



In Touch, In Tune

www.extension.purdue.edu/dearborn



May 2024

Dear Friends,

May is filled with a variety of activities in my personal and professional life. Personally, I will celebrate Mother's Day, a niece's wedding, and a wedding anniversary. Professionally, I am finishing my programming year, planning a Book Party with Head Start, POP (Power of Produce) for Lawrenceburg Farmers' Market this summer, and munchie sessions with Lawrenceburg Library and Aurora Library, and participating in the NEAFCS in-person Board Meeting and Strategic Planning. I am planning ways to enjoy each activity for my mental wellbeing.

You will find information about Mental Health Awareness, National Salad, National Barbecue Month and Senior Health and Fitness Day. I encourage you to use the information to better your wellness in one way. In other words, Keep It Simple and Succeed (KISS). One percent better is better than no change. We have to remember change is slow not instant. Our mind tells us some untrue stories. Perseverance at a practice takes small improvement. May you find small ways to impact positive practices in your life this May.

Warm Regards,
Marcia Parcell
Extension Educator, Health and Human Sciences

DATES TO REMEMBER

- May 10—STEM Enrichment Day at Dillsboro for Manchester and Dillsboro Elementary
- May 13—Get Walkin', 8:30am, North Dearborn Public Library
- May 20—Get Walkin', 8:30am, North Dearborn Public Library
- May 27—Memorial Day, Extension Office Closed
- May 27—Get Walkin', 8:30am, walk on your own, wherever you prefer
- June 3—Get Walkin', 8:30am, North Dearborn Public Library
- June 8—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- June 10—Get Walkin', 8:30am, North Dearborn Public Library
- June 10-12—Indiana Extension Homemakers Home & Family Conference. Visit www.ieha-families.org/conference
- June 15—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- June 17—Get Walkin', 8:30am, North Dearborn Public Library
- June 17-21—Dearborn County Fair, Fairgrounds, Lawrenceburg
- June 22—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- June 24—Get Walkin', 8:30am, North Dearborn Public Library
- June 29— Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- July 6--Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- July 13—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- July 27—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- August 3—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- August 31—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- September 28—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market

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SENIOR HEALTH AND FITNESS DAY—MAY 29, 2024

TRY HEALTH TRACKER SUMMER PROGRAM OR TRY BALANCE TRAINING—I will be presenting a Matter of Balance and Dining with Diabetes sessions. Let me know if you or a family member could benefit from these program.

HEALTH TRACKER SUMMER PROGRAM

June 8, 15, 22, & 29 and July 6 & 13

The Health Department will be at the first Lawrenceburg Farmers Market (6/8/2024), handing out booklets and taking beginning health screenings for blood pressure, blood glucose, and weight. The Health Department will provide the incentives to be shared by Purdue Extension at subsequent markets until 7/13/2024, when the Health Department will return to take ending vitals.

The public can earn incentive items during the program by completing the activities and logging into their booklet. Anyone showing their booklet at the Purdue booth at the Farmers Market that they complete two or more items in a week will be eligible to receive that week's incentive. (While supplies last)

Eligible Activities include:

- Participate in Get WalkIN': contact mparcell@purdue.edu for an email-based program
- Participate in Walk With A Doc. First Saturday of each month at the trailhead in Lawrenceburg
- Participate in Yoga in the Park at the Lawrenceburg Civic Park on Wednesdays at 10:00am and Saturdays at 9:00am. All classes are FREE! Just bring your water bottle, yoga mat, and your friends!
- Visit the Farmers Market: open every Saturday, June-October, 9:00am-1:00pm.
- Home check of blood pressure, glucose
- Trying a new healthy recipe and writing a review of it in their logbook.

Have an instructor, walk leader, or market representative stamp your book for validation.

Partners: Dearborn County Health Department, Purdue Extension, Zen Zone, and Lawrenceburg Farmers Market

NOURISH WITH A LITTLE PHYSICAL ACTIVITY

Which of these is/are potential outcomes of regular physical activity? Select all that apply.

- | | |
|--------------------------|---------------------------|
| a) Improved joint health | d) Improved eye health |
| b) Improved bone health | e) Decreased brain health |
| c) Improved heart health | |

If you selected a, b, c, and d, you are correct.

Improved brain health is another potential outcome of getting up and moving! In fact, we may think more clearly after an exercise break, regardless of our age. Getting regular exercise also can reduce the risk of depression and anxiety. If sleep is an issue, add more exercise and you might even sleep better.

May often is designated as Move More Month by the American Heart Association. Can you think of some ways to get more physical activity? Here's a list of ideas to get you started.

