOPMENTAL DELAYS

The first three years are the most important building blocks of a child's future. The Birth to 3 Program is an Early Intervention program to support families of children with developmental delays or disabilities under the age of 3. We value the family's primary relationship with their child and work in partnership with the family. We work to enhance the child's development and support the family's knowledge, skills and abilities as they interact with and raise their child.

#### What IS a developmental delay or disability?

**In Wisconsin, a diagnosed disability or 25% delay in one or more areas of development listed below:**

- Learning (cognitive development)
- Moving, seeing and hearing (physical/motor development)
- Communicating and understanding other's communication (speech/language development)
- Responding to and relating with others (social and emotional development)
- Eating, dressing and care for daily living needs (adaptive development)

#### How Does My Child Qualify?

There are a few pathways to meet eligibility requirements for the Birth to 3 Program and obtain services and supports. Those include a developmental delay of at least 25% in at least one of the above-noted areas of development, a diagnosed condition with a high probability of developmental delay, or atypical development that adversely affects your child's overall development. The Birth to 3 team will consist of you, the service coordinator, and at least two professionals knowledgeable about your child's suspected areas of need. Since your child's growth and development is ever-changing and evolving, the evaluation will only measure your child's abilities at that particular point in time.

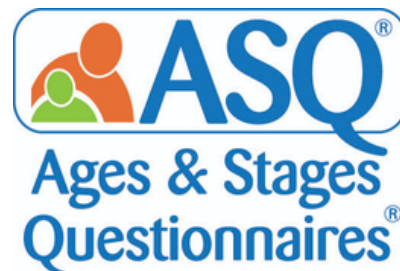
Through the evaluation process, you and the other team members will assess your child's strengths, abilities, and needs in each of the areas of development. Your observations and knowledge are key in identifying your child's strengths and needs. For example, you may find your child shows skills or different abilities with you than they demonstrate during the evaluation process. Your knowledge about your child's medical and health history and general development is important information in helping to determine if your child is eligible for the Birth to 3 Program.

#### Anyone can refer a child to the Birth to 3 Program

A referral for a screening or evaluation of a child's development can be made by parents and family members, health care providers, child care providers, social service agencies, child welfare agencies, schools, etc.

**If you are concerned about your child's development, go to the following link for a free online developmental screening:**

<https://agesandstagesresearch.com/en>



**Contact the Pierce County Birth to 3 Program:**

**412 W. Kinne St. P.O. Box 238, Ellsworth,  
Wisconsin 54011**

**Phone: 715-273-2096 Fax: 715-273-6854**

**Email: [birthto3@co.pierce.wi.us](mailto:birthto3@co.pierce.wi.us)**



## BIRTH TO THREE:

### OTHER STATE PROGRAMS FOR CHILDREN

The following are other resources the State of Wisconsin has available for young children and their families:

#### Financial Resources

**BadgerCare Plus:** Provides health insurance to eligible pregnant women, children and families, and adults with no dependent children.

<https://www.dhs.wisconsin.gov/badgercareplus/index.htm>

**FoodShare Wisconsin:** Created to help stop hunger and to improve nutrition and health. FoodShare helps people with limited money buy the food they need for good health.

<https://www.dhs.wisconsin.gov/foodshare/index.htm>

**ForwardHealth:** Wisconsin Medicaid: Provides health care for those who are: age 65 or older, blind, or disabled, with family income at or below the monthly program limit, and who are United States citizens or legal immigrants.

<https://www.dhs.wisconsin.gov/medicaid/index.htm>

**Katie Beckett Program:** Allows certain children who are residents of Wisconsin with long-term disabilities or complex medical needs, living at home with their families, to obtain a Wisconsin Medicaid card.  
<https://www.dhs.wisconsin.gov/kbp/index.htm>  
**Women, Infants and Children (WIC):** Provides supplemental nutritious foods, nutrition and breastfeeding information, and referral to other health and nutrition services.

<https://www.dhs.wisconsin.gov/wic/index.htm>

### Child Development

**Baby Brain Map:** An interactive tool which shows how a child's brain develops from the prenatal stage to 36 months of age. You'll also learn what you can do to enrich your child's development during each stage.

<https://www.zerotothree.org/resources/529-baby-brain-map>

**Born Learning:** Helps parents, grandparents and caregivers explore ways to turn everyday moments into fun learning opportunities.

<https://www.bornlearning.org/?id=33>

#### Centers for Disease Control and Prevention:

Interactive tools such as checklists, charts, and videos for monitoring children's developmental milestones from 3 months to 5 years.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

**Healthy Start, Grow Smart:** Series of fourteen booklets in English and Spanish that provide health information to improve the health of pregnant women and babies during their first year.

