

August & September  
2023



BOONE COUNTY  
EXTENSION  
HOMEMAKERS

# The KALEIDOSCOPE



*2023-2024 Extension  
Homemakers Council*

## IN THIS ISSUE

- OFFICER MESSAGES
- IMPORTANT DATES
- FAIR RECAP

## MONTHLY QUOTE

“  
***A fallen leaf is  
nothing more than  
a summer's wave  
goodbye.***

***– Unknown***

*Miss Boone Co. Speaking  
at Creative Cookery Contest*





# IMPORTANT DATES

## August

- August 1st- First Tuesday Program -CANCELED
- August 2nd-20th Indiana State Fair
- August 28th- E. H. Council Meeting - TBD  
-Refreshments- 6:00 p.m. (Paper Scrappers & Home Cooking Club)  
- Meeting - 6:30 p.m.

## September

- September 4th- Labor Day - Extension Office Closed
- September 5th- First Tuesday Program 6:30PM Boone Co. Farm Bureau Inc. Building  
-Program: Empower Me to Be Clutter Free  
-Must RSVP: 765-482-0750
- September 19th-20th- Indianapolis Retreat - Waycross
- September 25th- District Day - Morgan County

## October

- October 3rd- First Tuesday Program 6:30PM Boone Co. Farm Bureau Inc. Building  
Program: Useful Household Hacks  
Must RSVP: 765-482-0750
- October 9th- Columbus Day - Extension Office Closed
- October 11th- Sewing Day, 9:00 a.m. - 3:00 p.m. Annex
- October 17th- Education Lessons – Dining Room  
-MUST RSVP: 765-482-0750  
10:00 a.m.-Do You Know Your Medical History?  
11:00 a.m.-Remaining Independent at Home  
Noon - Lunch
- October 19th- State Focus Day - Hendricks Co.

October 21st- Hamilton Co. Sewing Seminar

October 22nd-28th- IEHA WEEK

October 23rd- E. H. Council Meeting – Dining Room  
 -Refreshments at 6:00 p.m. (Gleaners)  
 -Meeting at 6:30 p.m.

October 25th- Fall Trip

October 28th- Make a Difference Day

**November**

November 2nd- Holiday Workshop, at 7:00 p.m. Auditorium

November 7th- General Election Day - Extension Office Closed

November 10th- Veterans Day Observed - Extension Office Closed

November 18th- Holiday Bazaar 9:00 a.m.—4:00 p.m.  
 - Witham Health Services Pavilion, Centennial Hall 1 & Centennial Hall 2

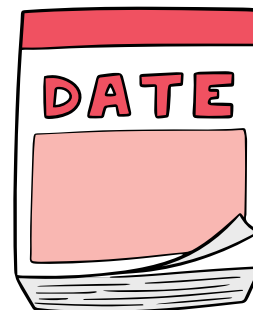
November 23-24th- Thanksgiving - Extension Office Closed

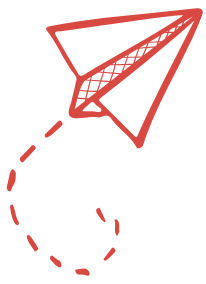
**December**

December 22nd- Christmas Eve Observed - Extension Office Closed

December 25th- Christmas - Extension Office Closed

December- 29th- New Year’s Eve Observed - Extension Office Closed





A MESSAGE FROM THE

**PRESIDENT**



Welcome Back Homemakers to a new year, sort of like a new school year. I hope all of you had a great summer. First off I would like to THANK all of you that helped in any way at the fair. I feel guilty because I couldn't help much because of back problems I had since early May and thought I could ride it out. Finally after 10 weeks I went to the doctor. He was going to send me for an x-ray and go from there. Two weeks later it was gone, no x-ray. I credit God! I was able to bake pies, give directions at pre open show and sit in the snow cone building with my granddaughter. I haven't heard yet I am sure we had a successful year.

The Retreat this year will be Sept.19-20 at Waycross again. Cost will be \$127 for one night stay and 4 meals. We have a silent auction which is fun, 3 crafts and one community project. Our project is hygiene bags. Our county is to bring 100 bars of soap. The clubs can drop them off at the office with Pandora. The Dollar store is the best place to get them. Lots of fellowship, get to know women from other counties. I have been rooming with a lady from Hancock county for several years.

Our next council meeting at 6:00 we will start with refreshments then the meeting. Hopefully we can get done in 2 1/2 hours. We will also be sitting in our committee groups. If you have ideas for your group bring them. Our Host-A- Hoosier will be Wells County. We had a very successful one this year with Starke Co. coming down for the Shalom Garden Tour. We hope to hear what we are doing for the Shalom House in Oct. For Homemakers Week. Please notice the extra pages in your book this year. Volunteering and Donations programs have been added. Be thinking about what we can do for a display board for conference next year so pictures can be taken.

