

Marshall County, The Extension Line

Published by: Marshall County Extension Staff
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PURDUE UNIVERSITY COOPERATIVE EXTENSION SERVICE

Marshall County

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Plymouth, IN 46563

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Marshall County Extension Homemakers—**NEW!**
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Marshall County Extension Homemakers

Marshall County Extension Homemakers

The Extension Line

Greetings:

Happy 2024! I hope you all had great holidays and got to spend time with family and friends and made some wonderful memories.

Thanks to all who participated and helped in making our Holiday Spectacular a fun evening. Thanks to Karen for her presentation on reducing holiday stress.

Proceeds from the silent auction and reservation fee was \$253, which was added to our treasury to help with expenses for our organization.

Our last Hispanic Night was December 5. We enjoyed finger foods and had a gift exchange. If you have never attended, we will be resuming in the spring. It is a great way to learn about our Hispanic friends.

Plans have been finalized for our Spring District Meeting to be held on March 6, 2024. We are asking all clubs to donate breakfast items like breads, rolls, muffins, coffee-cake, etc. These can be homemade or purchased. Come and enjoy a day of learning about Dustin's Place, rug hooking and what is going on in other counties and the state. There will be a great meal provided by the Pretty Lake Mary Martha ladies group. A reservation form is included in this newsletter.

Also coming up is International Night on March 14 and Achievement Night on May 9. More information will be available soon.

Please consider being the County President or other officer for the 2024-2025 club year!

Sandy

Calendar of Events

January

15- Office Closed

24- Council Meeting

30- Turning Clutter into Money @ Life Enrichment Center

March

6- Spring District Meeting

14- International Night

19- Quick and Easy Recipes @ Life Enrichment

20- Council Meeting

29- Good Friday, Office Closed

April

2- How to Get the Best Deals When Shopping @ Life Enrich.

May

9- Achievement Night

27- Office Closed

June

12- Council Meeting

July

13-19 Marshall County Fair

Please visit <https://ieha-families.org/> for the most up-to-date IEHA news!!

PURDUE EXTENSION
GET WALKIN'
 PROGRAM

Helping Hoosiers get on their feet!




PURDUE UNIVERSITY Extension
 SCHOOL OF NURSING

WANT TO IMPROVE YOUR HEALTH
...but short on time ...and lack motivation?

This **FREE**, email-based walking program has you covered!

Sign up, walk, and get email support.



WALK TO:

- Reduce risk of obesity, heart disease, diabetes
- Feel energized
- Add daily physical activity
- Get social

ALL FOR FREE!


DETAILS

Starting date: February 2, 2024

You will receive a total of 16 emails – 2 per week for the first month, and 1 per week for the next 8 weeks.

To sign up: Call 574-935-8545 Or email marshces@purdue.edu

Register by: February 1, 2024



For more information or to join us, contact: Karen Richey, Health and Human Science Educator, Marshall County krichey@purdue.edu



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EXTENSION HOMEMAKER COUNCIL

MEETING

COUNCIL MEETINGS

JAN. 24, 2024 @ 9:00A EXTENSION OFFICE

MAR. 20, 2024 @ 9:00 A EXTENSION OFFICE

JUN. 12, 2024 @ 9:00 A EXTENSION OFFICE



DATES, TIMES: February 6, 13, 20, 27 2024
10:00 AM - 12:00 PM ET

LOCATION: Marshall County Council on Aging
1305 W Harrison St.
Plymouth, IN 46563

COST: \$40.00 OR \$65 for couples that share a notebook

Nutrition and physical activity are keys to managing your type 2 diabetes. But where do you start? The *Dining with Diabetes* program can help!

- *Dining with Diabetes* consists of four sessions and a reunion.
- Adults with type 2 diabetes (or who are at risk) are invited to participate. Family members, caregivers, and support persons, too.

The schedule:

Week 1 — What is diabetes? / Snacks & appetizers

Week 2 — Carbs & sweeteners / Desserts

Week 3 — Fats & sodium / Main dishes

Week 4 — Putting it all together! / Side dishes

Registration is required.
Register before January 31, 2024 at 4:00 PM ET

To register for this program please visit:

<https://cvent.me/axeDrZ>

For more information contact:

Karen Richey
HHS Educator, Marshall County
574-935-8545
krichey@purdue.edu



New Marshall County Homemaker Facebook Page



Stay up to date with the Marshall county Extension Homemakers on Facebook!

There is a new page that everyone can follow for information on upcoming events.

How to join: Go to Facebook and in the

“Search Facebook” box at the top of the page search “Marshall County Extension Homemakers” You will look for the page that has the same logo as the picture above. Then when you are on the page you will hit the “Like” button and follow the page.

Home and Hobby

By: Roberta Kepler

Home & Hobby ladies will begin sewing at the Kepler home on Tuesday, January 2, and will meet every Tuesday thereafter until May. We usually have between 7 and 10 people working. If more would like to help, we have space for 3-4 extra people. It's a great time to fellowship.

