

LIFESTYLE JUNCTION JANUARY 2022



Happy New Year!! I hope everyone had a great Christmas and had plenty of time to celebrate and catch up with friends and family. With the new year here, I know many people set resolutions and goals for themselves. I hope I can provide some advice and tips as we go about tackling this new year!



When I took on this new position as the Health & Human Sciences Educator, I thought I should really practice what I am preaching to the community. This new year I have set goals and resolutions for myself to work on healthy living and financing.

As you start to set these resolutions or goals for yourself, being able to see them on paper is always key for me.

For example, here are a couple of items on my list:

1. Eat healthier meals and portion control
2. Drink more water!!
3. Set monthly budget - eating out, coffee runs, treat yourself, and payments (car, insurance, phone)
4. Spend as much time as possible with friends & family
5. Take more pictures to capture memories

Put your best foot forward this year and don't be afraid to push yourself outside of your comfort zone. Take time to focus on you as well! That might be a walk with dogs, talking on the phone with friends or family, or take a nice bubble bath!

You deserve it! Let's see what 2022 has in store!!

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cheers!

Jump Starting the New Year



2022 is now here! Many people set New Year's Resolutions, but this year try to think of them as goals you set for yourself.

Some of these might pertain to your health, finances, emotions, social behaviors, or your physical wellbeing.

Here are some strategies that will help you stick to your goals this year.



1.) BE S.M.A.R.T.

- When it's time to start setting your goals be sure to utilize the S.M.A.R.T. method. This stands for specific, measurable, attainable, relevant, and time-sensitive. This method can be utilized in a variety of ways and will lead to a higher percentage when achieving your goals.

2.) Write It Down

- Put these goals down on paper or a dry erase board so you can visually see what you are striving to achieve. This will allow you to mental declutter and keep your motivation going.

3.) Avoid Comparisons

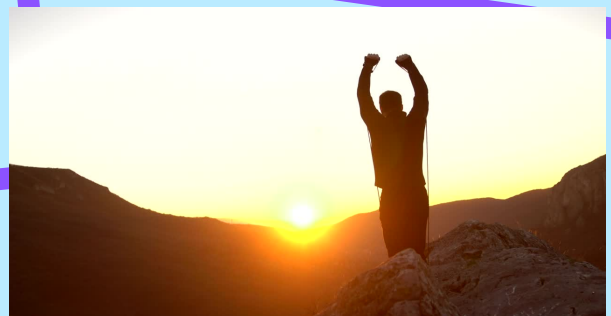
- Don't spend your time analyzing what one person is doing on their journey, your path might be completely different than them. Take a look at your journey and focus on your milestones.

4.) Embrace Failures

- When you embrace failure it allows you to become stronger and more resilient as you continue down your journey. You can learn and grow from these experiences.

5.) Enjoy & Reward

- Your big success is made up of all the small victories along the way. Celebrate and treat yourself when you see progress and positive outcomes on your journey.



WWW.LIFEHACK.ORG/352366/HOW-SET-GOALS-INSTEAD-RESOLUTIONS-FOR-THE-NEW-YEAR

PURDUE EXTENSION GET WALK^{IN}' PROGRAM

Helping Hoosiers get on their feet!



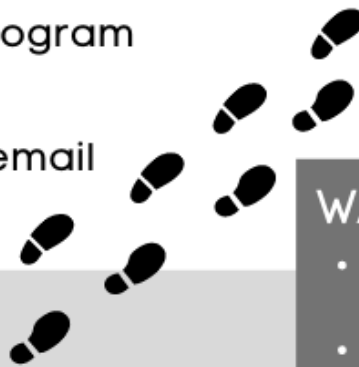
SCHOOL OF NURSING



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

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

Sign up, walk anywhere, and get email support.



WALK TO:

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

DETAILS

Start Date: Tuesday, February 1, 2022

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 765-584-2271 or
Email robin389@purdue.edu

Register By: Friday, January 28, 2022



For more information or to join us, contact: 765-584-2271 or robin389@purdue.edu



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Extension - Randolph County

The Recipe Corner

SWEET & SPICY POPCORN SNACK MIX

Ingredients:

- 4 Cups Popped Popcorn
- 1 Cup Cheez-Its
- 1 1/2 Cups Rice Chex
- 1 1/2 Cups Mixed Nuts
- 3 tbsp. Butter, Melted
- 1 tsp. Cayenne Pepper
- 1 tsp. Paprika
- 1/2 tsp. Garlic Powder
- 1 tbsp. Brown Sugar

*Can adjust spices for desired spice levels

Yields: 8 Cups

Instructions:

- 1.) Combine Cheez-Its, Rice Chex, popped popcorn, and mixed nuts in a large bowl.
- 2.) In a small bowl, combine the melted butter, cayenne pepper, paprika, garlic powder, and brown sugar and stir to combine all ingredients.
- 3.) Slowly pour the butter and spices mixture over the popcorn mixture while stirring. Stir until all ingredients are well coated.



Original Recipe from Lean Green Bean Blog

WWW.YUMMLY.COM/RECIPE/SWEET-AND-SPICY-POPCORN-SNACK-MIX

- 4.) Transfer mixture to a large baking sheet and bake at 250 degrees F. Bake for 45 minutes, stirring every 15 minutes. Enjoy!!

Fun Fact!!

January 19th is National Popcorn Day!

Prepare this sweet & spicy mix for your friends and family to try!!

Saving Solutions

Financial wellness is always on our minds but especially right now at the first of the year!

Now that the holiday spending is over you might be feeling overwhelmed with your spending and feel a little panicked when checking your bank account.



Check out some saving solutions as we move into 2022!



- Reduce cost of utilities
 - Turn off lights when not in use
 - Change air filters frequently
- Don't pay for purchases with your credit card
- Put all loose change in a jar
 - Perfect for unexpected expenses
- Eat out less frequently and less expensively
 - Pack your lunch or use restaurant coupons
- Find free or inexpensive activities
 - Walk, matinee movies, or reading
- Cancel unnecessary subscriptions
 - Netflix, Hulu, HBO, or Discovery Plus



WWW.PURDUE.EDU/MYMONEY/BACK-TO-BASICS/STRATEGIES.HTML

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



The first 25 participants to sign up will receive free lunch & registration fees covered.

We would like to thank our sponsor:
Randolph County United



Extension - Randolph County

Purdue University is an equal access institution.

Registration Form

BRIDGES OUT OF POVERTY TRAINING

Return by: Friday, February 18, 2022



Name: _____

Address:

Email: _____

Phone Number: _____

Special Accommodations: _____

Return Form to:

Purdue Randolph County Extension

1885 S US Hwy 27

Winchester, IN 47394

or email to: robin389@purdue.edu



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**Great Program
Opportunities Inside!!**

- Get Walkin' - Pg. 3
- Bridges Out of Poverty
Training - Pgs. 6-7

Check out how to sign
up!!



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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