

October - December
2023



BOONE COUNTY
EXTENSION
HOMEMAKERS

The KALEIDOSCOPE



*Host a Hoosier, Boone Co
hosted Starke Co.*

IN THIS ISSUE

- OFFICER MESSAGES
- IMPORTANT DATES
- HOLIDAY EVENTS

MONTHLY QUOTE

“Holidays are about creating cherished memories with loved ones and finding magic in the simplest moments.”

-Jeremiah Say

*Merri Mixer members making
Noodles for Holiday Bazaar*





Important Dates

October

- October 3rd- Building First Tuesday Program 6:30PM Boone Co. Farm Bureau Inc.
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 – Dull’s Tree Farm
-Refreshments at 6:00 p.m. (Gleaners)
-Meeting at 6:30 p.m.
- October 28th- Make a Difference Day



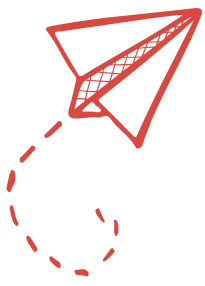
November

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



Happy Fall Ya All,

I Hope all of you are having a great Fall!! Festivals, changing leaves and cooler temperatures, what could we ask for? One minute it's 85 and the next day it is 62. I wish it went a little slower.

Our next council meeting will be Oct 23 up at Dulls Tree Farm at 6:00PM . I will be providing hot dogs, buns, condiments and stuff for smores. I will bring paper products. Please bring something that goes with a weenie roast. If you have any weenie forks please bring them also. Thanks.

Retreat was held Sept 19- 20 at Waycross. I went down on the 18th to help set up arriving around 4 and unloading. I worked with 4 wonderful women all from different counties. We met 3 times in Hancock Co. Working on decorations and planning as we went along. We had fabulous food like always. There was 32 in attendance with 27 staying all night. Our theme was Luau. We had a silent auction making between \$500 and \$600. That is money to help start next year.

Judi Wilson and I went to District Day in Martinsville on Sept.25. Our speaker was a lady who spoke on gardening for your health. Very informative! Our president talked about her goals and staying connected. Focus Day will be Oct.19 in Hendricks Co.at 9:00.

Hope to see all of you soon.

Patty



From the desk of the



1) **DCS treat bags..** The 100 treat bags for the DCS staff members in the counties of Boone, Hendricks, and Montgomery were assembled on Wednesday September 27th. A BIG thank you to new members from Merri Mixers - Sandy & Debbie - helped Judi put candy in the bags. It is not too late to donate some snacks, bottles of water, note cards, gas gift cards etc. to the cause - the bags will be delivered to the 3 DCS offices during the week of October 16th, so you can drop off your donations at the Extension office. Special THANKS to the Paper Scrappers for making the Fall tags for each bag.

2) Please check out the **upcoming events** listed in your lime green program book (details can be found elsewhere in this newsletter).

For October...First Tuesday, Sewing Day, Education Lessons-with lunch, Fall Trip.

For November...Holiday Workshop, Holiday Bazaar.

3) **IEHA Week** is October 22-28...the State President has shared her theme for the year - GET CONNECTED, STAY CONNECTED. How are you 'connected' to your family, your club, your community, your church, your work? October 28th is “**Make a Difference Day**”- make a decision today to Make a Difference in those lives of the people who are close to you.

4) The **Boone County 4-H Fair** is a memory now, but it is never too early to think about Fair 2024. How can you help with the Open Show, plan activities for children & families, arrange free entertainment for the fairgoers, and of course work in the Beehive (contact those youth groups, church folks, neighbors, family...all are invited to be a part of the Fair)? After many discussions, there will be a locked door - between the Pavilion kitchen and store room - to keep the BCEH Fair supplies safe. Thanks to Jack & Matt for helping with this.

