

LIFESTYLE JUNCTION

MAY 2022



May is definitely here and currently bringing the beautiful weather!! The sun is out and warm weather is here to stay...knock on wood!! With spring comes many upcoming activities here at the Randolph County Purdue Extension office!! Make sure you follow Randolph County Purdue Extension page on Facebook to stay up to date on events we are offering!!



May is National Mental Health Awareness month. It doesn't matter if you range from ages 3 to 93, or a man or woman; your mental needs to be a priority. If you are struggling with finances, health, or anything in life, please don't hesitate to reach out and talk with someone.

With Spring arriving farmers are busy in the fields, which brings up an exciting team I have recently joined. Check out **pg. 4** for more details!!

When I drive home I see tons of people outside soaking up some Vitamin D. This time of year is perfect to get outside with your friends and family, and enjoy this perfect weather! Here are a few ideas to get active outdoors: walk your dog, plant a garden to prepare fresh and healthy meals, or work in your flower beds.



In this newsletter:

Welcome
PAGE 01

**Extension Homemakers
Nook**
PAGE 02

Jolly Green Cleaning
PAGE 03

Farm Stress Team
PAGE 04

RECHARGE
PAGE 05

The Recipe Corner
PAGE 06

Food for Thought
PAGE 07



Extension Homemakers Nook

Message from the President

It seems like the weather has kept us all inside for months, maybe soon we will be out planting flowers!

I do hope everyone enjoyed Achievement Night! The committee just wanted everyone to relax and have fun, while we supported a very worthwhile cause. June Council meeting will be on May 31, due to the officers going to Home and Family Conference.

Before we know it, it will be fair time! Save the dates July 15-22, 2022

I want to thank everyone that has been so supportive of my term as President of Randolph County Extension Homemakers. It takes a whole team working together to be successful! Thank you!!

- Sincerely Rosemary Holliday

Congratulations to our newly slated Randolph County Extension Homemakers Officer team for this coming year!!

President - Marie Jackson
1st Vice President - Peggy Dawson
2nd Vice President - Debbie Thornburg
Secretary - Jennette Sumwalt

Treasurer - Beverly Bickel
Advisor to Treasurer - Melanie Miller
Advisor - Rosemary Holliday



Open Class Books will be available to pickup in the office by May 18th!!

Calendar of Ext. Homemakers Events

May

- 5/31 - Council Meeting @ 5:30 PM

June

- 6/6-6/8 - Home & Family Conference - Contact Extension Office or Rosemary for more registration information

July

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

August

- 8/19 - District Meeting in Franklin County



JOLLY GREEN CLEANING

May 24 @ 1:30 PM

Come join us for a fun Make & Take Workshop in partnership with Randolph County Recycling!!



Randolph County
Recycling District

Jump Start to Spring Door Prize!!



To Sign Up:
Call 765-584-2271 or
Email robin389@purdue.edu

- Make Homemade Cleaning Supplies to Take Home
- Green Products
- Economically Friendly
- DIY Cleaners
- Budgeting
- Cost Comparisons

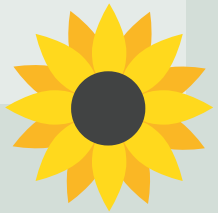
Randolph County Fairgrounds
1885 S US Hwy 27
Winchester, IN 47394

Farm Stress Team



I have recently joined the statewide Farm Stress Team through Purdue Extension.

This team provides tools, resources, and programs to help farmers, families, and agribusinesses address the day-to-day stresses, difficulties, and uncertainties in agriculture.



If you have questions feel free to call: 765-584-2271 or email: robin389@purdue.edu

Program Opportunities:

- *Weathering the Storm in Agriculture*
- *Communicating with Farmers Under Stress*

Podcast:

- *Tools For Today's Farmers*
- Can be found on Spotify, Apple Podcasts, Stitcher, Google Podcasts, and many more!!

