



# COMMUNITY EDUCATION, 2022

NWTC Sister Bay provides state-of-the-art resources that support a growing economy and vibrant quality of life in northern Door County. To register, call 920-746-4970 or email [sisterbay@nwtc.edu](mailto:sisterbay@nwtc.edu). We are located at 2438 S. Bay Shore Drive, Sister Bay.

*All classes are in person unless otherwise designated.* More classes will be added to the schedule in the coming weeks.

CLASSES AND EVENTS	DATE	TIME	FEE	NOTES
<b>Lunch and Learn: Aging Resource Fair</b>	<b>Thur, Jan 13</b>	<b>11 am-2 pm</b>	<b>Free</b>	<b>Pre-registration is recommended. Call 920-746-4970 or email sisterbay@nwtc.edu.</b>
Learn how to care for yourself as you age and how to be a good care partner for others. Connect with many area agencies and organizations, develop skills, and enjoy a light lunch and great company. There will be 30-minute presentations throughout the day, including exercise, fall prevention, incontinence, dementia care, home safety, mental health and more. Free soup from Galectables (while supplies last).				
<b>Powerful Tools for Caregivers</b>	<b>Tuesdays, Jan 25-March 1</b>	<b>9:30-11 am</b>	<b>Free</b>	<b>Call 920-746-3504 for more information and/or to register.</b>
Caring for someone with an injury or illness—such as dementia, cancer, heart disease, Parkinson’s disease, stroke, and others—can be physically, emotionally, and financially demanding. Taking care of yourself is important. Powerful Tools for Caregivers can show you the way. This program will help you improve your emotional well-being; manage time, solve problems, and communicate more effectively; and find and use resources. Sponsored by the Aging and Disability Resource Center, Door County Medical Center and the Wisconsin Institute for Healthy Aging.				
<b>BLS CPR Refresher (Healthcare Provider) #23459</b>	<b>Tue, Jan 25</b>	<b>5:30-9:30 pm</b>	<b>\$23.60</b>	<b>A CPR mask is required. If you have one, please bring it. If not, a mask can be purchased at the center for \$8.43.</b>
This course provides the opportunity for students who hold a current BLS CPR Provider certification to recertify their skills. To recertify, your AHA BLS Provider card cannot be expired. Students will learn Adult, Child, and Infant CPR, along with removal of foreign bodies from the airway, use of a BVM, and AED.				

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<b>Video Calling Basics: Zoom, Teams and Google Meets</b>	<b>Thur, Jan 27</b>	<b>9-11 am</b>	<b>\$15</b>	<b>If you have a laptop, please bring it.</b>
Learn how to make and receive video calls in the top three video calling platforms. We will go over the basics of video calling, installing the programs, signing up for the services, and making and receiving video calls. We will also discuss alternative solutions you may already have with a provided handout to take home. Presented by Ryan Schaut, Schaut Technologies.				
<b>Free Resources for Small Business (on-line class)</b>	<b>Wed, Feb 2</b>	<b>6-8 pm</b>	<b>\$25</b>	<b>Learn from home via WebEx, a video meeting platform. A computer, laptop or tablet with reliable broadband will be required. Instructions for accessing the class via WebEx will be provided. Access to WebEx is free.</b>
Entrepreneurs or small-business owners often think to elevate their business, they need to pay for valuable tools. In this virtual workshop, we will show you how to operate efficiently without having to worry about making a dent in your bottom line with FREE business resources. Whether you are looking for tools to manage your team, maintain your finances, elevate your marketing, improve your SEO, organize your social media or streamline your back office - there are a number of free resources available to you and your growing business. Presented by Kate Guth, owner of KLG Designs and NWTC Trainer.				
<b>Microsoft Excel for Business</b>	<b>Wed, Feb 9</b>	<b>9-11am</b>	<b>\$25</b>	<b>If you have a laptop, please bring it. If you would like to reserve one of ours, please let us know.</b>
Participants will develop comfort looking at their business information in an easy-to-read and easy-to-analyze format. We will work on getting the information you have into a spreadsheet and adding formulas to manipulate the data to give you the information you can work with. We will go over some basic calculations and formulas you can use immediately! Presented by LIC Trainer Erin Helgeson.				