Ladies arrive at 9 AM. At noon, we share our sack lunches around the big table. We return to work until around 3 PM. We're sewing breast cancer pillows, robes for folks at Hospice that need them, lap robes for many area nursing homes and burp cloths, layettes and little dresses that we've shipped to Honduras in the past. If the weather is not good, we cancel for the week, but last year, we were able to meet every Tuesday.



In February the ladies of Home & Hobby will prepare 3-4 dozen cookies or bars. We'll put together cheer plates to be delivered to shut ins or people that could use a little lift. Some of our neighbors need to know they're being thought of. Often times this is a very special interaction, as the person delivering takes time for a visit they might not otherwise slow down for. Let's all be mindful of people living alone or those who we don't see often. They'd love to hear from you.

IEHA HOMEMAKERS WEEK

By: Diann Bradley

The Walnut Ruralites gathered items to display at the Argos Library for the public to view for Homemakers week Oct. 17-22, 2023. We included information about our organization, items that were crafted by members, educational programs, who to contact and other activities that we do demonstrating the fun and fellowship that we have .



Bake-a-Rama Flavor 2024

The 2024 Bake-a-Rama Flavor is “Cranberry”! If you are thinking of participating in the Baka-a-Rama for next year, you will want to purchase your berries now, while they are in season.

Macs’ Market and Park n Shop will have some signs posted to remind participants to purchase berries. You may also see signs at Kroger, Martin’s, and Aldi!

If you know anyone that may not receive this newsletter, let them know as well!



Educational Programs

January 30, 2024
11:00am– 12:00pm

Life Enrichment Center: 1305 W Harrison St, Plymouth, IN 46563

Turning Clutter into Money

Hosted by: Mandy Nielsen, Health and Human Science Educator

Do you have clutter in your home you want to turn into extra cash? In this program we’ll take a look at different platforms for selling items and which might work the best for you, along with ways to protect yourself from scams while selling online.

Please register by January 26th to the Life Enrichment Center (574) 936– 9904.

March 19, 2024
10:30am—12pm

Life Enrichment Center: 1305 W Harrison St, Plymouth, IN 46563

Quick & Easy Recipes: Using Smart Kitchen Tools & A Few Ingredients

Hosted by: Karen Richey, Health and Human Science Educator

This fun interactive program will share highlights of how efficiency of kitchen tools and fewer ingredients can provide you with less time in the kitchen and more time for yourself! WHO doesn’t want that in their life!!!

Please register by March 12th to the Life Enrichment Center (574) 936-9904.

April 2, 2024
1:00pm– 2:00pm

Life Enrichment Center: 1305 W Harrison St, Plymouth, IN 46563

How To Get The Best Deals When Shopping

Hosted by: Shannon Shepherd, Health and Human Science Educator

This program will focus on when to shop for the best deals. How to save with: (1) loyalty pro-grams, (2) apps, and (3) cash back credit cards.

Please register by March 29th to the Life Enrichment Center (574) 936-9904.

WALNUT RURALITES MEETINGS

By: Diann Bradley

October 24th our monthly meeting was hosted by Debi Howard at the B&R bldg. in Argos at 7pm. Barb Peden, president opened the meeting. Lacey DeWitt gave Health & Safety lesson on “5 tips for driving during Halloween”. We discussed upcoming events, Holiday Spectacular, Fundraiser, Spring Dist. Meeting, and Hispanic night. Jane Horvath then demonstrated the art of making Fabric Flowers and we all got to make one.

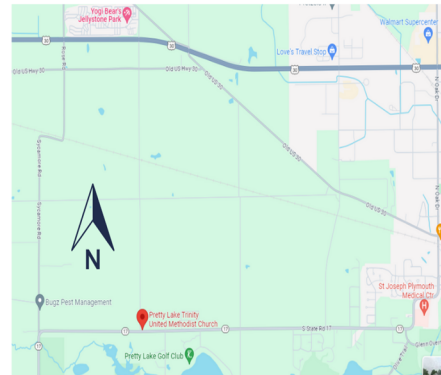


The November 28th meeting was hosted by Diann Bradley at the B&R bldg. at 7pm. Pres. Barb Peden called meeting to order. We decided to donate \$450.00 to the Argos United Methodist Church’s Food Pantry for Christmas baskets. These funds were from our Bake Sale fundraiser at the Culver Odd Fellows Breakfast. We discussed the upcoming events, Holiday Spectacular, LaPaz Book Drive, Hispanic night, Spring District meeting, and Facebook page up & running any questions ask Barb Peden or Kristin Masters. We ended with refreshments and a craft by Ann Bradley on construction of wreaths made from pipe cleaners and bling.