Facebook:

- Follow Purdue Extension Farm Stress Team on Facebook
- Find links to articles, upcoming programs, and resources

Website:

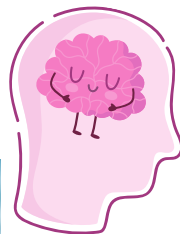
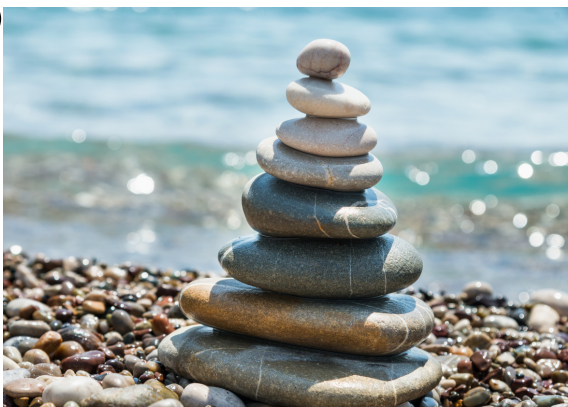
- Check out extension.purdue.edu/farmstress



RECHARGE

Mind * Body * Soul

Check out this exciting 3 part series, in honor of Mental Health Awareness Month, in May!



Dates:

- Thursday, May 12
"Mental Health 101"
 - Coping with stress and remembering to laugh, live, love, and play
- Thursday, May 19
"Stimulating Your Senses"
 - Self-care and making bath bombs
- Thursday, May 26
"Food and Mood"
 - Healthy foods and balancing your diet

Time:

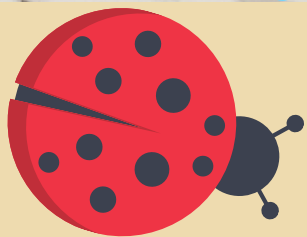
6:30 PM - 8:00 PM

Location:

Best Way Disposal Center Randolph
County Fairgrounds
1885 S US HWY 27, Winchester

To Register call 765-584-2271 or
Email robin389@purdue.edu

The Recipe Corner



Microwave Angel Food with Fresh Berries & Whipped Cream

Ingredients:

- 3 Tablespoons Angel Food Cake Mix
- 2 Tablespoons Vanilla Yogurt
- 3 Cups Raspberries
- 4 Strawberries, Sliced
- 1 1/2 Tablespoons Whipped Topping

Servings: 1



Original Recipe from MyPlate

Instructions:

www.myplate.gov/recipes/supplemental-nutrition-assistance-program

1.) Scoop 3 tablespoons of angel food cake mix into a microwave-safe cup or mug. Then, add 2 tablespoons of vanilla yogurt and stir.

2.) Place in the microwave and microwave for 1 minute, let cool for 1 minute.

3.) Use a knife, cut around the sides of the cup to loosen the cake and dump it on your plate.

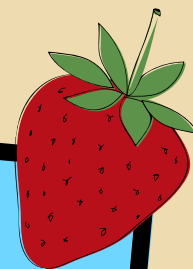
4.) Sprinkle raspberries and strawberries around the cake.

5.) Dollop whipped topping on top of the fruit. Enjoy!!

Fun Fact!!

May 21st is National
Strawberries & Cream
Day!

Enjoy this single serving
microwave dessert!



Food for Thought



JOIN AREA 7 HEALTH & HUMAN SCIENCES EDUCATORS FOR A VIRTUAL DINING WITH DIABETES LUNCH AND LEARN SERIES. PRE-REGISTRATION IS REQUIRED. THE VIRTUAL LUNCH & LEARN SERIES DATES ARE:

JUNE 9: WHAT IS DIABETES
JUNE 16: CARBS AND SWEETENERS
JUNE 23: FAT AND SODIUM
JUNE 30: PUTTING IT ALL TOGETHER
SEPTEMBER 8: REUNION SESSION

EACH SESSION WILL BE HELD VIRTUALLY FROM 12:00-1:00PM EST. COST: \$40.00 PER INDIVIDUAL OR \$65.00 PER COUPLE.

TO REGISTER VISIT:
[HTTPS://BIT.LY/3NZNGLL](https://bit.ly/3NZNGLL)



SERVSAFE FOOD MANAGER CLASS & EXAM OPPORTUNITY

WHEN: JUNE 2, 2022

WHERE: RANDOLPH COUNTY FAIRGROUNDS

WINCHESTER, IN 47394

TIME: REGISTRATION @ 8 AM, TRAINING

8:30 AM- 4:30 PM, EXAM 4:30 PM



IF YOU HAVE ANY QUESTIONS FEEL FREE TO CALL 765-584-2271.

FOLLOW LINK TO SIGN UP:
[HTTPS://CVENT.ME/44N8G9](https://cvent.me/44N8G9)

PRESORTED
STANDARD
US POSTAGE PAID
WINCHESTER, IN
47394
PERMIT NO. 15



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



It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.