

LIFESTYLE JUNCTION FEBRUARY 2022



I hope everyone is staying warm, especially with the frigid weather we had the end of January. Be on the lookout to see if the groundhog sees his shadow. I don't know about you but I am ready for Spring!!



For my newsletters, it is my goal to keep everyone up to date on programs I am offering, community events, recipe ideas, and information involving health, wellness, food, or finances.

As the Health & Human Sciences Educator, I have the opportunity to work with the Randolph County Extension Homemakers. During the first 4 months in my new role I have had the opportunity to connect with many of the members and attend club and council meetings. I thought it was only right to dedicate a section of my newsletters to these special group of ladies!! Check out details on how to join, and if you have questions feel free to reach out to myself or call the office at 765-584-2271.

Valentine's Day is coming up so I thought I would share some health and wellness advice before you dive right into that wonderful heart-shaped box of chocolates this year. Also, who doesn't love to receive flowers?! Flowers can really play into your mood and boost how you are feeling. This day allows you to reflect on the love, care, and admiration of those in your life. Stay warm and have a great Valentine's Day!

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Extension Homemakers Nook

Who are the Extension Homemakers?

- Membership for Indiana Extension Homemakers is open to everyone!
- In Randolph County we have 10 clubs, and most of the clubs have meetings every month.
- Membership fee: \$7.00



What do the Randolph County Extension Homemakers Clubs do?

- Organize open class exhibits at the 4-H fair
- Offer a variety of educational lessons throughout the year at club meetings
- Provide meals & work in the food stand during the 4-H fair
- Opportunities for leadership and volunteering in Randolph County

Interested in joining Randolph County Extension Homemakers or need more information?

Contact the Extension Office: 765-584-2271

Extension Homemakers Nook

Message from the President

Brrr - it is cold out!! Not a lot has happened since the December Council Meeting.

Our Community Project, "Sweet Dreams," was accepted with enthusiasm and was a great success. Thanks to you all we delivered 2-twin beds in-a-bag, 7 pillows, 9 twin sheet sets, 9 blankets, and a donation value of \$625.00. We made bedtime a little nicer for several kids.

We also delivered 12 big bottles of dish soap, 10 dish cloths, and a big pan of brownies to the Journey Home. I pray they can hold on financially this coming year.

I know not all clubs have been meeting lately due to Covid. I received an email in January that our Past President, Anne Moore and her husband had Covid, she got better but he passed away. I sent a sympathy card from Randolph Co. Extension Homemakers extending our condolences.

Don't forget February 1st, you need to turn in the 50 year members & 50 year club forms.

Our State President has sent out emails requesting to know if we want the District Meeting to be virtual or in-person. When it has been decided, I will let you all know.

Now is a good time to work on your Cultural Arts Project for the Family & Home Conference, June 1-3. This can be a lawn ornament no wider than 12 in. and no taller than 16 in., or no wider than 16 in. and no taller than 12 in. We will be choosing one item for Special Project & one additional in craft category. We hope to bring these to Achievement Night to be selected.

- Rosemary Holliday, Randolph Co. Ext. Homemakers President



Calendar of Ext. Homemakers Events

March

- 3/7 - Council Meeting @ 6:30 PM
- 3/24 - New Castle District Mtg.
(Fayette Co.)

May

- 5/10 - County Achievement Night

June

- 6/6 - Council Mtg. @ 5:30 PM
- 6/1-6/3 - Home & Family Conference

July

- 7/15-7/22 - 4-H Fair

Dark Chocolate... Friend or Foe?



Is chocolate bad or good for you?
You probably say it's bad all the time, of course...well think again!

Medical studies have shown that dark chocolate is rich in antioxidants and packed with nutrients. Here are some health benefits of having that bite of dark chocolate in small amounts of course!

