

January/February
2025



BOONE COUNTY
EXTENSION
HOMEMAKERS

The ♥ KALEIDOSCOPE ♥

A NEWSLETTER FOR EXTENSION HOMEMAKERS OF BOONE COUNTY, INDIANA



Wreathes Across America display at Boone County Court House the month of December.

MONTHLY QUOTE

Friendship ... is born at the moment when one man says to another

"What! You too? I thought that no one but myself.

- C.S. Lewis, The Four Loves

IN THIS ISSUE

- OFFICER UPDATES
- LUNCH & LEARN CLASS OFFERING
- RECAP ON A BUSY END OF THE YEAR
- HEART HEALTH MONTH INFO



At the Holiday Workshop participants learned how to make decor from clay pots.

Important Dates



January 2025

- 1** New Year's Day **
- 20** Martin Luther King, Jr. Day **
- 27** E. H. Council Meeting – Dining Room
Refreshments at 6:00 p.m.
(Sugar Creek)
Meeting at 6:30 p.m.)

February

- 17** Presidents Day **

March

- 4** Deadline to RSVP for Education Lessons
- 11** Education Lessons—Dining Room
11:00 a.m.— Cooking with Herbs & Spices, and Benefits of Each
Noon—Saving Money with Freezer Meals
- 15** Heritage Skills— Farm Bureau Inc. Community Building
- 18** Sewing Day—Annex—9:00 a.m.
- 24** E. H. Council Meeting – Dining Room
Refreshments at 6:00 p.m.
(Home & Garden)
(Meeting at 6:30 p.m.)

**** Means that Purdue Extension Office is closed**

More Important Dates

April

- 1** First Tuesday Program—DR 6:30 p.m.
- 2** Spring District Day—Hamilton County
- 3** International Night -6:00 p.m. PAV 1,2,3
- 12** 4-H BBQ
- 15** Club dues (\$10/member) to County Treasurer
Coins for Friendship to County Treasurer
- 18** Good Friday**

**** Means that Purdue Extension Office is closed**





Boxes of Care..

200 small boxes were assembled by some Homemakers in the Fall., 50 boxes were given to the Boone County Food Coalition to distribute to their clients, 16 boxes were provided to the Caring Center for their clients plus 88 small tubes of toothpaste; 13 Band-Aids; and 38 bags with needles/thread, buttons, and safety pins. Club presidents and council officers received 2 boxes to share with friends and the rest of the boxes were given to families who attended the 4-H Project Fair and the BCEH Holiday Bazaar. Thank you to all Homemakers who participated in this Indiana State Homemakers service project.

Wreaths Across America

Wreaths Across America service project was a huge success! I had set 100 wreaths as the goal, others were convinced we could do 150 wreaths...for the first time, 288 wreaths were placed in Boone County cemeteries on Saturday, December 14th. The following organizations participated in laying the wreaths... Lebanon High School Key Club (and some family members), Zonta Club of Lebanon and the Z Club of Lebanon High School, DAR (Daughters of the American Revolution) and husband, sponsoring organization - Boone County Extension Homemakers, and several community residents. On Sunday, December 15th, community members met at the Boone County Courthouse to lay the 8 Ceremonial Wreaths on the lawn. Each branch of service was recognized with a special wreath. **THANK YOU TO EVERYONE WHO HONORED AND REMEMBERED OUR VETERANS.** The 2025 project is ready to accept sponsorships of wreaths for the December 13, 2025 laying of the wreaths. The 2025 goal for Boone County has not been decided yet. The process to add more Boone County cemeteries to the list of participating cemeteries is underway. If you know of a cemetery in Boone County that would like to partner with Wreaths Across America, contact Judi. This is a service project that all ages can participate in. For more information or to order a wreath now, please contact Judi 765-894-0468 or jaw_ltw@yahoo.com.

At Christmas time the Homemakers provided **'treat bags'** filled with candy to the 150 inmates at the jail. This was a small way to thank them for helping with the labor of getting the Beehive ready for the 4-H Fair, helping with the setting up of the Open Show, sweeping floors in the Beehive each night, and helping to get the Holiday Bazaar ready for the vendors & the shoppers. Thanks to Jennifer Jones and her crew for assembling these bags and delivering them to the jail.

Upcoming Events to add to your calendar -

Council meeting, January 27 at 6pm all Homemakers are invited to attend, not just club presidents

Education lessons, March 11 at 11am and noon -these are open to the public

Heritage Skills (Homesteading), March 15 - a great opportunity to learn new skills

Sewing Day, March 18- join us as we make items for various health related organizations

Council meeting, March 24 at 6pm

First Tuesday, April 1 at 6:30pm

Spring District Day, April 2 in Hamilton County, make plans now to join other Homemakers in a day of learning and fellowship

International Night, April 3 at 6pm, an opportunity to learn more about another country

4-H BBQ and desserts, April 12, what dessert will you bring to offer to those who attend the BBQ?

