

LIFESTYLE JUNCTION

OCTOBER 2022



You know what they say, time flies when you're having fun!! I can't believe I hit my 1 year mark with Purdue Extension in October. Time has gone by so fast, but I have enjoyed every moment!

I want to take the opportunity to thank my family, office family, friends, Randolph County Community, Area 7 HHS Team, and mentors & supporters along the way!! It truly has been a wonderful 1st year, and I look forward to the many memories and impact to make in my career in Randolph County Purdue Extension!!

October is full of national awareness and important reminders to us. To list a few:

- Breast Cancer Awareness Month
- Financial Planning Month
- National Pork Month
- Diabetes Awareness Month



Fall is in the air, farmers are in the field, and leaves are turning colors. Remember to use caution during this busy time for farmers and their families. Take time to thank our farmers!!

Also, with breast cancer and diabetes awareness month being in October, this reminds us to take care of our health and ourselves. Make sure you are prioritizing yourself and take time for you! .

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Extension Homemakers Nook

Message From the President

Hi all!! Hope you are all enjoying the fall weather and getting ready for the Holiday season soon.

I want to thank the Diva's Boutique, where Country Gentleman was located, for letting us use a window to have a display for IEHA Week! Thank you to Leigh Ann Chalfant for her work on finding a location and for all your help.

Don't forget Saturday, October 22nd is Make a Difference Day, so try to do something special for someone. Try to stop by this week and see our window display. Thank you to everyone who has contributed.

-Sincerely, Marie Jackson - President

Thank you to all the Randolph County Extension Homemaker Clubs providing dinners for Strengthening Families Program. The families are loving the homecooked meals!!

I greatly appreciate your help and support!!



Calendar of Ext. Homemakers Events

October

- 17th - 22nd IEHA Week
- 22nd - Make a Difference Day

November

- 16th - Living Well Evening ~ Prepare for the Holidays
- More details on Page 3, Check it out and sign up to attend!!

December

- 5th - Council Meeting @ 6:00 PM at Randolph County Fairgrounds



Living Well Evening

Prepare for the Holidays



November 16



Time: 6:00 PM

**Location: Randolph County Fairgrounds
1885 S US Hwy 27, Winchester, IN**

**Join us & rotate to all
3 lessons:**

- **Building Healthy Charcuterie Boards**
- **Curve the Urge to Splurge during the Holidays**
- **Mental Health & Winter Blues**



**Stop by Reid Health
Table to hear more about
free mental health
screenings, how to join
Reid Healthier Club, and
enjoy some tasty
snacks!!**



To Register to Attend:

Call 765-584-2271 or

Sign Up through Google Form

<https://forms.gle/eQ2JSYH5YjLU9gaR9>



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DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



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Extension - Randolph County

Location:

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

Dates:

January 10, 17, 24, 31
February 7, 14, 21, 28

Classes are held once a week on
Tuesday, for 8 weeks for 2 hours each.

Attend each week at
Time: 1:00 PM – 3:00 PM

**For more information or if you
want to register, please call:**
765-584-2271

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Harvest Feelings

WWW.MORNINGAGCLIPS.COM/NEW-VIDEO-ADDRESSES-MENTAL-HEALTH-IN-AGRICULTURAL-COMMUNITY/

Individuals involved in agriculture and ag-related pursuits often face high levels of stress because so many of the factors affecting their lives and livelihoods are beyond their control.

Much of this stress comes from uncertainty about things out of our control. These factors might include weather and negative fluctuations in market conditions. This lack of control can overtake you and can lead to chronic stress, in turn, issues with a person's mental health.

Being apart of the Farm Stress Team, we deliver programs and have resources focusing on the health and overall wellbeing of farmers, farm families and ag businesses.



“Farmers and livestock producers’ stress and overall well-being is something that they don’t want to talk about every day.

It's okay to not be okay, but it is important to know how to cope and bring light to difficult times.

ZOE ROBINSON
Randolph County HHS Educator



I was in Kansas a few months ago for my cousin's wedding, and they had not had rain for 90 days. They were struggling, but they were never defeated.

That evening there was a downpour, and you should have heard the cheers coming from the agriculturist in attendance.

Farming and agriculture are the backbones of our society.

The Recipe Corner

Brown Sugar Spiced Pork Loin



Ingredients:

- 2 lb. Pork Loin

For the Rub:

- 2 Teaspoons Salt
- 1/2 Teaspoon Black Pepper
- 1 Teaspoon Ground Cumin
- 1 Teaspoon Chili Powder
- 1 Teaspoon Cinnamon

For the Glaze:

- 1 Cup Brown Sugar
- 1 Tablespoon Tabasco Sauce
- 6 Cloves Garlic (finely chop)



Original Recipe Pork Checkoff

www.tablefortwoblog.com/brown-sugar-spiced-pork-loin

Servings: 8

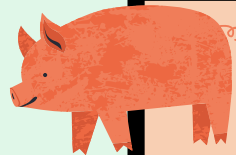


Instructions:

- 1.) Preheat oven to 350 degrees, and line a large baking sheet with foil.
- 2.) In a small bowl, mix the ingredients for the rub. Next, in a another bowl stir together the glaze ingredients.
- 3.) In a skillet, add some vegetable oil to pan and turn heat on medium-high. Then, coat all sides of pork loin with spice rub. Brown all sides of pork loin about 4-5 minutes total.

4.) Transfer pork loin to baking sheet, pat the glaze mixture on top. Roast the pork in the oven for 25-35 minutes, or until 140 degrees in center of each loin.

5. Slice and serve with glaze from the sheet. Enjoy!!



Fun Fact!!

October is
National Pork
Month!!



Mark Your Calendars

SAVE THE DATE

GRAND ROUNDS 3.0

April 3, 2023

Join us in learning how to Refresh, Reset, & Renew our health!

Register Here



Free conference! All welcome!
at Ball State University



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Grand Rounds 3.0 is a conference to enhance knowledge and skills of student health professionals, health professionals, and educators! CEUs will be available.

Tons of fun stops to check out @ Halloween Open House!! Come see us!!



TRICK OR TREAT HALLOWEEN OPEN HOUSE

OCTOBER 24TH FROM 6-8PM
RANDOLPH COUNTY FAIRGROUNDS

PLEASE JOIN US FOR A FUN EVENING WITH GAMES, CRAFTS, CANDY, A HAUNTED HOUSE, PUMPKIN PAINTING AND MUCH MORE. THIS EVENT IS HOSTED BY THE JUNIOR LEADERS.

COSTUMES ARE ENCOURAGED

QUESTIONS: 765-584-2271

SAVE THE DATE:

FEB 21-23

TERRE HAUTE CONVENTION CENTER



Women in Agriculture

2023

AG WOMEN engage conference

Engaging Midwestern Women in Agriculture

Purdue University is an equal access/equal opportunity institution.

Ag Women Engage Conference addresses personal, family, and farm issues that affect their families, lives, and farm businesses.

Young Ladies in Ag Forum during this conference - February 22, 2023
If you need more info, feel free to contact Amy Alka: 765-584-2271

ServSafe Manager Certification Training & Exam
Monday, January 23, 2023 @ Randolph County Fairgrounds



Extension - Randolph County

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FALL
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