Judi and I forgot to tell you about the Kindness Hearts at conference. They did the top 5. The lowest of the 5 had just over 3,000. Johnson Co. had 10,000. Hancock Co was in the top 5. We had 1310. We have been talking about having a Christmas tree in the hallway or Auditorium to put gloves and hats on for people in need. If anyone has a tree they don't want or will loan us one please let us know. Stand by for plans for a Fall Trip. It will be Oct 25. It will probably be a State Park and lunch if you have a preference please let me know. I was thinking Brown Co? I have been setting goals for myself for next year at the fair. If you do one thing a week it adds up. So please start thinking now. If you have something you donate to, buying a little at a time mounts up. Start now! See you this fall.

Patty



**KINDNESS**





"Thank you! Thank you! Thank you to everyone who volunteered to be a cashier, worked, or helped in any capacity or ate 😊 at the Bee Hive at the fair this year. We can't do it without all the volunteers! Although not all the expenses have been received or reports finalized as of the date of writing this, it appears to have been a successful year.



We also had a successful Open Show bake auction, earning \$7,455, which was substantially more than last year. Thanks to everyone who made the delicious exhibits that were sold at the auction, to Tom Dull for being the auctioneer, retiring Jody Durham for her years of service as the auctioneer's assistant, and Debbie Ottinger for emceeding the auction! A big thank you, as well, to all of the auction bidders who support the BCEH baked goods auction."

### From the desk of the



**The 2023 4-H Fair is in the books...**well the physical part is finished, the bills still need to get added up and paid. As expected, the food costs had increased quite a bit, but our prices had not...therefore be expecting an across-the-board increase on most menu items for 2024. If you have a contact for a meat supplier, please share that with me soon. We have tried to use local suppliers for meat, produce, and desserts in the past...it is time to research other meat suppliers. fyi, we served over 1500 hamburger/cheeseburger sandwiches, 400 breakfast sausages, and 40 # of sausage crumbles added into the sausage gravy.

**THANK YOU to everyone who volunteered this year....** The Breakfast Crew (Katie K and Jill had it all under control), the cashiers (Dione & Joan had some late nights counting alot of cash), Donna & Maddie (dishing up salads, cutting pies and cakes), the kids (who washed trays, cleaned off tables, emptied trash), my college grandchildren (who came every day after working regular jobs to stock the freezers, fill the ice, get supplies ready for the next day), one daughter (who covered the breakfast cashiering on Saturday & Sunday), another daughter (who came every day after work and stayed until about 10pm when I got all the Beehive work finished for the day). It takes many hands to make this a successful Fair.

**A BIG help this year came from the Boone County jail inmates** - they came on several pre-fair days to move equipment to the right spots, open boxes of supplies and get them where they were needed, and hang all the Beehive signs. They were there on Tuesday morning to get tables and displays in place for the BCEH Open Show. The inmates came every evening to sweep and mop the Beehive dining area and kitchen (the greasy fryer and grill areas were a challenge). And then they came back after the fair and did it all in reverse. Cleaned the fryers and grills, took the signs down, packed up the supplies and put them in the storage room, and moved all the equipment into the storage room or kitchen. All in all, this was at least 40 hours of work in parts of 10 days that the inmates completed - free labor....it usually takes Judi 100 hours over parts of 3 weeks to get it all accomplished. Take a moment and send a Thank You to the Sherriff's office- Capt. Tim Turner- and tell them how much you appreciate their hard work during the Fair.

Support from the BCEH membership was at an all time low this year. There were several shifts that did not have enough volunteers-those people really worked hard during that time, and there were some shifts covered by individuals that we paid. Therefore the payroll expenses increased. Thank you to the following families for filling up a complete shift, alot of their family members are not BCEH members, they volunteer because they see the need to provide food for the fairgoers and they have a GOOD TIME...Nancy & Buck Crouch, Judy & Jim Jett, Jeffra & Jeff Jones, Nanette & Doug Everett. Put your thinking hats on....how can BCEH spread the word that volunteers from the community are welcome to help during the Fair? What organization do you know that needs Community Service? What youth group needs to provide service?

Preparing for the Beehive food service is a year round task...I welcome all of your ideas, let's sit down and hash how BCEH can make the Fair food service profitable for our organization.

Thanks to all of the BCEH members for your hard work, Judi

Dear Extension Homemakers,

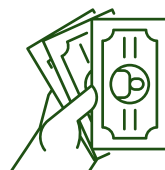


It was wonderful to work with you all this year at Fair time. You all did a wonderful job with the open show and feeding fairgoers at the fair. It was great to see the fair through another lens. I would be remised if I didn't thank you all for your patients this year as I had to put on the 4-H Educator hat a lot and you all took a backseat while I helped in the absence of a 4-H Educator. I am so excited to share that we do have a new 4-H Extension Educator. Stephanie Gay officially became the 4-H Educator earlier this month and I am so enjoying working with her and our other new hires. Check out more on all of them in the New Staff section on this newsletter. As I look towards the 2024 fair, I already have lots of ideas of how to bring more activities to the fair for our families with younger kids. This year's State Fair gave me a lot of inspiration.