Club dues are payable to BCEH treasurer, April 15, \$10/member

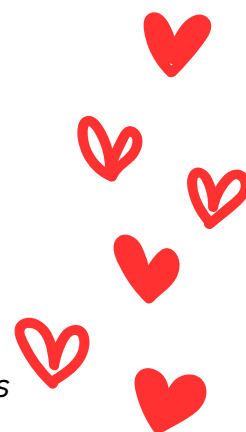
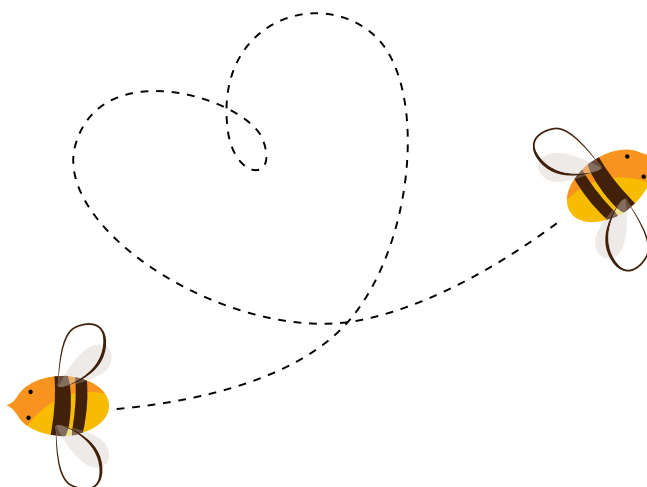
Council meeting, April 28 at 6pm

Add this to your calendar as soon as possible...**4-H Fair & Open Show....** new dates Sunday, July 20th through Saturday, July 26th ...it's never too early to make decisions about the BCEH participation at the Fair. What ideas do you have for our group? Please share with your club president or one of the officers.

God has a tendency to pick up a nobody,
to be somebody,
in front of everybody,
without consulting anybody.
Ohio State football coach Jan 2, 2025

Trust Endearing Achievements Mission
Belong Community Education Helpful

j
Judi Wilson
765-894-0468 jaw_ltw@yahoo.com



Dear Extension Homemakers,



HAPPY NEW YEAR!

I hope the past couple of months have been filled with cherished moments and quality time with the people who matter most to you. The end of the year was certainly a busy and productive time for your organization! I thoroughly enjoyed participating in the Holiday Workshop, Holiday Bazaar, and Wreaths Across America. A heartfelt thank you to everyone who contributed to the success of these events—you did an amazing job!

As we step into the new year, I'm excited about the many events and activities you have planned. If you're part of a committee working on an upcoming event, please don't hesitate to let me know how I can support you.

If you're hosting a meeting or event this winter, please remember the following:

- For cancellations or rescheduling, contact **Marcia Mustin** in the office before 4 p.m., Monday through Friday, at 765-482-0750.
- For weekend rentals, reach out to **Jack Jones** at 765-894-3374.

It's important to keep these contacts informed so the facilities crew can adjust accordingly. The 4-H Council covers snow removal services and compensates facilities staff for locking up after events. Communicating any changes promptly helps us manage costs effectively.

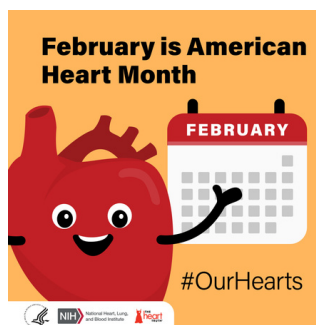
On another note, I encourage you to check out the health-related articles included in this issue. Vaping, unfortunately, continues to be perceived as a "safer" alternative to smoking, but raising awareness about the facts is crucial.

With February being American Heart Month, I'm also sharing an article from the National Heart, Lung, and Blood Institute. Heart disease remains the leading cause of death in the U.S., and it's important to spread awareness. You can help by following and sharing the posts I'll be publishing all month on the Purdue Extension – Boone County Facebook and Instagram pages. Don't forget to wear red on February 7th to show your support! Until I see you next, stay warm, stay safe, and feel free to reach out if you need anything.