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<b>Door County Reads 2022 - facilitated book discussion of <i>Population: 485</i> by Michael Perry</b>	<b>Thur, Feb 10</b>	<b>1pm</b>	<b>Free</b>	Free copies of the book are available at all Door County Library branches (while supplies last), and on <a href="http://Infosoup.org">Infosoup.org</a> in regular print, large print, and audiobook, along with Overdrive/Libby (e-book).
Join us for an informal discussion of one of the Door County Reads 2022 book selections, <i>Population: 485</i> by Michael Perry. This book welcomes readers to New Auburn, Wisconsin, where the local vigilante is a farmer's wife armed with a pistol and a Bible, the most senior member of the volunteer fire department is a cross-eyed butcher with one kidney and two ex-wives (both of whom work at the only gas station in town), and the back roads are haunted by the ghosts of children and farmers. Against a backdrop of fires and tangled wrecks, bar fights and smelt feeds, <i>Population: 485</i> is a comic and sometimes heartbreaking true tale leavened with quieter meditations on small-town America.				
<b>CPR BLS (Healthcare Provider) #23457</b>	<b>Mon, Feb 14</b>	<b>8 am-2 pm</b>	<b>\$30.65</b>	<b>A CPR mask is required. If you have one, please bring it. If not, a mask can be purchased at the center for \$8.43.</b>
This course is for healthcare providers (physicians, nurses, paramedics, EMT's, respiratory therapists, physician assistants, residents, medical or nursing assistants), allied health officials or training aides. Adult, child, and infant CPR (including ventilation with barrier devices, bag mask) as well as AED and relief of foreign body airway obstruction will be covered.				
<b>CPR Heartsaver AED #23446</b>	<b>Mon, Mar 14</b>	<b>8 am-noon</b>	<b>\$38.60</b>	<b>A CPR mask is required. If you have one, please bring it. If not, a mask can be purchased at the center for \$8.43. The textbook (\$4.17) is optional.</b>
This course is for individuals such as day-care employees, airline/security personnel or personal trainers who may need to respond to an emergency at work. Adult, child, infant CPR and choking as well as use of automated external defibrillator will be covered.				
<b>Heartsaver First Aid #23453</b>	<b>Mon, Mar 14</b>	<b>1-5 pm</b>	<b>\$38.60</b>	<b>The textbook (\$4.17) is optional.</b>
This course is intended for lay rescuers, childcare workers, and industrial workers. Course covers scene/situation safety and the care of injuries: bleeding control, bone, joint, and muscle injuries, burns, and specific injuries to the head. It also addresses sudden illnesses, seizures, diabetic emergencies, poisoning, bites and stings, and heat and cold emergencies. Heartsaver First Aid teaches how to manage illness and injuries in the first few minutes until help arrives.				

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<b>BLS CPR Refresher (Healthcare Provider) #23451</b>	<b>Tue, April 12</b>	<b>5:30-9:30 pm</b>	<b>\$23.60</b>	<b>A CPR mask is required. If you have one, please bring it. If not, a mask can be purchased at the center for \$8.43.</b>
This course provides the opportunity for students who hold a current BLS CPR Provider certification to recertify their skills. To recertify, your AHA BLS Provider card cannot be expired. Students will learn Adult, Child, and Infant CPR, along with removal of foreign bodies from the airway, use of a BVM, and AED.				
<b>Foot Care Clinic</b>	<b>Thur, April 21</b>	<b>8:30am-2pm</b>	<b>Free</b>	<b>Call 920-746-4970 to reserve an appointment time.</b>
NWTC nursing students are hosting a free foot-care clinic. The 30-minute sessions will include a 10- to 15-minute soak, followed by cutting and filing and a foot massage. Advanced registration recommended.				
<b>CPR Heartsaver AED #23448</b>	<b>Mon, May 16</b>	<b>8 am-noon</b>	<b>\$38.60</b>	<b>A CPR mask is required. If you have one, please bring it. If not, a mask can be purchased at the center for \$8.43. The textbook (\$4.17) is optional.</b>
This course is for individuals such as day-care employees, airline/security personnel or personal trainers who may need to respond to an emergency at work. Adult, child, infant CPR and choking as well as use of automated external defibrillator will be covered.				
<b>Heartsaver First Aid #23455</b>	<b>Mon, May 16</b>	<b>1-5 pm</b>	<b>\$38.60</b>	<b>The textbook (\$4.17) is optional.</b>
This course is intended for lay rescuers, childcare workers, and industrial workers. Course covers scene/situation safety and the care of injuries: bleeding control, bone, joint, and muscle injuries, burns, and specific injuries to the head. It also addresses sudden illnesses, seizures, diabetic emergencies, poisoning, bites and stings, and heat and cold emergencies. Heartsaver First Aid teaches how to manage illness and injuries in the first few minutes until help arrives.				