

September-October 2022 Newsletter

Dear Friends,

Congratulations to our entire 4-H community on a very successful fair season. Again we want to thank the community for their continued support of the 4-H program. We especially want to highlight our members who went on to compete at the state level. Results from the Indiana State Fair can be found in the following pages and online. We have switched over into fall program planning even if the official start of fall is a few weeks off. A new roster of programs is in the works or included in the following pages.



The next 4-H Fair Board Meeting will be October 6, 2022 at 7 pm in the Community Building. The next Extension Board Meeting will be September 28, 2021 at 6:30 pm in the Extension Office. Save the date for our Annual Extension Board meeting January 31st for a complete overview of the successes of this year and what's to come in the following months.

Sincerely, Britt Copeland, Extension Educator Jessica Martini, Extension Educator

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**3RD ANNUAL
JEFFERSON COUNTY 4-H TRICK
OR TREAT
DRIVE-THRU**

**3767 W SR 265 MADISON, IN 47250
OCTOBER 29, 2022,
2-4:30 PM**

**ALL COMMUNITY
YOUTH ARE
INVITED TO:**

- Stay on your Brooms (in your Cars) with headlights on, under 10 mph.
- Enter Extension Office Parking Lot, Exit Gate 3
- Collect your treats with a bag or bucket!
- Learn about 4-H along the way!

goosechase

- Play our GooseChase Scavenger Hunt to Win Prizes!
 - Download the GooseChase App
 - Search for "4-H Drive Thru Trick or Treat 2022" or enter game code XD5DQV

**COMMUNITY GROUPS
ARE INVITED TO:**

- Call the Extension Office (812) 265-8919 to have a booth!

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Agriculture & Natural Resources

Farmland Values & Cash Rental Rates Recordings Available

Purdue ag economists Todd Kuethe, James Mintert and Michael Langemeier discussed the 2022 Purdue Farmland Values Survey results and the USDA's *Land Values* report on August 24th. The department of ag economics conducts the [Purdue Farmland Values and Cash Rents Survey](#) each June; the survey is produced through the cooperation of numerous professionals knowledgeable regarding Indiana's farmland market. The survey results suggest farmland prices across Indiana rose to all-time highs in June 2022. Statewide, 2022 cash rental rates increased across all land quality classes.

The webinar recording is available [here](#), you can also listen to this webinar on our *Purdue Commercial Ag-Cast* podcast. [Listen to the recorded program by clicking here.](#)

[Read the 2021 Cash Rent and Land Values Survey by clicking here.](#)

For paper version readers visit ag.purdue.edu/agecon to access these resources and more.



Table 3: Average estimated Indiana cash rent per acre, (tillable, bare land) 2021 and 2022, Purdue Land Value Survey, June 2022

Area	Land Class	Corn bu/A	Rent/Acre		Change 21-22 %	Rent/bu. of corn		Rent as % of June Land Value	
			2021 \$/A	2022 \$/A		2021 \$/bu	2022 \$/bu	2021 %	2022 %
North	Top	225	273	280	2.4	1.28	1.24	3.0	2.2
	Average	185	222	225	1.5	1.25	1.22	3.1	2.3
	Poor	152	174	179	3.0	1.19	1.18	3.1	2.4
Northeast	Top	215	242	293	21.3	1.18	1.36	2.6	2.3
	Average	187	211	239	13.2	1.19	1.27	2.6	2.1
	Poor	157	181	190	5.1	1.19	1.21	2.7	2.0
W. Central	Top	229	302	329	9.0	1.39	1.44	2.8	2.5
	Average	200	262	289	10.3	1.36	1.44	2.8	2.6
	Poor	170	222	247	11.4	1.35	1.45	2.8	2.7
Central	Top	212	272	295	8.4	1.28	1.39	2.7	2.2
	Average	187	235	249	6.1	1.26	1.34	2.6	2.2
	Poor	162	192	211	10.0	1.20	1.30	2.6	2.3
Southwest	Top	236	288	309	7.3	1.32	1.31	2.5	2.2
	Average	199	225	244	8.6	1.25	1.23	2.6	2.4
	Poor	164	164	194	18.6	1.13	1.19	2.7	2.4
★ Southeast	Top	204	223	225	0.9	1.13	1.10	3.3	2.5
	Average	179	182	179	-1.5	1.09	1.00	3.6	2.6
	Poor	137	133	141	6.3	1.00	1.03	3.6	2.7
Indiana	Top	221	269	300	11.5	1.27	1.36	2.7	2.3
	Average	191	227	252	10.8	1.25	1.32	2.8	2.4
	Poor	161	183	207	13.2	1.20	1.29	2.8	2.4



Sign up now to improve your engagement and management skills!