Sincerely,



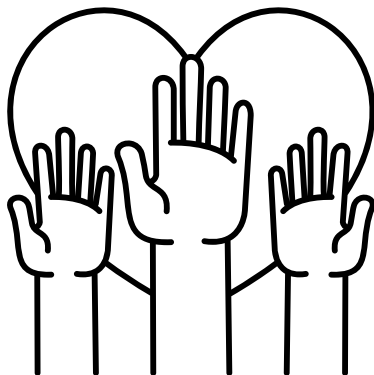
Your official Extension Homemakers' Cheerleader &
Health and Human Science Extension Educator



VOLUNTEER COMMUNITY SUPPORT REPORT

Happy New Year everyone! May 2025 be a good one for you all! I need to collect your all volunteer hours for the year from February 1, 2024 - January 31, 2025. Any time that you volunteered for the Boone County Extension Homemakers gets counted. That would included the hours worked at the Bee Hive, serving on any committees, Sewing for Sewing day, Making a shawl, Helping with the Open show, Holiday Bazaar, International Night, Heritage Skills, Reading for Head Start, ect. It also includes any time you volunteered in the community in the name of BCEH. I also need to know if your club donated any money or items to the community. These numbers are all reported to the State President and she reports on how much all the Indiana Extension Homemakers have done for their communities. She gives the report at Spring District Meeting. It is impressive to hear how much Extension Homemakers volunteer! I need this information by February 14th. Please email your volunteer hours and donations to ljfahrenheit@gmail.com or drop off your information at the Extension Office. Thank you so much! Mark your calendars!! Sewing Day is Tuesday March 18th from 9 am -3 pm in the annex. Bring your sewing machine and sewing supplies if you can. You do not need to know how to sew. We need people to cut fabric, iron on labels and tie blankets. You can come for an hour or stay all day. Bring a sack lunch and a drink. And bring a friend! The Caring Center is always in need of volunteers. You can volunteer on a regular basis or your Club can volunteer for a day and sort clothes or food. They also are in need of food donations. Call Teresa Hanners, Director of the Caring Center for more information.

765-482-2020



*We ♥ our
Volunteers*



EDUCATION REPORT

We had a good response for our Homemakers Helping Teachers Grants. We have given out 8 grants this year. Some to grade school and some to high school teachers.

We are continuing to read to the Head Start children the second Tuesday of the month 9:30 am and 1pm. Head Start is now located in the Witham YMCA building. If you would like to take a turn reading, please contact me. It just takes a little bit of time and the children always enjoy our reading to them.

Joan Mohr, Education Chairman

LEADERSHIP REPORT

We made up 150 Treat bags for the inmates and jail staff at Christmas to just thank them for their help with our events. There was a bag of Gold Fish, Rice Krispie Treat and 7 mini candy bars in the bag. We included a sweet note and 2 blank greeting cards for them to send to anybody they would like. Breanna Shively delivered them and she said they appreciated them. The xtra stuff left went to the staff to enjoy. I worked with Sherriff Tony and Captain Turner.

-Jennifer Jones, Leadership Chair



Wreaths Across America Coloring Pages

Here are some of the pictures colored by Boone County students.

COLOR YOUR WREATH,
and write a thank you note for a local veteran
or active duty military in your community.



Dear
Veteran,
Thank you
for your service
in the war/military.
You helped our country to be a better place.
You protected us from terrorism you did a great
job protecting those who need it, but I believe
that you need breaks because you also need someone.

www.wreathacrossamerica.org

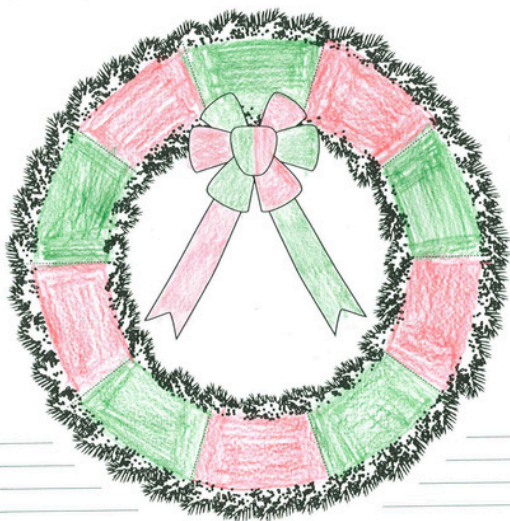
COLOR YOUR WREATH,
and write a thank you note for a local veteran
or active duty military in your community.



Thank
you
Uncle Gary
for serving
in WWII.
You are the best, I love you and I
hope you are ok.

www.wreathacrossamerica.org

COLOR YOUR WREATH,
and write a thank you note for a local veteran
or active duty military in your community.



Dear Veteran, thank you for fighting for
our country. Thank you for risking your life
for ours.

www.wreathacrossamerica.org

COLOR YOUR WREATH,
and write a thank you note for a local veteran
or active duty military in your community.



Dear Veterans,
Thank you so much for protecting our land, and homes.
We all look up to you as the great person you are.
- Kaylee

www.wreathacrossamerica.org



Holiday Bazaar

The Holiday Bazaar was a great success! The event is held in three buildings—Witham Pavilion, Centennial Hall South, Centennial Hall North and includes the space between the halls that we refer to as the Connector. We have 188 booths spaces and all were totally filled with vendors, as well as, having a long waiting list. We had good crowds of shoppers throughout the day. The event has become very popular with both vendors and customers!!

