

LIFESTYLE JUNCTION

MARCH 2022



It is starting to look like Spring! The ice and snow are melting and the sunshine is out. March 20th is the official start to Spring, I don't know about you, but I am ready for warm weather!



Did you know March is Living Well Month? The National Association of Family & Consumer Sciences celebrates Living Well Month every year in March.



As the Health & Human Sciences Educator, I would love for everyone to reflect and prioritize your overall health and wellness, not only for March but every month! You will find on the last page in this newsletter a calendar that has wellness activities to complete or get you thinking about each day. Feel free to rip that out and hang on your fridge or in your office to serve as a reminder this month.

Also, make sure to follow Randolph County Purdue Extension page on Facebook. I plan on sharing wellness videos throughout the month of March, so be on the lookout for those!!



ATTENTION ALL BAKERS & DESSERT FANS!!!

Randolph County Ag Days will take place on April 6 & 7, 2022. The Dessert/Item Auction will take place at 7 PM on Wednesday, April 6th. They are looking for donations of homemade goodies or any items to help raise money to go towards the Ag Days Scholarships. If you have any questions feel free to call 765-584-2271.



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Extension Homemakers Nook

Message from the President

Just wanted to share an update on the Cultural Arts Project for Home & Family Conference. I talked with Linda Wessler, and the project needs to start from scratch.

For example:

A piece of driftwood as the base - maybe cut holes and add succulents, or make a bird feeder out of the driftwood.

You may buy materials from a store, but you have to build it and put item together.

A grape-vine wreath could serve as the base or a wire wreath. This size could be 12" X 16", this is including the holder if used. Use your imagination!!!



Calendar of Ext. Homemakers Events

March

- 3/7 - Council Meeting @ 6:30 PM
- 3/24 - District Meeting - Zoom @ Randolph County Fairgrounds

May

- 5/10 - County Achievement Night
Registration starts @ 5:30 PM
- 5/31 - Council Meeting @ 5:30 PM

June

- 6/1-6/3 - Home & Family Conference

July

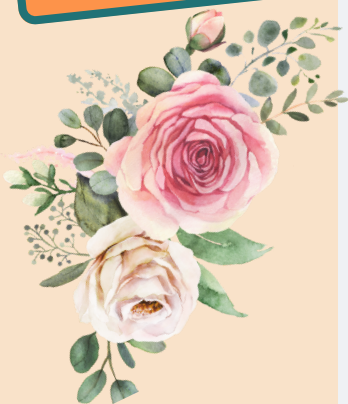
- 7/15-7/22 - 4-H Fair

August

- 8/19 - District Meeting in Franklin County

Spring Cleaning

Spring is in the air...You know what that means, Spring cleaning!!!
Here are some tips and reminders as you start checking off your to-do list.



- **Make Your Trash Smell Better**
 - Try placing a couple dryer sheets, new or used in the bottom of your trash can. They will adsorb spills and help mask odors
- **Cleaning Your Microwave**
 - Fill a large microwave-safe bowl with 1 cup of water and chopped up lemon, lime, or orange. Turn appliance on for several minutes or until mixture boils. Let it cool for 5 minutes before opening, then remove and wipe the inside and outside with a sponge.
- **Organize and Clear the Clutter**
 - Try sorting items into four categories - trash, give away, store, or put away. This will help with efficiency and determine if you need to purchase totes or basket for organizational storage.
- **Freshen Drains**
 - Mix 1/2 cup baking soda and 1/4 cup table salt. Pour the mixture down the drain, followed by 1 cup heated vinegar, let it stand for 15 minutes tops. Follow by running hot water for 15-30 seconds.

www.thespruce.com/spring-cleaning-a-complete-checklist

www.goodhousekeeping.com/home/cleaning/g3345/spring-cleaning-tips

RECHARGE

Mind * Body * Soul

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



Dates:

- Thursday, May 12
"Mental Health 101"
- Thursday, May 19
"Stimulating Your Senses"
- Thursday, May 26
"Food and Mood"