If you are interested in water quality, soil health, education, outreach, conservation and/or watersheds, consider applying for the 2023 Indiana Watershed Leadership Academy. The 17th Annual Academy will include both virtual and in-person workshops to learn watershed and leadership skills. This format will include in two in person, two-day sessions January 4-5 and March 29- 30 followed by a one-day graduation session on May 24, 2023. Additionally, six virtual one-hour sessions will occur from January to May 2023 allow you to take advantage of Indiana's watershed experts from the comfort of your home or office.

The Academy, organized by Purdue University with support from the Indiana Department of Environmental Management and other Indiana conservation agencies and organizations, gives participants the chance to: Engage in basic and advanced level watershed topics covering leadership principles, conservation, education and outreach, watershed science, organization and communication, technology and GIS, stakeholder involvement techniques and policy skills, Meet, learn from, and engage with others who work in watershed management, Interact with topic experts, Gain strategies, skills, and resources for successful watershed management, Earn a Professional Certificate in Watershed Management

Enrollment deadline: November 4, 2022

Web site: For the online application and information about the Academy, visit <https://engineering.purdue.edu/watersheds/academy.html>

Session Information:

1. A two-day face-to-face workshop will be held at the Canyon Inn at McCormick's Creek State Park on January 4-5, 2023.
2. A two-day face-to-face workshop will be held at Lindenwood Conference Center in Donaldson on March 29-30, 2023.
3. Six virtual workshops will be held every other Tuesday from January 17 to March 14 to March 16 and May 2, 2023 from 9:00 a.m. to 10:00 a.m. Each session will include live presentations, small group discussions and question and answer sessions and will occur using zoom. May 24, 2023 Graduation presentation and next steps, 9:00 a.m. to 3:00 p.m. face-to-face at The Garrison at Fort Benjamin Harrison State Park.

For more information, please contact Sara Peel, speel@purdue.edu, or see the **Academy Web Page**

Agriculture & Natural Resources

FORESTRY FIELD DAY

FRIDAY NOVEMBER 4

10 AM

4425 East 350 North, Butlerville

1 PM

1816 N County Rd 950 W,
Holton

Cost \$15/\$25 family

Southeast Purdue Agricultural Center
10 – 11:30 AM

Join Purdue forester Don Carlson at this Jennings County property. Topics include ID of oak wilt disease and management. After the tour meet in the SEPAC classroom for a lunch break, bring your own sack lunch, drinks will be provided.

Following lunch travel on your own to the afternoon tour, 15 minutes away.

Meisberger property
1 – 3:15 PM

Located in NW Ripley County. The tour will include two woodland sites: A tornado damaged area 32 years after a tornado in June 1990 completely leveled and destroyed all of the trees in the woodlot, and a dense mixed hardwood tree planting, 24-years-old on approximately 5 x 5' spacing.

Sponsored by:
Indiana Forestry & Woodland Owners
Association

Indiana Forestry Educational Foundation

Indiana Tree Farm Committee

in partnership with Indiana Division of
Forestry

This event is part of the 2022 Woodland
Owner Conference.

Register and learn
more at:

<https://www.ifwoa.org/resources/annual-woodland-owner-conference/>

Contact IFWOA at
ifwoa1@gmail.com or
765-496-5013

Forage Management Resources from Purdue

Making sure your livestock have the right feedstuffs to maintain during the winter months can be challenging. Good forage management makes it easier. Below is a link to video recordings that can be used to beef up your knowledge at any time.

2022 Forage Fridays Recordings: <https://www.youtube.com/channel/UCFukISCBh7FsZF3qV3BgCQQ/videos>



Save the Dates!