We had a returning caterer (On the Go Catering) and he actually set up in the Beehive and in the Connector space between the two Centennial Halls. We had the Refuge Coffee folks back again set up in that same area with tables for shoppers to sit and take a little break. Santa had his own special spot in the Connector and this area served in a new way this year. It was all very fun and festive and was a good change.

Our committee is a permanent committee and we did add a new member this year. Many thanks to Joan Mohr who served any years and retired. Jennifer Jones has joined our committee in her place. We all work well together and love all the additional help from various clubs.

We had to mark the floors for the booth spaces this year. Three of us did the Witham building and then looked among friends for additional help! We had some great people volunteer and we did get it finished. A huge job! If anyone knows of a group or a business who does this type work, please let us know. We can't do this again!!

The date for this event is always the Saturday before Thanksgiving. That will be Saturday, November 22, 2025. Mark your calendars!!

Thanks again to everyone who volunteered their time and talent!

*Holiday Bazaar Committee
Judy, Katie, Nancy, Judi, Brenda, Jennifer*





HOLIDAY WORKSHOP

A SWEET SUCCESS



There were a dozen cookie recipes that sweetened the November 7 Holiday Workshop. More than 65 attended the 2-hour event that featured demonstrations. Instructions for the crafts and cookies were printed in the manual given to each participant. Although this was not a make-it-take-it opportunity, visitors were able to move among the four demonstrations every 20 minutes. The four were Making Gift Bags from Wrapping Paper, Clay Pot Decorations using tiny pots, Candy Bar Snowman, and Grow Your Own Jewelry (jewelry and ornaments made from spinner and egg gourds). The Sugar Creek and Home and Garden Clubs organized the evening and ideas for a 2025 workshop would be welcomed.

-Karen Niemeyer



lunch & learns

A.K.A. Educational Lessons

Tuesday, March 11, 2025

Farm Bureau Inc. Community Building - Dining Room

RSVP by: Tuesday, March 4 to Purdue Extension Office

Bring your own lunch and join us for two informative and interesting programs.!

11:00am *Cooking with Herbs & Spices, and the Benefits of Each*

Participants in this lesson will gain the knowledge in using herbs and spices to enhance flavors in your everyday meals without consuming the added sugars and salts contained in many seasoning packets. We will also be learning about the health benefits of each herbs and spices used in the demonstration. Come join this culinary experience to enhance your flavor pallet and increase your overall health! Amanda Marciano-Feutz, Hendricks County



Noon *Saving Money with Freezer Meals*

We are all affected by the increase of grocery costs. Eating at home costs significantly less than eating out; however, time is sometimes a determining factor in choosing cooking or a drive thru restaurant. Recipes for delicious meals prepared in advance help you put dinner on the table with less time, less money, and better nutrition. Preparation tips, kitchen tools, and recipes will be presented as we explore the possibilities of saving time in the kitchen while preparing healthy meals. Bring your ideas and your creativity! Diana Stone, Shelby County



Note that there is another lunch & learn session on May 13th.

Open Show Volunteer Call Out



The BCEH Open Show Committee is looking for volunteers. If you or you know of someone who would like to serve on this committee please reach out to Pandora Taylor to discuss the various open leadership positions.

Chairman of the departments & special events are always looking for people to help on the day of check-in and judging, so even if you don't have a lot of time to commit, this is a great way to give back and not commit a large amount of time. If this is a way you can give back, contact the director of the following specific department.

ARTS, CRAFTS AND HOBBIES DEPARTMENT

Judy Bolinger 765-680-3062

FINE ARTS DEPARTMENT

Kate Emmert 765-894-9350

FLOWER & GARDEN DEPARTMENT

Colleen Hendricks, 765-894-1821

Karen Richards 765-482-5333

NEEDLE ARTS & SEWING DEPARTMENT

Lila Jones, Chair 765-894-3715

PHOTOGRAPHY DEPARTMENT

Ed Cambra 317-694-1272

Karen Niemeyer 765-436-7518

DEBBIE KREMER CREATIVE COOKERY

Bev Ramsey 317-769-6253

Ashley (Kremer) Spray 317-430-2125

DECORATED PILLOW CASE CONTEST

Linda Fahrenbach 765-894-2123

Melody Makers of Indiana

Dear Boone County Homemakers,

The Marion County Extension Chorus would like to extend an invitation to you to learn more about the Melody Makers of Indiana, especially the Marion Co. section. If you've ever attended the Annual Home and Family Conference you may have attended the Melody Makers (MMIA) Choral Festival Concert which usually is held during that week. MMIA is associated with and supported by IEHA.