I also want to take a moment and highlight the Fairs Cares Food Drive Campaign that Cristiana Verissimo and I headed up this year. We had a wonderful turn out in donations of food from fairgoers. We still had about ½ the tickets that the Indiana State Fair gave us to use in this campaign as we neared the end of the fair, so we did something new this year. On Thursday evening of the fair during the Supreme Showmanship Contest we started selling those tickets for \$10 each (they were \$11 + service fees if you purchase online from State Fair at that time). We were able to sell all those tickets and give all that money to the local food pantries to buy even more food for their shelves. Those food pantries were so grateful for the food and money. The local food pantries that participated were: Advance Food Distribution at Advance Fire Department (AFD2), St. Vincent De Paul / 5 loaves 2 fish, Lebanon Manor/ Gene B. Glick, Ruth Newby Food Pantry, New Beginnings Fellowship, Freedom Church.



**1,388 lbs.  
donated!**



**\$1,275 in  
cash donated through  
State Fair Ticket sales!**

The last thing I want to share with you all are the upcoming educational programs I have for you and the community to attend. Please bring a friend and join me at...

September 5th First Tuesday program at 6:30pm in the dining room of the Farm Bureau Inc. Community Building. I will be doing Empower Me To Be Clutter Free. Come learn strategies for decluttering your life. I have tried many of these tips myself. If you are looking for that first step to get motivated come join the fun.

Then on October 17th at 10am join me and Susan Peterson, Hamilton Co. HHS Educator for our Extension Homemakers Educational Lessons. We will be in the dining room of the Farm Bureau Inc. Community Building. My program will focus on how anyone at any age should be keeping their medical records and how to go about organizing those records so you or a family member can access them when you should need them. More on this and Susan's program can be found later in this newsletter. **Please RSVP for both programs by calling the Extension office 765-482-0750.**

I look forward to seeing you at these and the other programs we have coming up throughout the last part of 2023! It is crazy to think that Holiday Workshop and Holiday Bazaar are right around the corner.

Sincerely,

*Pandora*

Applications for Homemakers Helping Teachers have been sent to the schools.

We will be reading for Head Start beginning in September. If you would like to read to the children, please contact me.

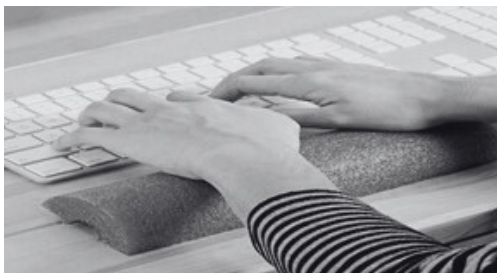
The First Tuesday, September 5th at 6:30 pm will be Empower Me to Be Clutter Free by Pandora. Please remember to sign up to attend. Help spread the word about First Tuesday.

Joan Mohr, Chairman



## First Tuesday Program Reminder

We are restarting the First Tuesday programs to continue to reach out to the public to inform them on various helpful topics and to put Boone County Extension Homemakers name in front of them. Programs will normally be held at the 4-H Fairgrounds and will start at 6:30pm. June is our final program for this Spring series of First Tuesdays. There will be another series in the Fall (August-October).



**September 5th: Empower Me to be Clutter Free**  
**October 3rd: Useful Household Hacks**

Please help us spread the word about the programs. Remember you do have to register, but all sessions are free.. Call the Extension Office at 765-482-0750



Mark your calendars for our next  
**Sewing Day**  
**Wednesday, October 11, 2023**  
**from 9 am-3 pm**  
**in the Annex at the Fairgrounds**



We need people to sew, cut fabric, tie blankets and iron on BCEH labels to the items. Bring a sewing machine if you plan to sew. Bring a drink and a sack lunch. You can stay for an hour or 2 or all day. Every bit helps! We will be making items for our local charities and for Riley Children's Hospital. If you would like to sew at home, please contact me for instructions if you need any. Please let me know if you plan to come as it helps me set up for the day. (765-482-0750- Extension Office). Also, in case the event is canceled you can be notified.

Hope to see you there!

Linda



## Save the Date

The Sewing/Quilting Seminar

Saturday

October 14, 2023

Hamilton County 4-H Fairgrounds

Sponsored by Purdue Extension Hamilton County



Look for program details and registration form in mid-September.





# OPEN SHOW SWEEPSTAKES



## Needlework

left to right-  
Adeline Myers, Alayna Rusk, Hannah Myers

## Arts, Crafts & Hobbies

Evelyn Maines



## Flower & Garden

Left to Right-  
Rene Stanley, Colleen Hendricks,  
Jackson Meeker & Shelby Zellers

# Needlework #2

Left to Right-  
Gladys Dickey, Connie Lancaster  
(Standing), Janet Spears, Jane  
Hammock (standing), Cindy Thompson  
& Diana Miller



# Fine Arts

Left to Right seated-  
Dorothea Mickschl, Beth Hullinger,  
Rebecca Battcher, Lindsay Mount,  
Bonnie Parsons  
Left to Right Standing-  
Annabelle Michschl, Lila Jones, Audrey  
Nordstrom



# Culinary #1

Left to Right seated-  
Edith Parsons, Teresa Grissom, Marley  
Grissom, Dorothea Mickschl, Nancy  
Richardson & Bonnie Parsons  
Left to Right Standing-  
Reid Mendenhall, Vera Rusk, Anita Dale,  
Lila Jones & Jane Hammock