5) As Vice President I am responsible for the **Nominating Committee**, therefore I am asking each club to look at your members and ask them who is excited to serve as an officer for the July 2024-June 2025 Homemakers year. There will be several positions available (ex. assistant treasurer, membership chair)

THANKS to each of you for how you are CONNECTED to BCEH

Judi



Dear Extension Homemakers,

This is the last newsletter of 2023. That is crazy to write. I hope that each of you have a wonderful holiday season as we are almost to Halloween and we know that means that the days somehow start to go even faster than normal until we ring in the New Year. I hope that during this time of year you make time to be present in the moment and take in the memories being made and not just worrying about that never ending to do list. I know that is easier said than done.

In this newsletter you will find an article on managing the stress of the holidays with even more suggestions than the one I've given you. You will also find an article on giving meaningful gifts. While these might take a bit longer to make/buy, it will mean more to the recipient for a longer time. Lastly, an article on food safety when it comes to pies. I am definitely craving pie right now and so when I happened upon this article I thought "I bet I'm not the only one who could use this info".

Hopefully I will see you at the Holiday Bazaar, but incase our paths don't cross between now and the New Year, Happy Halloween, Happy Diwali, Happy Thanksgiving, Happy Hannukah, Happy Kwanzaa, Merry Christmas, Happy Kwanzaa and Happy New Year!!!

Sincerely,

Pandora

*Happy
Holidays*

As of October, we have given out 3 Homemakers Helping Teachers grants. The teachers share how they used the money. Check it out on our FACEBOOK page.

We are reading to Head Start children and if you would like to read for the morning or the afternoon session please contact me at 317-503-6402.

October 24th in connection to Homemakers Week we will be serving a meal at The Shalom House in Lebanon. The shift is 3:30pm-7:30 pm. Eight people are needed to help prepare the food, serve in house, packing delivery meals and taking them outside for curbside delivery. If you are working in the kitchen you will need to wear PPE. The meals and supplies are provided by The Shalom House. Joan Gutheridge will bring a cake and we still need one pie, these will be served in house.

Please contact me at 317-503-6402 or jsmohr@indy.rr.com if you can help.

Joan Mohr, Chairman



Educational Lessons for Club Meetings

Did you know that in addition to the Educational Lessons that are offered in the Spring and Fall at the county there is a website with several educational programs you can download and print off and use at club meetings?

Here is the link to the variety of educational lessons:

<https://www.join.ieha-families.org/page/>





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



Bring a sewing machine if you are able and a sack lunch and a drink. We will be sewing items for our community charities and for Riley Children's Hospital. We will be making tote bags, fleece blankets, and baby items. We need people to cut fabric and tie blankets as well as sew. We also need people to iron on our "Made by BCEH label! So there is something to do for everyone! You can stay all day or come for an hour. And bring a friend!

Hope to see you there!

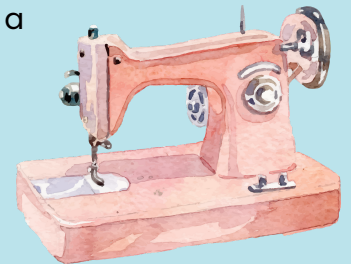
Please RSVP if possible so I know how many are coming. You can come without RSVP.
 Call or text 765-894-2123.

Mark your calendar's for our Spring Sewing Day on Tuesday March 12, 2024!

We continue to collect shawls for Threads for Compassion. Instructions are on the Extension website. BECH will reimburse you for your yarn. Bring your finished shawl to the Extension Office with your receipt and we will mail you a check. Thank you to all who have participated in this program!

Hope you all have a fabulous Fall!

Linda Fahrenbach
 VCS Chairwoman



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.



FACEBOOK



Welcome Members that are Facebook Friends!

To Give you a little insight to our BCEH Facebook page and why it's important to hit that "share" and "like" button when you can.

We now have over 1,500 followers and over 1,300 likes for our page! Our viewers are 95% women, where only 25% are over the age of 65+. This means we are now reaching out more to the 25-45 age group. This is exciting news because with every "share" and "like" you as a club member make, it's a way to reach the younger crowd.