This statewide women's chorus program was founded in 1934 by Al Stewart, Director of Purdue Musical Organization. It originally was formed as a part of the Tippecanoe County Extension Homemakers but expanded over the decades to include homemaker clubs throughout Indiana. Today there are 20 county choruses representing their county Extension Homemaker Clubs.

We gather as a statewide body each year for our Festival Day and frequently to sing at the State Fair. We are under the direction of Dr. Scott Buchanan, Director of Choral Activities at Indiana State University. Our state accompanist is Dr. Kristopher Sanchak, Assistant Professor and Director of Choral Activities at Alabama State University.

The Marion County Extension Chorus (aka The Extension Chords) was formed in 1987 as a part of the Extension Homemakers Chorus as it was called then. The chorus rehearses each Monday, September to early June from 10-11:30AM at Fairview Presbyterian Church, 46th and Capitol, Indianapolis. We are often invited to sing for community groups, church organizations, senior residences and more. We have already scheduled several Christmas programs around the area.

Since Boone County does not have a Home Extension Chorus, we thought perhaps you might be interested in trying out the Marion County chorus. At present we include singers from not only Marion, but also Hamilton, Hancock and Boone counties. For example, I am a Boone Co resident. Our Co-director Rhonda Taylor lives in Hamilton Co. If you like to sing, we hope you will plan to come visit one of our rehearsals. For more details, please, give me a call or send an email. I'd love to chat with you about this wonderful program.

**Anne Hatton
Co-Director Marion County Extension Chords
Ahatn46@gmail.com
317-696-2804**



Purdue researchers investigate the effects of vaping on oral and lung health

Published October 16, 2024 in
Purdue University [HHS News](#)

Written By: [Rebecca Hoffa](#),
rhoffa@purdue.edu



As data from the Centers for Disease Control and Prevention reports declining combustible cigarette use, vaping and e-cigarette sales have continued to soar, increasing by more than 46% from January 2020 to December 2022, according to the Truth Initiative. While combustible cigarettes have a proven risk of cancers and other diseases, less is known about the health effects of vaping and e-cigarette use.

Two Purdue University College of Health and Human Sciences researchers, Thivanka Muthumalage and Jonathan Shannahan, are investigating these vaping and e-cigarette technologies to explore the health effects in both the lungs and the mouth. Their goal is to not only educate the public but also work toward therapies that can help reduce the harmful effects of vaping and e-cigarette use.

“With all the information that we know, smoking and vaping are still a health concern, so education, outreach and reporting scientific data that the Food and Drug Administration can use for implementing appropriate regulations are important, as well as investigating molecular targets in lung disease mechanisms for potential therapies,” Muthumalage said.

The hazards of inhaling

Muthumalage, an assistant professor in the [School of Health Sciences](#) who joined the school in fall 2023, focuses his work on how the components of vaping and e-cigarette products damage the lungs. Because these products are made up of a mixture of chemicals and follow different recipes across brands, he noted it can be difficult to identify the toxicity of vapes and e-cigarettes. As a result, Muthumalage is taking multiple approaches, using both cell culture models and preclinical mouse models to understand the hazard categorization of the different components of the emitted aerosol. He uses state-of-the-art exposure systems — similar to “smoking robots” — in his lab to mimic human inhalation.



Thivanka Muthumalage

"I want to see what the long-term effects exposure to electronic cigarettes and also the effects of switching from tobacco smoke to electronic cigarettes," Muthumalage said. "We're asking people to quit smoking, and they may start vaping. They may go from menthol-flavored cigarettes to menthol-flavored electronic cigarettes. Is there a difference? Is it getting better, or is there a modified risk that we don't know about? These are chemicals — we don't know really what is going to happen with chronic exposure to these chemicals in the lungs. Though there are certain common chemicals giving a specific aroma and flavor, it's very different when you look at the chemical compositions from brand to brand that impart a specific flavor."

Muthumalage and his collaborators recently published a narrative review to help standardize the lab measurements used to assess inhalable tobacco toxicity — a step that's beneficial to contributing toward FDA regulations.

"Reporting recommended experimental parameters will give us an idea of the comparability of my work to somebody else's work," Muthumalage said. "Obviously it's not going to be perfect, but we want to give certain parameters in publications for better standardization of data between research labs. The more information we give in the methods, it's better for reproducibility of the data, and will be useful to the FDA for implementing guidelines and policies."

For Muthumalage, the work is a balancing act between e-cigarette regulation to avoid younger people, such as middle and high school students, picking up the habit while also moving adults away from smoking combustible cigarettes.

"Of course we want to educate," Muthumalage said. "We want to regulate electronic cigarettes by removing bad constituents from them that are known to cause detrimental lung diseases, but at the same time, we don't want to encourage people to go back to smoking."