## Arts, Crafts & Hobbies #2

Left to Right Seated-  
Lori Crosby, Diana Miller, Rachel Homkes, Rene Stanley, Audrey Nordstrom & Laverna Truitt

Left to Right Standing-  
Kathy Budreau & Rachel Plunkett

## Culinary #2

Bonnie Parsons



## Photography

Left to Right seated-  
Brenda Miller & Ana Durell

Standing-  
Ed Cambra



# Open show Wrap up



Abby & I want to thank all the volunteers & all the exhibitors who made this year's Open Show a great success! We couldn't have done it without you. Our department heads:

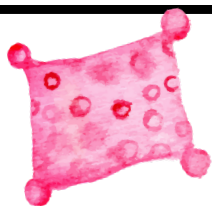
- Judy Bolinger - Arts, Crafts & Hobbies
  - Joan Guthridge / Melissa Moore - Culinary
  - Kate Emmert - Fine Arts
  - Colleen Hendricks / Karen Richards - Flower & Garden
  - Lila Jones - Needle Arts & Sewing
  - Ed Cambra / Karen Niemeyer - Photography
- & their wonderful volunteer helpers make each year's show better than the last.



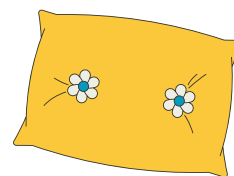
This year we had 217 exhibitors & distributed \$1924.12 in prize money. Our biggest challenge this year was a pleasant one. The 4-H board moved 4-H exhibits to another building, which enabled Extension Homemakers to have the Farm Bureau Community Building for a longer time span; the challenge was to figure out how to set up tables & skirting since 4-H took their tables & skirting to the new building. Huge thanks go to our Extension educator Pandora Taylor, Extension program assistant Judi Wilson, sheriff Tony Harris, jail inmates, & our wonderful department heads for accomplishing the task.

And now a few notes about next year's Open Show. First, the Creative Cookery flavor is peppermint. Second, Joan has resigned as department head of Culinary. This leaves Melissa & she would like a co-chair. Please consider volunteering by contacting Pandora at 765-482-0750. Lastly, I have stepped down as director. This leaves Abby Worrell as the only director. Ideally, 3 or 4 directors is preferable to the 2 director positions we have been working with the last few years. Directors do the behind-the-scenes tasks leading up to each year's show, including ordering ribbons, collecting money for the special & memorial awards, & maintaining the Excel spreadsheet of exhibitors. If you have questions, call me...317-733-0274. Please consider volunteering for the director position by contacting Pandora.

Cindy Baker



## Pillow Case Contest



We had very nice participation in the Pillowcase Contest. There were 3 entries in the Junior division. Jack Haugel took first place with his Mario Brothers print pillowcase and Paige Haugel took second place with her dog bones and paws print pillowcase. Congratulations to Jack and Paige! The Adult division had 8 entries. Kathy Budreau took first place with her jungle print pillowcase with stuffed elephant appliques on the band and Nancy Neel took second place with her navy blue truck print pillowcase. Congratulations to Kathy and Nancy! All the pillowcases were very pretty and well done. It was a difficult choice for our judge! There were 3 donated pillowcases and 1 donated pillow. The total number is 14 pillowcases and 11 pillows going to the Women's Shelter. Thank you to everyone who participated. The woman appreciate the pretty pillowcases. I hope you will all consider participating next year!

Linda Fahrenbach  
Pillowcase Contest Chairman



# Creative Cookery Recap

The flavor this year for Creative Cookery was maple. With this being a "different" flavor than we have had in the past, we were surprised when there were a few more entries than we had the year before. We had a couple of new people enter this year for the first time. There was a new judge, Barb Dunn, who did a good job. Debbie Kremer suggested a new way to determine the flavor for next year by having each person who entered this year write down a suggestion for next year. After the judging, the Sweepstakes winner, Caroly Everett, drew out the winner and it is peppermint for next year. This is always a fun activity and a learning time for all in that the judge shares lots of ideas.

## CHAMPION SPOTLIGHT

Sweepstakes Champion – Carolyn Everett  
Champion – Linda Delpha Maple  
Champion – Kathy Budreau  
Champion – Becky Cheetham

Champion – Teresa Grissom  
Champion – Katie Krohannon  
Champion – Kathy Budreau

Maple Nut Twist Recipe  
Bundt Cake with Cinnamon Maple Glaze  
Maple Pecan Candy  
Perfectly Soft & Chewy  
Snickerdoodle Cookie with Maple  
Maple Glazed Donuts with Bacon  
Maple Syrup Oatmeal Muffins  
Maple Pecan Pie





Stephanie Gay  
4-H Youth Development Extension Educator

Stephanie grew up in Noblesville, Indiana. She is no stranger to 4-H, as she was a ten-year member of the program in Hamilton County from 2004-2014. She participated in a variety of projects, both animal and non-animal and took on many leadership roles. She graduated from Purdue University in 2018 where she earned her bachelor's degree in animal science. She has spent the last 5 years working in non-profit animal welfare in Central Indiana.