- Park farther from your destination. In cold weather, bundle up with a heavy coat, boots, mittens, hat, hood and/or scarf.
- Take the stairs when possible.
- Find a buddy to keep you motivated. Schedule physical activity with your buddy. The walks can be indoors at a school or mall or other facility that allows walkers. If you have a gym membership, a friend can help you stay motivated.
- If you have a sedentary job, try to stand up a few minutes every hour. Even better, get up and walk around a few times a day.
- If you have a sedentary job, have walking meetings instead of sitting at your desk. Adjust your camera (or turn it off) and stand or walk in place during online meetings.

- Consider getting a standing desk and/or using an exercise ball as your chair for part of the day. An exercise ball may help with good posture because you could roll off your chair if you are not supporting yourself.
- If walking is a challenge or not possible for you, consider chair exercises and strength exercises.

Adapted from NDSU Extension, Nourish Issue 76

HOW TO PLANT A GARDEN ON A BUDGET-This article supports KISS (Keep It Simple and Succeed)

Gardening can be a therapeutic and relaxing activity, but it can also put a little extra money in your pocket if you grow the right things (and grow them well). A seedling might cost you just a dollar or two but yield vegetables and fruit throughout the season that would otherwise cost you many dollars a pound.

Like anything else, gardening can be done on a budget, or you can get carried away and spend far too much.

Here are just a few ways you can save on your garden this year.

Start small. If this is the first year you're trying to grow a garden, it's OK to start small. If you don't have a lot of room, or time, to build a raised bed, begin with a few pots and try container gardening. You can grow produce almost as well in pots as you can in a raised bed, and it requires a lot less time to get started. With a smaller garden, it will also be easier to plan and you can always expand it next year.

Skip fancy planters. If you're going to work with a container garden, don't buy the expensive planters at the hardware store. IKEA and your local dollar store can be great places to look for chic containers on a budget. Any container that offers drainage will work (or you can drill your own holes). Drainage is crucial, or you might get too much moisture and cause the roots to drown and the soil to mold.

If you want a cheap option, buy a painter's bucket and drill holes at the bottom for a five-gallon planter for just a few dollars. You'll even get a handle as a bonus, so you can easily move the container.

Pots will be expensive, even if you skip fancy planters, but it's an upfront fixed cost that you won't have to pay each year. Buy a sturdy bucket or container, and use it for years.

Only plant what you'll eat. This sounds silly, but when you visit the store, you might be tempted to plant all these incredible vegetables you've always wanted to try. Avoid that temptation! You'll be spending good money and time on your garden, and you'll want to maximize your enjoyment. So don't plant something

unless you know you'll eat it. You can always experiment later, once you have a handle on things.

When deciding what seeds to buy, choose vegetables that are more expensive. Tomatoes and peppers are good choices because they're some of the most expensive vegetables to purchase (and they're not difficult to grow yourself).

Start from seeds. Take a stroll through the outdoor department of your local home improvement store or the greenhouse of your local market, and you'll see a lot of plants -- all of which have been growing for weeks. These are good options if you're late into a growing season, but you can save a lot of money by starting with seeds.

To begin, take some potting soil, and put it into a cardboard egg carton. It's important you use fresh potting soil because it'll be full of nutrients your seeds need to grow. For bonus points, try a seed-starting mix of compost, perlite, vermiculite and coir -- there are plenty of recipes online.

Next, put the seeds in the dirt, and place the carton somewhere it will get sun. Use a spray bottle to keep the dirt moist, and within a week or so you should see sprouts. Keep watering until they get their second set of leaves. Then they'll be ready for transplant to individual containers or your garden.

Make your own compost. Compost can provide valuable nutrients for your plants, but it can be expensive if you buy it. Why not take advantage of your yard and food waste by composting it yourself? Many municipalities offer free or reduced cost compost bins that you can use to produce food for your garden.

Water the garden in the morning or in the evening. It's best to water your garden, and even your lawn, during cooler temperatures. Water your garden in the morning or in the evening -- not when the sun is at its peak and more of the water evaporates.

After a few weeks, you'll start to see the fruits (and vegetables) of your labor. Good luck on your garden this year!

Source: U.S. News & World Report

FOOD AND NUTRITION—After sharing about Gluten Free last month, I came across *Make Your Own Flour It's Easy!* Please enjoy!

MAKE YOUR OWN FLOUR-IT'S EASY!