While individuals may think picking up a vape and inhaling a few times won't make a difference on their lung health, Muthumalage's research has indicated otherwise.

"The fact that even a short exposure made such a remarkable outcome (on lung health) was very interesting to me because I don't think very many people realize that there are consequences that come from it," Muthumalage said. "It's very interesting to me how we like to put things in our lungs without even knowing the damage it can cause."

Oral outcomes of vaping



Jonathan Shannahan

Complementing Muthumalage's work, Shannahan, an associate professor of health sciences, is focused on the effects of vaping and e-cigarette use a bit higher in the respiratory system: the oral cavity — an often-overlooked area in inhalation toxicology research.

"It's an area that actually can have substantial health effects and be detrimental to overall quality of life," Shannahan said. "When you have any kind of disease in your oral cavity, it's pretty impactful. Our research primarily looks at the periodontal health effects associated with the use of vaping products."

Shannahan is interested in focusing on subpopulations that are more likely to be affected by exposures like inhaling chemicals found in vapes and e-cigarettes. In doing so, he has investigated a wide range of groups, from looking at specific racial minorities to individuals with underlying conditions, such as metabolic disease.

"I really think we should be focusing on these sensitive subpopulations and that by understanding the risks associated with the environmental and other exposures in these most susceptible subpopulations, we can better set regulations and standards that positively impact all people," Shannahan said. "That's really at the heart of why we started this type of research — it's an emerging exposure; it's a very dynamic field where you have legislation, changes in products and usage patterns that are always arising; and then you have the susceptibility factor that no one has actually looked at."

Shannahan works with a variety of collaborators as he investigates the health effects of vaping and e-cigarettes on the oral cavity through the Underwriters Laboratory Chemical Insights Research Institute based in Atlanta, Georgia. The multi-PI team consists of exposure assessment experts, oral hygienists, clinicians, oral microbiome experts, experts in omics approaches and more.

"Instead of looking at distinct components of the disease, we're looking at the entire oral cavity to get more of an idea of the complex biological processes that are underway," Shannahan said. "The diseases are very complex with multiple things changing at one time, so it takes a lot of people with a lot of different expertise working together to kind of understand the breadth of the issue and the scope of it."

While the research is ongoing, Shannahan said he hopes the work will eventually lead to making a difference through education and messaging, and he sees collaborations both within Purdue and beyond continuing to expand.

"How can we best take our data and utilize it to educate the general population in the most impactful way possible?" Shannahan said. "Are there ways to modify both people's behaviors and maybe the device itself to enhance safety? Are there certain at-risk populations that we could identify and make concentrated efforts in communicating these findings through targeted messaging?"



Celebrate American Heart Month This February

This article is provided by the National Heart, Lung and Blood Institute.

Heart disease is the leading cause of death for men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk of heart disease. The good news is that there's a lot we can do to prevent it.

Connecting with Others is Good for Your Heart

Research shows that people with close relationships at home, work, or in their community tend to be healthier and live longer. One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others.

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Lifestyle Tips

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health. Follow these lifestyle tips to protect your heart.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Manage stress.
- Get 7-9 hours of quality sleep.
- Track your blood pressure, cholesterol, and blood sugar numbers.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Move More

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

- Ask a colleague to walk "with you" regularly, put the date on both your calendars, and text or call to make sure you both get out for a walk.
- Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date!
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance in your living room or yard.

How much is enough?

Aim for at least 2½ hours of physical activity each week — that's just 30 minutes a day, 5 days a week. In addition, do muscle-strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Try doing 10 minutes of physical activity at least three times a day.

NHLBI's Move More fact sheet has ideas to get and keep you moving.

Aim for a Healthy Weight

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you're overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can't be together. Share low-calorie, low-sodium recipes. Check out NHLBI's [Are You at Healthy Weight?](#) fact sheet.

Eat Heart-Healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Follow NHLBI's [Dietary Approaches to Stop Hypertension \(DASH\)](#) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels. Find delicious recipes at NHLBI's [Heart-Healthy Eating](#) webpage.

Quit Smoking

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. All states have quit lines with trained counselors — call 1-800-QUIT-NOW (1-800-784-8669). You'll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at [BeTobaccoFree.hhs.gov](#) and [Smokefree.gov](#).

If you need extra motivation to quit, consider those around you: Breathing other people's smoke, called secondhand smoke, is dangerous. Many adult nonsmokers die of stroke, heart disease, and lung cancer caused by secondhand smoke.

Manage Stress

Managing stress helps your heart health. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Improve Sleep

Sleeping 7–9 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

Track your Heart Health Numbers, Together

Keeping a log of your blood pressure, weight goals, physical activity, and, if you have diabetes, your blood sugar will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out NHLBI's [My Heart Health Tracker](#).