Master Gardener Basic Training coming Feb 2023

For those unfamiliar the Purdue Extension Master Gardener Program is a 15 week dive into all things Horticulture. We put together a roster of Purdue and Local experts on topics from Soil Management, Pest Identification, Invasive Species, Fruits, Vegetables and more. Registration in the course includes a textbook and an invitation to join our volunteer Master Gardener Group.

In 2023 the course will be held on Thursday nights starting at 6 pm running from February 4th to May 11th.

Registration information will be released very soon. Contact me to be put on the contact list via email copelanb@purdue.edu, or over the phone (812) 701-8783.

Learn more at the Master Gardener Website:

<https://www.purdue.edu/hla/sites/master-gardener/>





4-H Youth Development



4-H Enrollment for 2022 starts October 1st!

It's that time again! Enrolling early ensures you don't miss out on any of the year round programs 4-H has to offer such as 4-H Camp, Purdue Trips, SPARK Clubs and other special events. Visit 4-H online at v2.4honline.com to reenroll after October 1st. National 4-H Week is October 2-8th this year. Watch our socials for theme days and events in early October. National 4-H will be continuing with the theme

#opportunity4all



As always, let the office know if you have any questions, would like to help with upcoming events or have ideas for new programming. Our Office is open M-F 8-4 pm and our phone is (812) 265- 8919.



How You and Your Club can get involved with 4-H Enrollment

- Club Leaders can nominate members for our "Find Your Spark" Member Spotlight Video Series.
 - We are looking for 4-H members to spotlight on our social media. The goal of this series to promote 4-H enrollments and teach a brief piece of knowledge a member has learned from project participation. Check out examples from last year on our Facebook or YouTube Channel: <https://youtu.be/5nor3AXUfCE>. Contact the 4-H Educators to get involved.
 - Share our posts!
- Help with our Halloween Drive Thru Trick or Treat/ Enrollment Event by having a Booth or gathering Candy Donations! See flyer for more details.
- Meet with your Clubs in October to Paint Pumpkins and Welcome new families into our program! See flyer for more details.
- Volunteer to Speak on the Radio during National 4-H Week! Contact the Extension Office.
- Invite the 4-H Educators to come talk to your club or community group.



Save the Date: 2023 Jefferson County 4-H Fair

Save July 7-14, 2023 in your calendars as the date for next year's fair.

4-H enrollment begins October 1, 2022 and has a target completion date of January 15, 2023. The Animal ID Deadline will continue to be May 15, 2023. Tagging dates for livestock will be announced very soon.

Your 4-H Handbook and Extension Newsletters are the official source of all dates and regulations for this program. The 4-H Handbook will contain all relevant dates for the 2023 4-H season and will be published in January or earlier. We are working on some exciting updates!

Left Over State Fair Projects

If your project competed at the Indiana State Fair and has not been picked up yet please do so by September 23rd. After that date we will recycle your project.



YOU'RE INVITED!

JUNIOR LEADER FALL KICKOFF



OCTOBER 18TH, 2022 AT 6:30 PM
IN THE COMMUNITY BUILDING

Event Activities:

- Cookout
- Yard games
- Pumpkin painting
- Officer Elections
- Planning for Halloween Drive-Thru Trick or Treat

How to Get Involved:

- All youth in grades 7-12 are welcome to join.
- For more information, please contact Jessica Martini at (812)265-8919 or email koons0@purdue.edu

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4-H Youth Development



Indiana 4-H LEADERSHIP SUMMIT

Indiana 4-H is excited to invite you to attend the **2022 Indiana 4-H Leadership Summit!** The Summit will be held on **Saturday, October 29**, at the 502 East Event Centre in Carmel, Indiana. The event begins with check-in at 8:30 a.m. (ET), followed by the program at 9 a.m. Our day will conclude at 3:30 p.m. Registration via 4-H Online: <https://v2.4honline.com> will be open October 3 through October 14. Registration is \$50 per person, which includes all of the educational sessions and the luncheon. Check with your County Extension Office to see if any scholarships are available to offset part of the registration fee. For more information about the Summit, including a description of the sessions offered and registration instructions, please visit the 4-H Summit webpage: <https://purdue.ag/in4hsummit>.