<http://www.learnndc.org/earlychildhood/resource/healthy-start-grow-smart-series>

**How I Grow:** Guidebook for parents with lists of developmental milestones from birth to age 5, things you can do with your child, and safety tips.

<http://ecdc.syr.edu/resources/how-i-grow/how-i-grow-birth-through-five-a-guidebook-for-parents/>





## Child Development Continued

### You and Your Baby, Playing and Learning

**Together:** Booklet by the CNY Early Childhood Direction Center that offers simple suggestions for understanding and promoting baby's development.

<http://ecdc.syr.edu/resources/you-and-your-baby/you-and-your-baby/>

**Zero to Three:** Booklets on early development and the interactive Baby Brain Map which shows how a child's brain develops from the prenatal stage to 36 months of age.

<https://www.zerotothree.org/>

## STAYING SAFE AND STAYING WARM

Living in the frozen North, it is common practice to layer clothing to stay warm. This can be said for even the smallest family members. When using layers to keep your baby warm it is important to remember that babies and infants need additional care to help with their temperature regulation. Babies can get overheated if they are wearing too many layers of clothes. Overheating increases babies' risk of Sudden Infant Death Syndrome (SIDS). Following the care guide seen below can help keep you baby safe and warm during this chilly season.



**Winter Safe Sleep Tips**

- Dress baby in clothes suitable for the temperature of the room
- Use a wearable blanket or an extra layer of clothes to keep baby warm without adding items to the sleeping area
- Make sure baby's head and face stay uncovered during sleep
- Remove baby's hat when indoors
- Watch for signs that baby is too hot, such as sweating and flushed or red skin
- Traveling with baby? Plan ahead for safe infant sleep

December 2022

PIERCE COUNTY  
Public Health

## FEELING INVISIBLE?

WRITTEN BY AMY MANGAN-FISCHER

Ever feel like you're invisible? 11% of adult Americans actually are.. credit invisible that is! Credit invisible is a term used for people who have no credit history at any of the three national credit bureaus.

Isn't it good to not have any credit card debt? Yes. It's wonderful to not have any credit card debt.

However, if you have no credit history, you can not get a credit score. **A credit score is a calculation that tells lenders how likely you are to pay them back.** A good credit score helps you get lower interest rates and that can make a significant difference over time.

If you're credit invisible it appears that no one has loaned you money (or you have no "payment history"). Payment history is the largest part, 35%, of a FICO credit score. If it appears that no one has loaned you money, then there's no one who can vouch for you by telling others that you pay people back.

Good news! Extension has developed a new Money Matters module around this exact topic. **How to Build Credit** is available for free! This resource includes information on how you can build up your credit using secured credit cards, how credit scores are calculated and how you can raise yours.

Building credit is also taught in Extension's Rent Smart class. To learn more about our FREE Rent Smart series, visit the financial capability section of our Extension website:

<https://fonddulac.extension.wisc.edu/family-financial-security/>.



## TAP INTO POSITIVE EMOTIONS TO IMPROVE MENTAL WELL-BEING

WRITTEN BY SELENA FREIMARK

Want to improve your mental well-being? Try paying attention to positive emotions! Positive emotions are about increasing awareness of our ability to experience positive or helpful emotions even in times of stress. Research tells us that positive emotions are connected to better health outcomes including reduced inflammation, decreased pain, improved cardiovascular health, and resistance to infection and improve immune system function. Positive emotions also promote optimism and healthy coping responses which support physical and mental wellness.

Positive emotion skills are not about trying to feel good all the time; instead, it is about acknowledging our feelings for what they are while recognizing that during challenging situations we can also still feel love, joy, curiosity, and other helpful or positive emotions. Positive emotions are also found in experiences like kindness, insightfulness, resilience, determination, and so much more.

There are multiple ways we can tap into positive emotions, such as doing deep breathing exercises, mindfulness activities, being in nature, and being compassionate. Another way to see positive emotions is by practicing gratitude.

Gratitude is a feeling of thankfulness and appreciation. It can be expressed towards humans and nonhuman sources alike (like animals, nature, and spiritual beliefs if you have them). Things you may be grateful for might be big things or small, everyday things. For example, you might be grateful for having a good health day, a pet, someone holding the door open for you, or completing items on your to-do list.

See if you can practice right now! Write down three things you are grateful that happened in the last week. It is helpful to not only notice what we appreciate, but to also spend a few moments reflecting on them. Research has shown that gratitude is linked to positive outcomes - even in people with serious illness. Just a few, easy to learn skills can get you on your way to noticing positive emotions in your life!



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**RESTORATIVE  
SERVICES**