Visit www.hearttruth.gov for more information about heart health.

28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
are healthier together

Day 1

Call a friend and join the #OurHearts movement.



Day 2

Make a heart-healthy snack.

Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4

Sport red today for National Wear Red Day.

Day 5

Squat it out. Do 1 minute of squats.



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Visit Smokefree.gov to take the first step to quitting smoking.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Day 10

Aim for 30 minutes of physical activity today.



Day 11

Plan your menu for the week with heart-healthy recipes.



Day 12

Reduce stress using relaxation techniques.



Day 13

Give the elevator a day off and take the stairs.

Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.

Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18

Add a stretch break to your calendar to increase your flexibility.



Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Get a tape measure and find out the size of your waist.

Day 25

Ask a family member or neighbor to join you for a walk.



Day 26

Fill half of your lunch and dinner plates with vegetables.



Day 27

See how many push-ups you can do in 1 minute.

Day 28

Pay it forward and tell a friend about [The Heart Truth](#).



nhlbi.nih.gov/heartmonth



National Heart, Lung, and Blood Institute



Take a look at these 10 ways to improve your heart health by the American Heart Association:



10 ways to improve your heart health

1 Balance calories eaten with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



4 Include healthy protein sources, mostly plants and seafood.



5 Use liquid non-tropical plant oils.



6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!



Need more food for thought? Go to www.heart.org/eatsmart

©2022 American Heart Association. 0519/03 2/22

2025 Newsletter Deadlines

If you have information you would like put into future Kaleidoscope editions please see the deadlines for submissions below. Information must be submitted to Pandora Taylor pandora@purdue.edu and Kerry Luchetta kluchett@purdue.edu.

March - May Edition Deadline: February 15

June - August Edition Deadline: May 15

September/October Edition Deadline: August 15

Nov/December Edition Deadline: Oct 15





2025 BOONE COUNTY 4-H

ENROLLMENT OPEN



**MAKING
THE BEST
BETTER**

ENROLL AT WWW.V2.4HONLINE.COM



Extension - Boone County



Purdue University is an equal opportunity/equal access/affirmative action institution.

DIGITAL READY BUSINESS

A Virtual Program Series

Learn how to help your business be tech savvy in 2025!! Grow your customer base and sales with these simple 1-hour sessions!

Sessions are Tuesdays & Thursdays from January 24th-
February 28th from 1pm-2pm CST or 2pm-3pm EST

**Come to one session (\$25)
or all eleven sessions (\$250)**
Session descriptions available by

clicking [here](#).

Register at: <https://web.cvent.com/event/3ccbdfc0-1717-44f1-a449-9f98babb9042/summary>

Questions: Contact Daniel Walker at
walke422@purdue.edu





MASTER GARDENER BASIC TRAINING

BECOME A MASTER GARDENER VOLUNTEER

- ✓ *Learn from Experts*
- ✓ *14 in depth sessions*
- ✓ *Tuesdays, February 4th- May 6th, 2025
12:30pm-3:30pm
At the Boone County 4-H Fairgrounds*
- ✓ *Applications Due January 17th*



APPLY TODAY
at www.extension.purdue.edu/boone

**Questions?? Call 765-482-0750 or
booneces@purdue.edu**



Extension - Boone County



INDIANA REGISTRATION DETAILS

JAN. 21 | JAN. 28 | FEB. 4 | FEB. 11 2025 6-9 p.m. ET

Participants should plan to attend each session.
Dinner is included at the start of every workshop.



purdue.link/Legacy

Before Jan. 13: In-person: \$60 | Virtual: \$75

On/After Jan. 13: In-person: \$75 | Virtual: \$75

All locations in Eastern Time except where noted
**Denotes Central Time (5-8 p.m. CT)



City	Location	Address
	Clay County Fairgrounds	
Brazil	Purdue Extension Vermillion County Office	6656 N. State Rd 59
Cayuga	Whitley County Extension office	703 W. Park St.
Columbia City	Fusion 54, 2nd Floor - PNC Conference Room	524 Branch Court
Crawfordsville	Elkhart County 4-H Fairgrounds	101 W. Main St.
Goshen	Farm Bureau Inc. Community Building	17746-D County Rd 34
Lebanon	Boone County 4-H Fairgrounds	1300 E. 100 S
	Morgan County Administration Building	
Martinsville	Miami County 4-H Fairgrounds Community Building	180 S. MAIN ST.
Peru	White County Community Building	1029 W. 200 N
Reynolds	Wayne County Extension Office	12 N. 25 East
Richmond	Vincennes University Diesel Technology/	861 Salisbury Road North
Vincennes	Purdue Extension-Knox County Building Pinney Purdue Ag Center	4259 N. Purdue Road
Wanatah**		11402 S. County Line Rd

Questions? Contact Jenna Nees at smith535@purdue.edu or 765-653-8411.



leaving a lasting legacy

FOR MIDWESTERN FARM WOMEN

A Succession Planning Series

In-Person Sites Across 3 States
Jan. 21 | Jan. 28 | Feb. 4 | Feb. 11
6-9 p.m. ET
2025





“The time to repair the roof
is when the sun is shining.”