IEHA SPRING DISTRICT MEETING 2024 March 6

Pretty Lake Trinity United Methodist Church 8985 St. Rd. 17, Plymouth, IN 46563



Directions- From US 30 turn south onto Redwood Rd for approximately 2.5 miles then turn east onto State Rd. 17. The church will be on the north side of the road. From the South, follow State Rd. 17 north to Plymouth Indiana. The church will be on the left hand side when you approach Pretty Lake. OR Take Hwy 31 north toward Plymouth, then turn northwest onto Michigan Rd. Follow Michigan Rd to Oakhill Ave. Turn west onto Oakhill. Take Oakhill to the T-Road, which is St. Rd. 17. Turn left onto St. Rd. 17. Follow St. Rd. 17 until you reach the church. The church will be on the north side of the road.



“Get connected, stay connected”

Please help us support Dustin's Place!

Donations requested:

- Round plastic table cloths, 12 are used for each meeting.
- Paper plates, plastic ware, napkins, beverage cups
- Art supplies of all kinds! Scrapbook paper, construction paper, pipe cleaners, stickers, google eyes, crayons, colored pencils, washable markers, sharpies, glue, ribbon, buttons
- Any other art or craft items

IEHA SPRING DISTRICT MEETING 2024

March 6



Pretty Lake Trinity United Methodist Church
8985 St. Rd. 17, Plymouth, IN 46563

Agenda

9 - 9:30 AM CT / 10 - 10:30 AM ET Registration and Refreshments

9:00 AM CT / 10:00 AM ET County Presidents meet with State President

Speaker Vicky Brown, *Executive Director of Dustin's Place.*
Dustin's Place is a children's grief center providing support to children as well as families after the death of a person in their life. **See page 2 for a Wish List of donations!**

Speaker Portia Wampler, *Rug Hooking using Narrow Strips of Wool. Reproductions of antique Samplers*

LUNCH: Salad Bar, Swiss Steak, Oven Chicken, Mashed Potatoes, Green Beans, Carrots, Ice-cream and Cake.
Coffee, Tea, and Lemonade.



Please cut and return registration form: Due by February 21, 2024

Cost is: \$17.00 per person. Please make checks payable to: Marshall County Extension Homemakers
Return form and payment to: Rebecca Hartman, 17040 Lincoln Hwy, Plymouth, IN 46563

Names of attendee(s): _____
Contact Phone number: _____
_____ x \$17 = _____ Total amount enclosed

MICHIGAN CITY FALL DISTRICT MEETING

By: Diann Bradley

There were 7 members of Marshall county that ventured up to Elkhart County to the Sailor Center at Hubbard Hill, on Sept. 20, 2023. One of the speakers in the morning was Jen Sager from Sleep in Heavenly Peace. This was their service project in Elkhart. The second speaker was Kathy Greve from Hubbard Hill, she spoke on the new intergenerational early learning center. An innovative approach to preschool ed. using senior citizens. Lastly was Elkhart Educator, Emily Christ who gave a lesson on Effective Communication. These were interesting and educational programs. In the afternoon the IEHA state officers gave reports on what all is going on in the state, and told of Home and Family conference coming up next June. Elkhart also had items that were donated, tickets were sold and were dropped in containers next to items you wished to have, when time to draw tickets the one drawn would receive that item. If you have never attended a district meeting, they are fun, interesting and educational, and you get to meet ladies in the other counties of our district. So why not attend the Spring District meeting in Marshall County on March 6, 2023. Hope to see you then.

UPCOMING NEWS ARTICLES

Please contact the Extension Office at 574-935-8545 or e-mail at khyrczyk@purdue.edu if you have articles or events for our next newsletter. Please have this information to the office by March 15, 2024.

Everyone is encouraged to add something to the newsletter!!

Hispanic Homemakers

By: Diann Bradley

On Oct. 3 we met at the extension office with the Hispanic Ladies hosting. They served delicious foods, a chicken soup, fruit, bread, drinks and a pudding dessert all Mexican style. We also played a game of Mexican Bingo, very interesting. We always have a great time visiting with each other and learning of their cultures.



On Nov. 7 the homemakers hosted and we served Fall Foods featuring apples and pumpkins. Becky Hartman then demonstrated the art of glass etching and everyone got to make their own ornament

On Dec, 5th we got together to exchange gifts and enjoy the various finger foods that both groups brought, to wish all Happy Holidays and that we would meet again in April 2024. Come join us it's a fun time.



Holiday Spectacular Donations

Barb Peden delivers several boxes of books to Steve Barber for the LaPaz book drive. The books were collected from Marshall Co Extension Homemakers at the Holiday Spectacular.



HOLIDAY SPECTACULAR

By: Diann Bradley

This great event was held on Nov. 16, 2023 in Argos at the United Methodist Church. The program started at 6pm with the Marshall county chorus singing, followed by a carry-in dinner, a silent auction was held throughout the night when there were breaks in the program, an interesting educational lesson was given by Marshall county educator Karen Richey on Holiday Stress and how to relieve it. We also collected books for the LaPaz Library since they are without a library at this time. This was one of our volunteer donations for the county. The evening ended with a sing along led by the chorus. This was a very festive evening and good to mingle with other groups in our county.