Finding Resources & Updates to our Extension Website

The extension office works hard to call, write and communicate with leaders and 4-H Families throughout the year. The main way we do this is through publishing our newsletters through 4-H Online and publishing our 4-H Handbook. To receive these official sources of communication you must be enrolled on 4-H Online. You can also view them anytime on our Purdue Extension-Jefferson County Website: <https://extension.purdue.edu/county/jefferson/index.html>. A new feature on the bottom is an online community building/fairgrounds calendar. We are transitioning to using this to book events at the fairgrounds so that fair board members, leaders and the public can see what's going on at any time, anywhere. Public events and club meetings will be listed in detail. Private events such as family reunions and other rentals will just be listed at "busy" for renters privacy. We will hope this will add some convenience for leaders scheduling meetings and a place for new families to see when their clubs are meeting. Contact the office to add your events as normal.

Livestock Record Sheet Alternative Form

Starting in 2023 youth may turn in this form as an alternative to their required 4-H Livestock record sheet. In place of the record sheet youth may attend one species specific educational event per livestock project or lead an educational demonstration to at least 3 non family members in a 4-H setting. Educational events are not limited to Jefferson County 4-H. For example, the Jefferson County Goat Project Workshop, Purdue Junior Pork Day, Area 1 4-H Rabbit Workshop or any other Extension/4-H educational workshop would all satisfy this requirement. A signature from an event organizer/leader is required. The purpose of this document is to encourage youth to "learn by doing" in 4-H. Qualifying workshops will be advertised in monthly newsletters and 4-H social media channels.

Youth For the Quality Care of Animals (YQCA) does not qualify as an alternative to your record sheet as it is a separate requirement by Indiana 4-H for all livestock exhibitors. **This document does not replace required vaccination forms and affidavits.** For example, Form 4-H-1031-W (Horse Vaccination), and the Swine Ractopamine Affidavit are still required.

This form will be located in the 2023 4-H Handbook in the Appendix section. The 2023 Handbook will be published in January and available in the office or online at <https://extension.purdue.edu/county/jefferson/4h-home-page.html#Jefferson%20County%204-H>

4-H Leader Representative Position

It is time to appoint a new 4-H Leader Representative to the Jefferson County 4-H Fair Board. The purpose of this position is to represent the interests of 4-H Club leaders as a voting member on the Fair Board. This person is expected to fulfill Fair Board member duties (assisting with the management of the 4-H Exhibit Hall) in addition to working with Extension Educators to gather needs assessment data, promote 4-H volunteer training opportunities, serve as a mentor to beginning 4-H leaders, and be a point of contact for 4-H leaders in addition to Extension Educators. This position is open to 4-H volunteers who were in active status on 4-H Online within the 2021-2022 4-H program year. This position is appointed annually and can serve for 2 consecutive terms. Any leaders who are interested in the position should contact the County Extension Director, Britt Copeland copelanb@purdue.edu, by September 23rd. If multiple parties are interest an email voting link will be sent through 4-H Online on September 26th and will close at the start of the 2022-2023 4-H Program Year on October 1st. We want to thank our retiring 4-H Leader Representative, Mary Mehl, for her hard work in the position. In addition to keeping leaders up to date and providing the Extension Office extremely valuable input, she spearheaded major renovations to the 4-H Exhibit Hall that were sponsored by Jefferson County Farm Bureau. We are very grateful for her hard work and dedication to Jefferson County 4-H.