WWW.EVERYDAYHEALTH.COM/DIET-AND-NUTRITION-PICTURES/DELICIOUS-REASONS-TO-EAT-DARK-CHOCOLATE.ASPX

- 
- 
- May improve cognition, prevent memory loss, and boost your mood
 - Dark chocolate stimulates neural activity in the brain associated with pleasure and reward
 - Could improve blood sugar levels and reduce risk of developing diabetes
 - In small amounts, dark chocolate could improve how the body metabolizes glucose
 - Help prevent heart disease and lower the risk of strokes
 - Dark chocolate contains flavonoids that produce nitric oxide, which causes blood vessels to relax and blood pressure to lower
 - Sends good cholesterol up, bad cholesterol down



The Recipe Corner

PISTACHIO OAT SQUARES

Ingredients:

- 1 Cup Shelled Pistachios
- 1 Cup Oats
- 1/2 Teaspoon Sea Salt
- 1/4 Cup Maple Syrup, more for drizzling on top
- 2 Tablespoons Olive Oil
- 1/3 Cup Unsweetened Coconut Flakes
- Additional Handful of Chopped Pistachios for the Topping

Serves: 12 Squares



Instructions:

- 1.) Preheat oven to 350 degrees and line an 8-inch pan with parchment paper. In a food processor process pistachios, oats, and salt until a meal starts to form. Add the maple syrup and olive oil, this will be crumbly, almost-wet dough.
- 2.) Press the dough evenly into the pan and cover it with coconut flakes and remaining pistachios.
- 3.) Bake for 10-12 minutes until coconut is golden brown and dough is cooked through. You want them to be a little soft - don't overbake them.



Original Recipe from Love & Lemons Blog

WWW.LOVEANDLEMONS.COM/JESSICAS-PISTACHIO-OAT-SQUARES/WX

- 4.) Carefully lift the cooled dough out of the pan, by gripping both sides of parchment paper. Cut into squares and drizzle little maple syrup on top. Enjoy!!

Fun Fact!!

February 26th is
National Pistachio Day!

Give these a try!!

Flowers & Reducing Your Stress

Flowers are known to boost our moods and improve air quality, but did you know they can help relieve stress and anxiety.



Make a flower arrangement and include a variety of these stress reducing and beautiful flowers!!



Top Flowers to Reduce Stress

#1 - Roses

- They are known to produce wonderful mood-boosting endorphins

#2 - Peonies

- Range of colors & fine fragrance



#3 - Sunflowers

- Sunshine in our lives and cheerful mood boost

#4 - Lisianthus

- Encourage free thinking and ability to solve problems/creative ideas

#5 - Jasmine

- Perfect for good night's sleep



WWW.HOMESANDGARDENS.COM/NEWS/BEST-FLOWERS-TO-REDUCE-STRESS-BLOOM-WILD

UPDATES!!

BRIDGES OUT OF POVERTY



BRIDGES OUT OF POVERTY IS A POWERFUL MODEL FOR ECONOMIC AND SOCIAL CHANGE AND STABILITY.

IT HELPS EDUCATION, SOCIAL, HEALTH, AND LEGAL PROFESSIONALS:

- Redesign programs to better serve your clientele
- Build skill sets for management to help guide employees
- Increase the likelihood of moving from welfare to work

Questions:
Contact 765-584-2271
or
robin389@purdue.edu

Address:
Randolph Co. Office
1885 S US Hwy 27
Winchester, IN 47394

Friday, March 4, 2022
9 AM - 5 PM
Randolph County
Fairgrounds

To Register for Training:

- Please fill out the registration form and return to Randolph County Extension Office by Friday, February 18, 2022



25 FREE spots have been filled!
Remember participation is not limited to 25 individuals, continue to sign up.

Registration Fee: \$50.00
plus lunch cost



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*Happy
Valentine's
Day*



Purdue Extension—Randolph County Office Staff

Julie Wilson
Extension Educator
CED/4-H Youth
jelsbury@purdue.edu

Amy Alka
Extension Educator
ANR
aalka@purdue.edu

Zoë Robinson
Extension Educator
HHS
robin389@purdue.edu

Casey Seliga
Nutrition Education Program
cseliga@purdue.edu

Sue Thornburg
Office Manager
lthornbu@purdue.edu

*Office Phone: 765-584-2271 or 765-584-8005
Office Hours: Monday—Friday, 8 AM—4 PM
www.extension.purdue.edu/randolph*



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