Stephanie is thrilled to be a part of the Purdue Extension team in Boone County! She plans to engage with the community and the dedicated volunteers to gain a deeper understanding of how to positively grow the 4-H program in Boone County. Stephanie is passionate about always continuing to make the best better. She looking forward to helping youth find their passions and watching them excel to their full potential.

Stephanie currently resides in Indianapolis, IN with her husband Dustin. They have three rescue pets- a Siberian Husky named Kora, a Pit Bull mix named Scooby and a one-eyed cat named Uno. In her spare time, Stephanie enjoys camping, kayaking, fostering rescue dogs, and spending time with family and friends.



Brinkley Vickery  
Extension Program Assistant

Brinkley Vickery is a lifetime resident of Boone County. She completed 10 years of 4-H where she participated in many projects throughout her time. During those years Child Development was a project she chose to participate in every year. Youth development and education has always been a driving point in Brinkley's life. After high school she knew she wanted to continue to make a difference in children's lives. She attended Indiana University-Purdue University Indianapolis where she earned a bachelor's degree in Elementary Education with a minor in Psychology.



Brinkley currently lives on the outskirts of Lebanon with her husband, her dog and two cats. She enjoys spending time with her family and friends, traveling and exploring nature on her property. In her free time, you will catch her reading books, using her crafting skills to perfect a new crafting technique or taking pictures. She values creativity, respect and personal development.

After earning her degree, she went into education where she taught youth for three years. Within those three years of teaching, she realized that she could continue to make a difference within local children's lives outside the walls of the classroom. She is now the Program Assistant in Boone County, where she plans to make connections with local families and continue to assist in the growth of the 4-H program. Brinkley stated, "no child is the same, nor do they learn the same or have the same interest as the children around them. The Boone County 4-H program allows all children to shine their brightest and I plan to continue to assist with this program to show children just how bright they can shine!"



Kerry Luchetta  
Extension Administrative Assistant



Kerry grew up in Crawfordsville and moved to Boone County in 2008. She worked in administration for The Lebanon Reporter for the last 12 years. She started at the Purdue Extension Office in May.

Kerry is excited to be part of the Purdue Extension team. She is looking forward to interacting with and getting to know everyone associated with all of the wonderful programs supported by the Extension Office. She is grateful to part of such a wonderful staff. She looks forward to learning more about all of the programs offered through the Extension Office.

Kerry currently resides in Lebanon with her husband Kenny, daughter Madaline and their cat Simon. In her spare time, she enjoys attending sporting events, traveling, camping and spending time lots of time with friends and family.



As you know, our Office Manager Kathy Staton retired at the end of July. We will soon be accepting applications for the open administrative position in our office, so if you know someone who would be a good fit, please encourage them to apply. They can email Andrea Hatfield, County Extension Director at [ahatfield@purdue.edu](mailto:ahatfield@purdue.edu) for more information. Once that job is posted the Extension Office will send out an email to all Extension Homemakers with more details.



JOIN US



---

## Educational Lesson - 2023-2024

*Note that that the class offerings are a bit different in your Program Book. The info below is now the correct info.*

### FALL SESSION

**Tuesday, October 17, 2023**

*Farm Bureau Inc. Community Building Dining Room*

*RSVP by: Tuesday, October 10 to the Purdue Extension Office 765-482-0750 with your name, sessions you will attend, are you eating the catered lunch and any special dietary needs you have.*

#### **10:00am Do You Know Your Medical History?**

When was the last time you had a tetanus shot? What's your blood pressure? What did your last mammogram reveal? Stumped? You're not alone. Most people don't have their vital health statistics committed to memory, nor do they have records organized for easy reference.

Gone are the days when your family doctor knew everything important about you & your medical past. Americans now switch primary care doctors more often and frequently see specialists. That means more records in more places and less professional oversight. Doctors are no longer the central keepers of health information. The burden of responsibility has shifted to the patient.

In this session you will learn what type of medical information you need to know, tips to organizing your medical information and how to create a family health tree so that you are more knowledgeable when you talk with health care professionals.

*Pandora Taylor, Boone County*

#### **11:00am Remaining Independent at Home**

Many factors affect our well-being and mental health including being able to remain independent. 90% of Seniors share that remaining independent makes a dramatic difference for their overall quality of life. This is also an important factor for people who are overcoming accidents or surgeries, caregivers of all stages and anyone who is planning ahead. Join us as we discuss family communication and discover features that can help us in numerous situations to stay independent and can assist us in our mental health and help our family members.