Grinding your own fresh flour substitutes saves money and incorporates flavorful, wholesome goodness into your diet. Alternative flours are very easy to make. All you need is a food processor or high speed blender. Buying whole grains, nuts, and dried beans in bulk makes them affordable, too. These flours vary in flavor, texture, and nutrition. There's no limit to the incredibly delicious foods you can prepare with these homemade flours.

Here are three naturally gluten-free DIY flour varieties you can make with buckwheat groats, chickpeas and rolled oats. You don't have to be on a gluten-free diet to appreciate these healthy flours.

Since gluten-free flour substitutes contain no leavening agents, they cannot be used cup for cup in traditional yeast bread recipes. For fool-proof baking, use flourless, gluten-free or flour-specific recipes.

Homemade Buckwheat Flour—Buckwheat is a whole grain, and so buckwheat flour is made by grinding the hulled seed (groats) of the buckwheat plant. Despite its name, it is not related to wheat.

Make Your Own Buckwheat Flour—Add 1 cup buckwheat groats to a high-speed blender or food processor. Blend or pulse for about 45 seconds, until reaching the consistency of fine flour. Yield: 1 cup of buckwheat groats = just under 1 cup buckwheat flour.

Tasty Ways to Use Buckwheat Flour—Buckwheat flour adds a hearty, toasty flavor to pancakes and baked goods. Try it in quick bread recipes, such as banana bread or chocolate muffins. With buckwheat flour, you can enjoy gluten-free versions of dense pumpnickel, or other brown breads, and fudgy brownies.

Helpful Tips—Refrigerate in an airtight container for up to 6 months, or freeze for up to 1 year.

- When making pancake batter that includes eggs, you can substitute buckwheat in place of all-purpose flour in a 1:1 ration.
- When baking bread, you can swap up to ½ buckwheat flour for all-purpose flour.

Homemade Chickpea Flour—Chickpea flour is easily made by grinding dried garbanzo beans, aka chickpeas.

Make Your Own Chickpea Flour—Add dried chickpeas to a high-speed blender or food processor and blend on high for two to three minutes until reaching a flour-like consistency. Yield: 1 cup dried chickpeas = 1 ½ cups chickpea flour.

Tasty Ways to Use Chickpea Flour—Chickpea flour imparts a savory flavor, making it a delicious thickener for gravy, soups, sauces, and chicken chili. Dredge fish, pork, or chicken filets in it when pan frying. It's also ideal for making flatbread, crackers, and veggie burgers, too.

Helpful Tips—Store in an airtight container, in a cool, dry place for 6 months, or longer in the refrigerator or freezer.

Homemade Oat Flour—Oat flour is made by grinding whole rolled oats.

Make Your Own Oat Flour—Add old-fashioned or quick rolled oats to a food processor or high speed blender and process for approximately 15-30 seconds, until reaching a fine, flour-like consistency. Yield: 1 heaping cup old-fashioned or quick rolled oats = 1 cup oat flour.

Tasty Ways to Use Oat Flour—This flour adds a unique, chewy texture to baked goods. It pairs well with nuts in recipes, as oat flour tastes slightly nutty. It adds a subtle, sweet flavor to muffins, pancakes, pie crusts, and banana breads. Delicious in breakfast bars and in crumbly topping for apple pies and bar cookies.

Helpful Tips—Keeps up to 6 months when refrigerated in an airtight container, or up to 1 year frozen. Oat flour can be used to replace up to 20% of all-purpose flour in baked goods, such as quick breads, muffins, and cookies. When using in bread recipes, you'll need to slightly increase the amount of yeast to ensure the bread rises.

Source: Farmers' Almanac for the year 2024

MAY IS NATIONAL SALAD MONTH

Salads can be a meal, part of a meal, as a snack or a dessert. Share your favorite salad recipe with me and how you use it. Email the recipe to mparcell@purdue.edu.

BARBEQUE CHICKEN CHOPPED SALAD

Servings: 4

1 cup chicken, cooked and cubed

¼ cup barbeque sauce, divided

4 cups Romaine lettuce, gently rubbed under cold running water, chopped

½ cup tomatoes, scrubbed with clean vegetable brush under running water, chopped

½ cup Cheddar cheese, shredded

¼ cup ranch dressing**

¼ cup tortilla chips, crushed

Optional ingredients: avocado
corn, bell peppers, cilantro

Wash hands with soap and water. In a small bowl, combine chicken and 2 tablespoons barbeque sauce. In a large bowl, combine lettuce, tomatoes, and optional ingredients, as desired. Add chicken mixture to lettuce mixture, top with shredded cheese. Top with tortilla chips and drizzle with ranch dressing and remaining barbeque sauce. Store leftovers in a sealed container in the refrigerator up to four days. *If desired, use seafood (canned salmon, tuna, crab, or frozen and prepared fish), canned chicken or garbanzo/kidney beans in place of cooked chicken. **If desired, use any choice of dressing.