Indiana State Fair– Jefferson County Results



Aerospace

Raiven Walston Red

Arts & Crafts

Aliza Mehl Blue
Lindsey Gross Blue
Moley Geyman Blue
Isabel Wilber Blue

Beekeeping

Simeon Ball Red
Lillian Cox Blue

Cake Decorating

Kodi Malcomb Orange
Megan Morrison Orange

Cat Poster

Anniston Harsin Blue

Child Development

Victoria Gammons Blue
Shelby Morton Blue

Computer

Callie Copeland Blue

Consumer Clothing

Molly Bruce Blue
Maggie Joseph Blue

Dog Poster

Jozlynn Wagner Blue

Electric

Easton Bechman Blue
Lilliana Clark Orange
Colt Ferguson Orange
Jamison Williams Blue

Entomology

Clayton Couch Red
Daniel Whitley Blue
Mark Lamb Red

Fashion Review

Madison Schafer Blue

Fine Arts

Vinson Phagan Blue

Floriculture

Aliza Mehl Blue
Molly Geyman Blue
Bailey Thompson Blue
Heidi Hickman Red

Foods Baked

Aliza Mehl Blue
Jackson Morris Blue
Lily Sloan Red
Kennedy Sheets Blue
Abbie Wheeler Red
Paige Campbell Blue

Foods, Preserved

Jameson Sheets Red
Paige Schafer Blue
Haley Ferguson Orange
Max Joseph Blue
Kennedy Sheets Orange
Madison Schafer White

Forestry

Tori Lamb Blue
Vinson Phagan Red

Geology

Aliza Mehl Blue
Joseph Weaver Blue

Health

Katherine Miller Orange
Alexander Lamb Blue

Home Environment

Jenna Owens Blue

Model Craft

Thomas Gammons Orange

Photography

Josaleigh Scudder Red
Avery Wilber Orange
Lindsey Gross Blue
Haley Ferguson Blue
Clayton Couch Red
Isabel Wilber Blue
Isabel Wilber Red

Sewing

Elly Meacham Orange
Molly Bruce Blue
Maggie Joseph Orange
Kiarra Bauer Red
Payton Shepherd Red
Ella Kernen Blue
Molly Bruce White
Maggie Joseph Blue
Rebecca Ball Red
Mary Ball Orange

Shooting Sports

Luke Coles Blue

Single Vegetable

Jackson Wheeler
Cabbage Red
Peppers Blue
Zucchini Red
Tomatoes Red

Soil & Water Science

Michael Briggs Blue

Sportfishing

Luke Coles Blue
Kodi Malcomb Blue

Tractor

Michael Briggs Blue
Benjamin Copeland Blue

Veterinary Science

Makenzie Lamb Blue
Michael Briggs Blue

Weather

Mark Lamb Blue

Wildlife

Jake Coles Blue
Ryan Hall Orange
Allison Palmer Orange

Woodworking

Kohen Smith Blue
Jamison Williams Blue

Livestock Exhibitors

Dog

Skyla Morgan 1, 12
Addy Reece 6, 8
Emily Foster 3, 25
Clayton Couch 8
Esme Reece 11
Faith Day 5

Beef

Brenna Wehner 5
Austin Rudolph 4

Horse

Riley Jines P

Poultry

Colton Chandler 1, 1, 1
Champ, Reserve Best of Show
Jenna Martin 1,1,1,1,1,1

Rabbit

Austin Rudolph 1,2,2,2
Best Opposite Sex Breed
Jenna Martin 1,1,2,2,2,3

Swine

Klara Leach 4
Reserve Breed Champ
Luke Coles 1
Breed 4th Overall

Rabbit Ambassador

Lilliana Clark Blue
Max Joseph Blue
Jenna Martin Blue





4-H Youth Development



Indiana State Fair Results

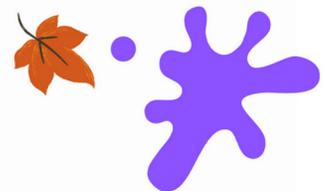
Congratulations to all of our Jefferson County Exhibitors who competed at the Indiana State Fair! A full list of results from all counties can be found here: <https://extension.purdue.edu/4-H/fair/fair-results.html>



Extension - Jefferson County

WINNING PUMPKIN WILL BE DISPLAYED AT THE ENTRANCE OF THE

PUMPKIN PAINTING CONTEST



JEFFERSON COUNTY 4-H DRIVE-THRU TRICK OR TREAT ON OCT. 29TH!