*Susan Peterson, Hamilton County*

#### **Noon Lunch from Chicken Salad Chick**

**Cost: \$8.00**

**Menu:** Variety of chicken salads to choose from, crackers, croissants, fruit, broccoli salad, water and ice tea.





*Indianapolis Fall District Meeting  
Morgan County Fairgrounds  
1749 Hospital Drive, Martinsville, IN 46151  
Monday, September 25, 2023*

*What Grows Behind Your Garden Gate?*

*Registration: 9:00 am*

*Program: 10:00 am*

*Cost: \$16.00*

*RSVP by September 18th*

*Menu:*

*Pulled Pork, Mac & Cheese, Green Beans, Gray Brother's Strawberry Pie, Tea or Lemonade*



*Attendees:*

*Please bring pet and cleaning supplies to be donated to the Morgan County Humane Society. No toys please.*



*Questions:*

*Contact Cindy Saferight @ 317-831-6821 or text 317-682-7062*

*Indianapolis District Fall Meeting*

*What Grows Behind Your Garden Gate?*



*Monday, September 25, 2023*

Please mail form and payment to:

Morgan County Extension Homemakers

c/o Tura LaMar

2260 Crestview Dr. Martinsville, IN 46151

Registration (including meal) is \$16.00 per person (Please indicate any special dietary needs below on this form)

County or Club Name: \_\_\_\_\_

Names of those attending:

County:

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Number of Reservations \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_

Special dietary needs: \_\_\_\_\_

\_\_\_\_\_



**Find your best Hawaiian shirt, grass skirt, or mumu...there will be a contest!**



**IEHA Indianapolis District 21st Annual Retreat  
Tuesday, September 19 & Wednesday, September 20**

Waycross Camp and Conference Center  
7363 Bear Creek Road, Morgantown, IN 46160  
Phone: 812-597-4241 or 800-786-2267



**Please print clearly**

Name \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Confirmation by mail (include a self-addressed stamped envelope) \_\_\_ or Email \_\_\_

County \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

Do you require a handicap room? Yes \_\_\_ No \_\_\_ On the ground floor? Yes \_\_\_ No \_\_\_

Double/Triple occupancy room **\$127.00** \_\_\_ Single occupancy room **\$159.00** \_\_\_ (**ONLY 4**)

Would you share a double bed and have a single bed in the room allowing an occupancy of 3? \_\_\_ Yes

Do you have special dietary needs? We will try to accommodate if possible. \_\_\_\_\_



Roommate(s): \_\_\_\_\_

**\$50.00** One Day ONLY Registration includes meals: Tues. \_\_\_ Wed. \_\_\_ Classes (additional charges apply)

**See next page for class descriptions, price, class size and instructions.** We will try our best to fulfill your request for classes. First choice: please circle one selection for each of the following sessions:

**Session 1: 1 2 3 4 Session 2: 1 2 3 4 Session 3: 1 2 3 4 Session 4: 1 2 3**

Second choice: **Session 1: 1 2 3 4 Session 2: 1 2 3 4 Session 3: 1 2 3 4 Session 4: 1 2 3**

Please mail your registration and check made out to **Morgan County Extension Homemakers** to cover the cost of accommodations, meals and sessions to:

**Tura LaMar  
2260 Crestview Dr.  
Martinsville, IN 46151**

For additional questions please contact: **Cindy Saferight @ 317-682-7062**

**No registrations will be accepted after September 8, 2023.**







**Pictures of crafts on next page of registration**

Tuesday: Session 1 (1:15 – 2:15 )

Class 1. Seashell Pendant & Bookmark Class limit: 10/ Cost: \$6

Class 2. Shaker Snowperson Class limit: 12 / Cost: \$6

Class 3. Charcuterie Class limit: 15/ Cost: \$4

Class 4. Clothes Pin Wreath Class limit: 12/ Cost: \$10



Tuesday: Session 2 (2:30 – 3:30)

Class 1. Decoupage Shell Dish Class limit: 12/ Cost: \$5

Class 2. Felted Brooch Class limit: 12/Cost: \$5

Class 3. Mug Rug (2 hrs.) Class limit: 10/ Cost: \$5

Class 4. Macrame Snowflake Class limit: 10/ Cost: \$5



Tuesday: Session 3 (3:45 – 4:45)

Class 1. Pumpkin Jar Class limit: 10/ Cost: \$5

Class 2. Memory Wire Bracelet Class limit: 12/ Cost: \$5

Class 3. Mug Run cont.

Class 4. Yoyo Pumpkin (2 hrs.) Class limit: 12/ Cost: \$6

Wednesday: Session 4 ( 9:15 – 10:15)

Class 1. Walking with Amy No Class Limit Cost: FREE Wear comfortable shoes, weather permitting

Class 2. Yoyo Pumpkin cont.

Class 3. Button Bouquet Class limit: 12/ Cost \$5

**Community Project: 10:30-11:30 We will be filling Hygiene Rolls to be distributed in our counties. We ask that each county donate 100 of the assigned items. These are to be travel size items.**

**Morgan County– toothbrushes**

**Hancock County– combs**

**Johnson County– deodorant**

**Boone County– soap**

**Shelby County– toothpaste**



**Don't Forget your Silent Auction items: Handmade items and Homemade Goodies are always a hit!**





Tuesday Session 1 Class 1



Class 1 with bookmark



Tuesday Session 1 Class 2



Tuesday Session 1 Class 4



Tuesday Session 2 Class 1



Tuesday Session 2 Class 2



Tuesday Session 2 Class 3



Tuesday Session 2 Class 4



Tuesday Session 3 Class 1



Tuesday Session 3 Class 2



Tuesday Session 3 Class 4



Wednesday Session 1 Class 3

Annual Boone County Extension Homemakers

# Holiday Bazaar

Saturday, November 18, 2023

9:00 A.M. - 4:00 P.M.