-John F. Kennedy

This four-part succession planning workshop series is produced through a partnership by extension professionals at Kansas State University, the University of Nebraska-Lincoln, and Purdue University.

Each session will be held at in-person sites across Kansas, Nebraska, and Indiana, as well as fully online. The program will feature a livestreamed keynote presentation and local hands-on activities to motivate participants to create farm succession plans and facilitate family and business conversations around this vital topic.

leaving a lasting legacy

FOR MIDWESTERN FARM WOMEN

A Succession Planning Series

In-Person Sites Across 3 States

Jan. 21 | Jan. 28 | Feb. 4 | Feb. 11

6-9 p.m. ET
2025

Network with other women in agriculture and develop strategies to evaluate and improve your estate and transition plans.

• Asset Transfer • Family Communication • Legal Issues • What to Include • How to Build Your Team

TOPICS

1.21.25

MOTIVATION FOR
SUCCESSION
PLANNING

1.28.25

COMMUNICATING ABOUT
ESTATE & TRANSITION
PLANNING

2.4.25

FINANCIAL ASPECTS OF
ESTATE & TRANSFER
PLANS

2.11.25

LEGAL: PUTTING
YOUR PLAN IN
PLACE



This material is based upon work supported by USDA/NIFA under Award Number 2023-70027-40444.





ANNIE'S PROJECT ***for Cut Flower Growers***

January 20th:

**Real Colors Personality
Assessment**

January 27th:

**Working with a Lender
Budget Management
Workshop**

February 3rd:

**An Entrepreneur's Guide to
Business Law
Insurance**

February 10th:

**Local Resources & Funding
Filing Business Taxes**

February 17th:

**Developing a Marketing
Strategy**

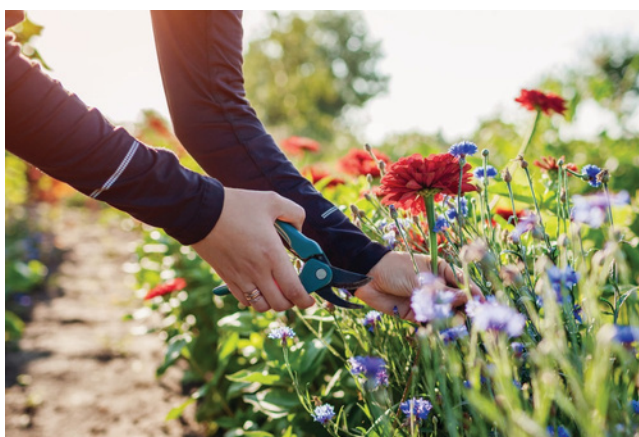
February 24th:

**Cut Flower Farmer Panel
Discussion
Farm Stress**

**PROVIDING PRODUCTION AND BUSINESS MANAGEMENT SKILLS
TO NEW AND ASPIRING WOMEN FARMERS WHO FACE UNIQUE
CHALLENGES IN THE CUT FLOWER BUSINESS**

This six-week course is a discussion based workshop bringing women together to learn from experts in production, financial management, human resources, marketing, and the legal field.

There is plenty of time for questions, sharing, reacting, and connecting with your presenters and fellow participants.



Program sites are available across Indiana. Select the location that works best for you! Or join virtually!

Your Local Contact is:

**Cora Hill
Allen County**

260-481-6826, hill272@purdue.edu



**NORTH CENTRAL
EXTENSION
RISK
MANAGEMENT
EDUCATION**

This material is based upon work supported by USDA-NIFA
under award number USDA-NIFA 2023-70027-40444



National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE

COST: \$65

JANUARY 20 - FEBRUARY 24

MONDAY EVENINGS FROM 6-9 PM EST

REGISTER ONLINE BEFORE JANUARY 13TH AT:

[HTTPS://CVENT.ME/XBKGDZ](https://cvent.me/xbkgdZ)

If you are in need of accommodations to attend this program, please contact Emily Kresca at
eluc@purdue.edu or 574-372-2340 by January 13.

SAVE THE DATE

*Boone County Master
Gardeners*

Gardenfest 2025

APRIL 5, 2025
9AM - 3PM

BOONE COUNTY 4-H
FAIRGROUNDS
FARM BUREAU
COMMUNITY BLDG
1300 S 100 E
LEBANON, IN