ALL OTHER PUMPKINS WILL BE USED TO DECORATE THROUGHOUT THE JEFFERSON COUNTY FAIRGROUNDS

REQUIREMENTS:

- Must be an approved 4-H Club in Jefferson County
- Each club should submit 1 pumpkin minimum. There is no maximum number of pumpkins so paint them all!
- Club name must be visible on each pumpkin.
- Only one 4-H Club will win based on which pumpkin is deemed the best!

SUBMIT ALL ENTRIES TO THE EXTENSION OFFICE BY: OCTOBER 26TH, 2022



FOR MORE INFORMATION, PLEASE CALL THE EXTENSION OFFICE AT (812)265-8919 OR EMAIL KOOONS0@PURDUE.EDU

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Health & Human Sciences

Jefferson County Extension Homemakers:



JEFFERSON COUNTY
EXTENSION HOMEMAKERS

CRAFT BAZAAR

WHEN:
OCTOBER 8TH FROM 10:00AM-5:00PM

WHERE:
JEFFERSON COUNTY 4-H FAIRGROUNDS
COMMUNITY BUILDING
3852 W STATE RD 256, MADISON, IN. 47250

VENDOR CRAFTS, LUNCH
ITEMS, AND MORE WILL BE
AVAILABLE FOR PURCHASE

EVENT PROCEEDS WILL BE GIVEN
TO THE JEFFERSON COUNTY
EXTENSION HOMEMAKERS
SCHOLARSHIP FUND

FOR MORE INFORMATION, PLEASE CONTACT
CAROL BELL AT (812)873-8695

Extension Homemaker Updates:

Upcoming Homemaker Council Meeting:

- October 6th at 9:00am in the Extension Office

Upcoming Smyrna Club Meetings:

- October 19th at Wirt Baptist Church
**Pitch-in lunch at 12:00pm, meeting at 1:00pm*

Upcoming Homemaker Events:

- Madison District Fall Retreat—Sept. 22nd at 10am
St. Mary's Catholic Church, Greensburg, IN
- Bake Sale at the Air Show—Sept. 24th
- Quilt Sale at The Madison Chautauqua— Sept. 24th
Booth located in the Chillbilly parking lot downtown
- Homemaker Craft Bazaar—Oct. 8th at 10:00am-
5:00pm Jefferson County 4-H Fairgrounds

HHS Community Opportunities:

RALLY FOR RECOVERY

There will be community resources for those in recovery, a panel discussion, and a showing of the movie, *The Anonymous People*



Substance use disorder (SUD) impacts our county. Many of those struggling with addiction are people we know – our family members, our friends, our co-workers, our neighbors. They face a wide range of stigmas that may prevent them from seeking treatment. Come learn about the resources available in our community and how you can reduce the stigma.

SEPTEMBER 14, 2022, 3:00 PM TO 5:00 PM

Doors open at 2:30

The Ohio Theater, 105 E Main St, Madison

*Due to ongoing renovations, please bring your own chair
Popcorn and drinks provided*

**SEPTEMBER IS
NATIONAL RECOVERY
MONTH**

Sponsored by:



REGISTER AT [HTTPS://WWW.EVENTBRITE.COM/E/THE-ANONYMOUS-PEOPLE-TICKETS-391284551627](https://www.eventbrite.com/e/the-anonymous-people-tickets-391284551627)
Registration not required, but encouraged
Contact Keith Howard at howardk@kdhmadison.org



YOUTH TAILGATE PARTY

TUES. SEPTEMBER 27TH

Madison High School Back Parking Lot

5:00 – 6:30 P.M.

Join the HCI Healthy Lifestyles team for our 5th annual Healthy Youth Tailgate Party! Many local agencies will offer fun games, activities, & giveaways for the kids (while the grownups gather helpful health resources).



Questions? Email foyh@kdhmadison.org or call 812-801-0175

FREE! Jefferson County Youth from all schools welcome!

Live DJ – Inflatables – Face Painting

Games & Health-Related Activities!

Healthy Snacks

Prizes & fun take-away items for kids & adults!

Stay after the tailgate party to cheer on the Madison Cubs Varsity Boys Soccer team. The game will be played on the Turf football field!

Health & Human Sciences

PURDUE EXTENSION
GET WALKIN' PROGRAM
Helping Hoosiers get on their feet!