Time:

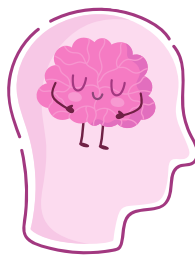
6:30 PM - 8:00 PM

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



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Email robin389@purdue.edu**

The Recipe Corner

Reuben Dip

Ingredients:

- 3 Packages of Corned Beef (2 ounces each)
- 1 Cup Swiss Cheese - Shredded
- 1 Cup Cheddar Cheese - Shredded
- 1 Can Shredded Sauerkraut - Drained (8 or 10 ounces)
- 1 Can Chopped Black Olives
- 1 Cup Mayonnaise

Servings: 4

Instructions:

1.) Chop the corned beef into small pieces, around 1/2-inch.

2.) Drain the 1 can of sauerkraut.

3.) In a bowl, mix together cheeses, corned beef, sauerkraut, black olives, and mayonnaise. Spread into a 13X9 - inch baking dish.

4.) Bake at 400 degrees for 15-20 minutes or until bubbly.

5.) Serve with chips or crackers. Enjoy!!



Fun Fact!!

March 23rd is National
Chip & Dip Day!

Give this dip a try!!



Original Recipe from Southern Plate

WWW.SOUTHERNPLATE.COM/BAKED-REUBEN-DIP/

Living Well Month

Did you know March is Living Well Month?

The National Association of Family & Consumer Sciences celebrates Living Well Month every year in March.



This month I would like for you all to prioritize and reflect on your overall health and wellness.

Start by focusing on the following areas of wellness:

- Mental
- Social
- Emotional
- Spiritual
- Financial
- Occupational
- Environmental
- Intellectual



www.neafcs.org/living-well-month



Make sure to follow Purdue Extension Randolph County on Facebook!!

Watch for Living Well videos and more!



LIVING WELL *calendar*

31 Ways to Live Well during
Living Well Month



MARCH 2022

SUNDAY

The 8 Dimensions of Wellness:

Social
Physical
Occupational
Emotional

Financial
Environmental
Intellectual
Spiritual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)

2
Practice being still for 5 minutes today (Try out some breathing exercises)

3
Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment

4
Have a meal that includes 3 of the 5 food groups (fruit, veggie, whole grain, low-fat dairy, protein)

5
Try a new vegetable today or try a familiar vegetable in a new way

6
Take 5 minutes to do some flexibility exercises

7
Swap one sugar sweetened drink for water

8
Give 3 compliments today

9
Write down 5 blessings or things you are grateful for

10
Do 10 body-weight squats and 10 jumping jacks

11
Do some research to learn about a culture that is different than yours

12
Be aware of your feelings. Express them to people you trust

13
Reach out to someone you care about. Make a date to get together.

14
Be well at work—Set goals for your career and start taking steps to achieve them

15
Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same

16
Explore public events in your community and discover ways to get involved

17
Find a book to read, and read 1 chapter today

18
Forgive someone who has wronged you

19
Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)

20
Declutter, donate, and recycle things you don't need or use anymore

21
Find an opportunity to appreciate nature today

22
Nurture your spiritual wellness. Ask yourself what values, are most important to you

23
Do 10 pushups (or modified pushups) and 10 sit-ups today

24
Take a mental health break at work and go for a walk outside or in the hallways

25
Instead of watching a 30 min show tonight, listen to a 30-minute educational podcast or watch a Ted Talk

26
Get outside and soak up some vitamin D. Find a park or trail and take a walk

27
Make a budget for April. If needed, talk to a financial advisor to get started

28
Have a plant-based meal today

29
Schedule any doctors visits, exams, or check ups that you have been putting off

30
Bring a homemade lunch to work today rather than buying fast food

31
Have dinner with your family, friend, or neighbor with no smart devices.

For additional information on how to Live Well contact:

Zoë Robinson

HHS Extension Educator

765-584-2271 or robin389@purdue.edu



**HAPPY
ST. PATRICK'S
DAY**



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Extension - Randolph County

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