At the Boone County Fairgrounds  
Exit 138 on I-65 Lebanon, Indiana



*Free Admission, Free Parking, Handicap Access*



*Shop Over 150 booths in 3 connecting buildings*

*1920 Vault Catering*

*Serving Lunch from 10:30 - 1:30P.M.*



*Visit Facebook Page:*

*Boone County,Indiana Extension Homemakers*

*or*

*Call 765-482-0750 for more information*





## FOOD INSECURITY

# Understanding Food Insecurity and Food Resources

*Amanda Allen,  
Alexa Brenneman,  
Lauren Daggett,  
Jessica Parker,  
Carmen Ripley,  
Emily Sullivan,  
Tori Ulloa,  
Emily Wooten*

*Purdue University  
Nursing undergraduates*

*Tessa Garrow*

*Purdue Extension  
Health and Human Sciences*

One in nine Americans struggles to have access to enough food, also known as food insecurity. When households have trouble getting enough food, this can lead to stress and other health problems. Many resources can provide help to get food. One of the most well known food resources is a food pantry.

### What is a food pantry?

A food pantry is a place where individuals or families can receive food items for free. Food pantries are different from grocery stores in a few ways. Food pantries are usually open only a few hours each week. Also, some pantries let people choose the foods they can take, but some pantries provide a container of foods already selected.

### Who can shop at a food pantry?

Some food pantries have rules about who can receive food to make sure that food goes to those most in need. Contacting the local food pantry (some have websites) is the best way to learn about who can use its services.

### What kinds of foods does a food pantry offer?

Food pantries often provide non-perishable food, meaning the food items can be stored at room temperature and do not require much preparation to eat. Some common items found at food pantries are:

- Canned fruits and vegetables
- Packaged grains (pasta, cereal, rice, etc.)
- Canned soups

Sometimes fruit and vegetables, bread, meat, and other fresh items are available.

### Where does food pantry food come from?

Food pantries receive foods from food banks, which are warehouses that store donated food. Food banks receive food from local and national resources, such as food drives and donations, extra products from businesses, The Emergency Food Assistance Program (TEFAP), or a national hunger-relief agency such as Feeding America. To find a local food pantry, visit [www.foodpantries.org](http://www.foodpantries.org)



## FEATURED FOOD ASSISTANCE PROGRAM

*If struggling to find a local food pantry, there are other food assistance resources available like SNAP.*

### What is SNAP?

SNAP (Supplemental Nutrition Assistance Program) is a federal benefits program that helps individuals and families pay for food at stores. There are local SNAP offices in each state to manage SNAP programs.

### How is SNAP accessed?

Households must apply for SNAP benefits. People can use SNAP benefits like cash to buy food items at any approved grocery store, farmers market, or co-op. Applications and benefits for each state can be found at [www.fns.usda.gov/snap/state-directory](http://www.fns.usda.gov/snap/state-directory).



## What food choices are right for families?

Many factors affect what foods are right for each person. Age, food allergies, mental health, and other health conditions all affect the food choices people make. Instead of focusing on “right” or “wrong” food choices, think of foods as providing energy for daily activities and helping to feel satisfied. Canned or frozen fruits and vegetables, meats, and beans are all great sources of easy and more affordable food people can find year-round.

## Who can help sort out myths and facts about food choices?

Every state has agencies that provide free education about food, called Supplemental Nutrition Assistance Program Education (SNAP-Ed). These free programs help navigate community-specific food resources. To find local SNAP-Ed agencies, visit <https://snaped.fns.usda.gov/state-snap-ed-programs>. Trained nutrition experts can also help sort out nutrition needs.

## Where to learn more

**Feeding America:** [www.feedingamerica.org/hunger-in-america](http://www.feedingamerica.org/hunger-in-america)

**Food Finders:** [www.food-finders.org](http://www.food-finders.org)

**MyPlate:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

**Find a Dietitian:** [www.eatright.org/find-an-expert](http://www.eatright.org/find-an-expert)

## References

**California Association of Food Banks (n.d.).** Food banking FAQ. Retrieved from <http://www.cafoodbanks.org/food-banking-faq>.

**Northern Illinois Food Bank (January 28, 2019).** Visiting a food pantry: myths & facts. Retrieved from <https://solvehungertoday.org/blog/visiting-food-pantry-myths-facts/>.

**Feeding America (n.d.).** Hunger in America. Retrieved from <https://www.feedingamerica.org/hunger-in-america>.

**Hunger + Health (2020).** What is food insecurity? Retrieved from <https://hungerandhealth.feedingamerica.org/understand-food-insecurity>.

**Lichtenstein, A. (September 17, 2019).** 28% of Americans can't cook. Retrieved from <https://www.nutritionletter.tufts.edu/general-nutrition/28-of-americans-cant-cook>.