PURDUE UNIVERSITY
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, and get email support.

DETAILS

Starting date: **September 19th, 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 812-265-8919**

Register by: **September 15th, 2022**



WALK TO:

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

ALL FOR FREE!



For more information or to join us, contact:

Jessica Martini - koons0@purdue.edu



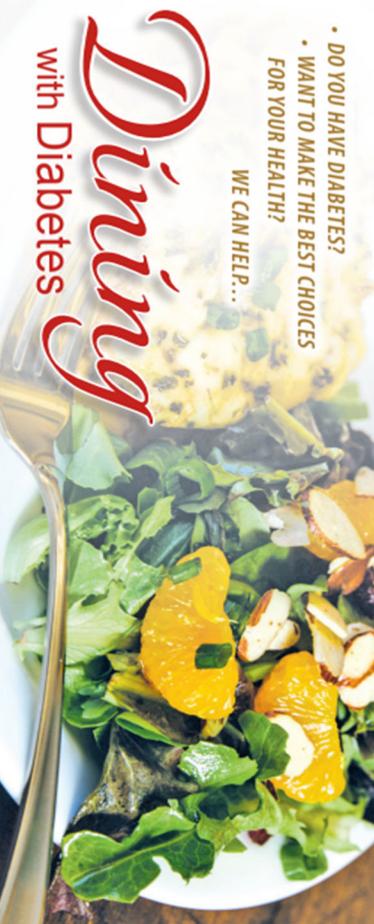
Extension

SCHOOL OF NURSING

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• DO YOU HAVE DIABETES?
• WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?
WE CAN HELP...

Dining with Diabetes



DATES, TIMES:

Program Dates: Oct. 25th, Nov. 1st, Nov. 8th, & Nov. 16th
Reunion Session: Feb. 7th

Time: 5:00pm-6:30pm

LOCATION:

3767 W State Road 256,
Madison, IN 47250

COST: FREE!!

Nutrition and physical activity are keys to managing your type 2 diabetes. But where do you start? The *Dining with Diabetes* program can help!

- Dining with Diabetes consists of four sessions and a reunion.
- Adults with type 2 diabetes (or who are at risk) are invited to participate. Family members, caregivers, and support persons, too.

The schedule:

- Week 1 — What is diabetes? / Snacks & appetizers
- Week 2 — Carbs & sweeteners / Desserts
- Week 3 — Fats & sodium / Main dishes
- Week 4 — Putting it all together! / Side dishes

Dining with Diabetes is a program for people with diabetes, those at risk for diabetes, and caregivers of those with diabetes.

Join us as we discover new recipes and practices that can help us make better lifestyle choices.

In order to register, please contact Jessica Martini at (812)265-8919 or email koons0@purdue.edu no later than October 21st.

This program is free thanks to the UnitedHealthcare Community Plan!

Space is limited!

Normal fees: \$40 per person or \$65 per couple. This offering is FREE.



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For more information, visit

<http://www.purdue.edu/hhs/extension/dwd>



NATIONAL EXTENSION DIABETES CENTER

Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
September 22	Madison District Fall Retreat	St. Mary's Church	10:00 am
September 24	Homemaker Quilt Sale	Chautauqua	
September 28	Extension Board Meeting	Community Bldg.	6:30 pm
October 1	4-H Enrollment begins for 2023	v2.4honline.com	
October 6	4-H Fair Board Meeting	Community Bldg.	7:00 p.m.
October 8	Homemaker Craft Bazaar	Community Bldg.	10-5:00 p.m.
October 25	Dining with Diabetes	Ext. Office	5-6:30 p.m.
October 29	4-H Trick or Treat Drive Thru	Fairgrounds	2-4:30 p.m.
October 18	Junior Leaders Fall Kickoff	Fairgrounds	6:30 p.m.
January 31	Extension Board Annual Meeting	Community Building	6:00 p.m.
July 7-14	2023 Jefferson County 4-H Fair		

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PURDUE UNIVERSITY COOPERATIVE EXTENSION SERVICE
 Jefferson County
 3767 W SR 256
 Madison, IN 47250-3511
 Cooperating with U.S. Department of Agriculture