Source: University of Nebraska Lincoln Extension, Nutrition Education Program

3-Ingredient Barbecue Salad

Servings: 8

What if you could make a quick, tasty barbecue sauce with 3 basic ingredients...AND it would be lower in sodium than regular barbecue sauce recipes or purchased barbecue sauce. Here's all you need:

¾ cup no salt added ketchup 2 Tablespoons brown sugar 2 Tablespoons mustard

Wash hands with soap and water. Mix all ingredients together. Store leftovers tightly covered in the refrigerator.

Source: University of Nebraska Lincoln Extension, Nutrition Education Program

DIVERSITY, EQUITY, INCLUSION AND BELONGING

Month-long observances:

- Alzheimer's and Brain Awareness Month
- Black Music Month
- National Caribbean American Heritage Month
- Pride Month (LGBTQ+)

Important June DE&I calendar dates

- June 5 – World Environment Day
- June 9 – Race Unity Day
- June 12 – Loving Day
- June 16 – Eid al-Adha (Muslim)
- June 16 – Father's Day
- June 19 – Juneteenth
- June 20 – World Refugee Day
- June 20 – Litha, Summer Solstice (Pagan)
- June 21 – National Indigenous Peoples Day (Canada)
- June 23 – Public Service Day
- June 24 – St-Jean-Baptiste Day (Quebec)
- June 27 – Helen Keller Day (USA)
- June 28 – Pride Day (LGBTQ+) (varies by city and country)

jokes

- What did Spring say when it was in trouble? May Day
- What season is it when you are on a trampoline in May? Spring time
- Who conducts the spring orchestra? A May-stro
- Who likes May the Fourth? Jedis
- What May flowers grow on faces? Tulips.

Source: <https://heresajoke.com/may-jokes/>



Cooperative Extension

30 for 30: Walk-a-Weigh

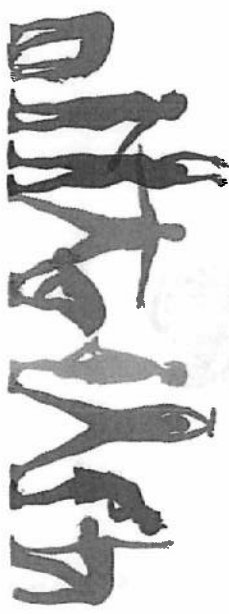
0 = 5 minutes

Physical Activity Log

Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
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○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
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Increase your physical activity for your health.

30 Minutes Daily for 30 Days!

 My goal is to walk _____ minutes a day at _____
 Number Location


Repeat each exercise 8-12 times, complete circuit 2-3 times, two times per week on non-consecutive days. Breathe throughout each activity, do not hold your breath. Inhale on the easy part and exhale on the hard part. Tighten abdominal muscles and maintain core strength during activities.
Suggested equipment: sturdy chair and step

BENEFITS OF PHYSICAL ACTIVITY



Enhance overall health and well-being



Improve mood and reduce feelings of stress and anxiety



Increase energy



Improve sleep



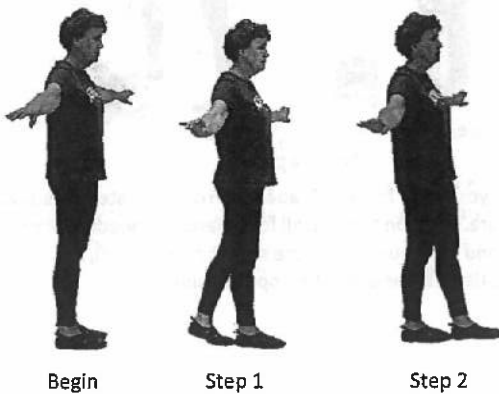
Side Leg Lift and Hold Balance

Stand tall next to a chair with your feet hip width apart. Hold onto the chair for balance as needed. Point your toes forward and begin to lift your right leg out toward the side. Keep your hips level and back straight. Hold for 5-15 seconds. Bring the leg back to starting position. Complete all repetition on one side before repeating on the opposite side. Challenge: let go of the chair for a few seconds to improve your balance.