**Rodgers, J. (n.d.).** The food pantry cookbook. Retrieved March 12, 2020, from <http://www.northeastiowafoodbank.org/wp-content/uploads/2015/06/The-Food-Pantry-Cookbook.pdf>

**United States Department of Agriculture [USDA] Economic Research Service [ERS] (September 4, 2019).** Definitions of food security. Retrieved from <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>.

**United States Department of Agriculture [USDA] (n.d.).** Dietary guidelines for Americans 2015-2020. Retrieved from <http://www.choosemyplate.gov/eathealthy/dietary-guidelines>.

**United States Department of Agriculture [USDA] (n.d.).** Food assistance programs. Retrieved from [www.choosemyplate.gov/eathealthy/dietary-guidelines](http://www.choosemyplate.gov/eathealthy/dietary-guidelines).

**United States Department of Agriculture [USDA] (n.d.).** SNAP state directory of resources. Retrieved from <https://www.fns.usda.gov/snap/state-directory>.





**Author:**  
 Claire McClain,  
 College of Pharmacy,  
 Purdue University

**Updated in 2023 by:**  
 Tessa Garrow and  
 Stephanie Woodcox,  
 Purdue Extension Health &  
 Human Sciences,  
 Purdue University

**Originally reviewed by:**  
 Rosanne Griggs,  
 School of Nursing,  
 Purdue University,  
 and Steven Abel,  
 College of Pharmacy,  
 Purdue University

**USE AS DIRECTED:**

# Preventing Prescription Drug Overdoses

## Introduction

Every year, millions of people use prescription medications safely to treat illnesses or to prevent disease complications. Most people use prescription medications as directed. However, the rate of prescription misuse in the United States has increased in the past several years.

In 2021, more than 106,000 people in the U.S. died from drug-involved overdoses. This figure includes overdoses from illicit drugs or from prescription medications. The number of overdose deaths involving prescription drugs such as opioids, stimulants, benzodiazepines, or antidepressants has increased steadily since 2014. Prescription opioids were involved in 16,706 of the drug-involved overdose deaths in 2021.

## Common Prescription Drugs Involved in Overdoses

There are risks of harm if prescription medications are not used as prescribed by a healthcare provider. The majority of deaths from use of prescription drugs happen by accident. The most common prescription medications involved in overdoses are listed below.

| Type            | Used to Treat  | Examples of Prescriptions (generic name/trade name)                                      |
|-----------------|--|--|
| Opioids         | Pain   | Oxycodone (Roxicodone, Oxycontin)<br>Methadone (Dolophine, Amidone)<br>Morphine (Avinza) |
| Benzodiazepines | Anxiety<br>Panic attacks<br>Insomnia<br>Depression     | Alprazolam (Xanax)<br>Diazepam (Valium)<br>Lorazepam (Ativan)                            |
| Stimulants      | Attention-Deficit Hyperactivity Disorder<br>Narcolepsy | Amphetamine/Dextroamphetamine (Adderall)<br>Methylphenidate (Ritalin)                    |



### Tips to Prevent Accidental Prescription Drug Overdoses

Use the following tips to help prevent accidental overdoses of prescription medications.

- Always read the label on the prescription bottle. Never take more medicine than your healthcare provider has directed.
- Some medications can have harmful interactions with other medications or foods. Talk to your healthcare provider about how your medications may interact, including prescriptions and over-the-counter medications.
- If you are using a liquid medication, use the measuring tool provided by the pharmacy. Do not use silverware or dosing devices intended for other medications.
- Store all medications in a safe place away from children and pets.
- Do not share prescription medications with anyone.
- Use medication boxes to organize daily medications. This will help prevent taking more than the prescribed amount of medication.
- Do not mix alcohol with prescription pain pills, anxiety medications, acetaminophen (Tylenol), or medications for attention-deficit hyperactivity disorder.

### Signs and Symptoms of a Prescription Drug Overdose

It is important to know the signs and symptoms that someone has taken too much medication.

Symptoms can vary depending on the prescription drug an individual has used. Some prescription drugs can slow down the body, while others can speed it up. The most common signs and symptoms of prescription drug overdose include:

- abnormal pupil size
- difficulty breathing
- unconsciousness
- hallucinations
- excessive drowsiness
- nausea/vomiting
- excessive sweating
- seizures
- confusion
- unsteadiness

### If You Suspect a Drug Overdose . . .

- Call 9-1-1 immediately.
- If the person does not have a pulse, and you are trained to perform basic life support, start CPR.
- Try to determine what drug or drugs the person took.
- Give any drug containers found, such as prescription medication bottles, to the emergency responders.

### Sources

Centers for Disease Control and Prevention (2023). Medication safety program.

<https://www.cdc.gov/medicationsafety/index.html>

National Institute on Drug Abuse (2023). Drug overdose death rates.

[https://nida.nih.gov/research-topics/trends-statistics/overdose-death-rates?\\_ga=2.93184858.698653021.1687789404-1121129611.1686785840](https://nida.nih.gov/research-topics/trends-statistics/overdose-death-rates?_ga=2.93184858.698653021.1687789404-1121129611.1686785840)