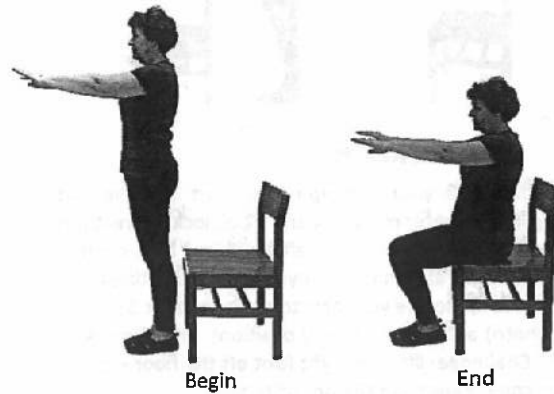
Single-sided Knee Lift and Reach Balance

Stand tall next to a chair with your feet hip width apart. Lift your right hand over your head while you slowly bend and lift your right knee until your knee is level with your hip. Hold for 5-15 seconds. Lower your foot back to the floor and your arm to your side. Complete all repetitions on one side before repeating on the opposite side.



Heel-to-Toe Balance Walk

Stand tall with your arms out at your sides for balance. Put your right heel in front of your left toes so that they are touching. Take a step to place your left heel in front of your right toes so that they are touching. Repeat for 20 steps. Challenge: try stepping backwards.



Unsupported Chair Sit and Stand

Stand tall in front of a chair with your feet hip width apart. Extend your arms straight in front of you for balance. Slowly sit your hips back and lower your hips on to the chair as gently as possible. Pause for 3 seconds. Press your heels firmly into the floor and keep your arms steady in front of you. Push through your heels to return to standing position.

Participating in this activity is purely voluntary. If you are not regularly active, it is recommended to consult with a physician before starting physical activity.



Rock the Boat Side Step

Stand with your feet hip width apart. Shift your weight to your left foot and slowly lift your right leg off the floor. Hold that position for as long as possible, up to 30 seconds. Slowly put your foot back onto the floor, then transfer your weight to your right foot. Slowly lift your left leg to repeat on the opposite side.



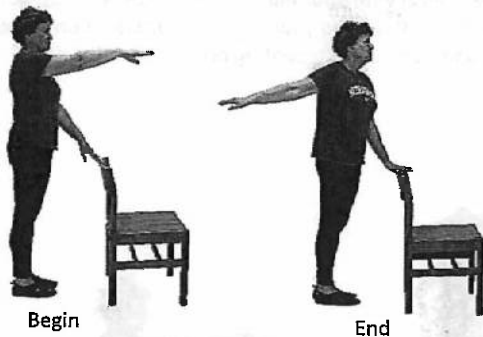
Backward Leg Lift and Hold Balance

Stand behind a chair with your feet hip width apart. Slowly lift your left leg straight back without bending your knee. Hold for 5-15 seconds. Slowly bring your leg back to the starting position. Complete all repetitions on one side before repeating on the opposite side.



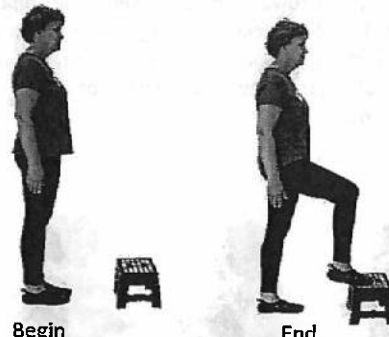
Chair Plank

Stand one to two feet behind a chair or table. Place your hands shoulder width apart on the chair. Bend your elbows slightly and relax your shoulders down. Step your feet back away from the chair. Lower your hips until your shoulders, hips and ankles make a straight line and your back is flat. Tighten your abdominal muscles and hold this plank position for 30-60 seconds.



Clock Reach

Stand behind a chair with your feet hip width apart. Imagine that you are standing in the center of a clock and 12 o'clock is directly in front of you. Hold the chair with your left hand and look straight ahead. Extend your right arm in front of you so it is pointing to 12 o'clock (begin position). Rotate your arm to point towards 3 o'clock (not shown in photo) and 6 o'clock (end position). Bring your arm back 12 o'clock. Challenge: lift your right foot off the floor slightly, bending at your knee. Repeat on the opposite side.



Toe Taps

Stand tall with your feet hip width apart in front of a step or a low piece of furniture. Hold on to the wall for balance as needed. Slowly raise one foot and tap your toes on the step in front of you, and then return it to the floor. Repeat on the opposite side.

Credits: Developed by Emily Gratopp, Photography by Vicki Jedlicka, Photography editing by Karen Wedding, Exercise poses by Mindy Vyhnaek