If you have Facebook and have not hit that "Follow" button please do so to keep our audience growing. You can find our page at <https://www.facebook.com/BCEHIndiana/>

Your Facebook admins Katie and Sarah encourage clubs and members to send us monthly club photos, messengers or other things you wish to share to help boost our numbers of those that might want to sign up and join in on the fun of being a member of the Boone County Extension Homemakers.

If you have any questions at any time please feel free to reach out to Katie Klimaszewski or Sarah Jensen on Facebook or Email.

Thank you,

Katie Klimaszewski
Facebook Admin



HOLIDAY BAZAAR

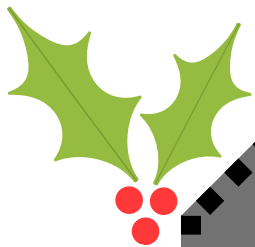
The Extension Homemakers Holiday Bazaar will be held on Saturday, November 18, 2023. Mark your calendars! Our event is in the Witham Pavilion and both Centennial Halls and we have a lot of vendors with many unique things to sell. We have some booths with similar items for sale, but they each present their own personal touch to make them special for your shopping experience. The event will be from 9 am to 4 pm and Mrs. Claus will be joining us as usual. Maybe even Santa himself this year! We have a new caterer this year and lunch will be available from about 10:30 a.m. until 1:00 p.m. With some requirement changes we have more booths with food items, also.

Shopping, lunch and some fun snacks—what could be more fun than that?! Spread the news to your family and friends and come and do some Christmas shopping.

This is a big event for our group and we would appreciate any help with set up and vendor check in on Friday afternoon and evening or vendor check in and greeting customers during the day on Saturday. If you are interested in helping, please call Joan (317-503- 6402) or Judy (317-769-6298) to volunteer.

Thanks in advance!

Judy Bolinger
Holiday Bazaar Committee



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

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.



Boone County Extension Homemakers' Annual Holiday Workshop

COST:
\$3
At The Door

2023 *Festive and Frugal*

NOVEMBER
2ND
STARTS AT
7PM

Located at the Boone County 4-H Fairgrounds in Boone Co. Farm Bureau Inc. Community Building

RSVP By October 26 to 765-482-0750 or booneces@purdue.edu.

Crafts & Food on a Budget





HOLIDAY FEST



Friday, December 1, 2023

9:00 a.m. – 3:00 p.m.

Hendricks County Conference Center
4-H Fairgrounds
1900 East Main Street
Danville, IN 46122

FREE ADMISSION

Cookie Walk

*Homemade cookies for sale.
Sales begin at 9:00 a.m.*

Craft Booths and Entertainment

*Select unique holiday gifts from many vendors.
Enjoy holiday music from local children and adults.*

Lunch Served 11a.m – 1p.m.

For more information contact the Extension Office at 317-745-9260.

Sponsored by

**Hendricks County Extension Homemakers and
Hendricks Power Cooperative**



Your Touchstone Energy® Partner 

Keeping Pies Safe

March 30, 2023

— By Kathy Savoie, University of Maine Cooperative Extension Educator

Holidays and pies just go together kind of like mornings and coffee. Everyone in my family seems to have a favorite pie type for each holiday so there are plenty of leftover pie slices to store (at least for a short period of time). The question of pie storage for food safety is a common question. Can this pie be stored on the counter or do I need to make room for it in my refrigerator? Let's get to the facts with this Pie Storage Chart:

Pie Type	Storage	Long Term Storage
Fruit pies (ex. apple, berry) made with sugar. No eggs in the recipe.	Can be stored covered at room temperature for up to 2 days and then refrigerated for 2 additional days. Or, put them straight in the refrigerator for up to 7 days.	Can be frozen. For best quality use within 4 months. Thaw in the refrigerator.
Fresh Fruit, Custard, Cream, and Chiffon Pies	Refrigerate promptly after preparing and keep in the refrigerator until ready to serve. Store in the refrigerator for up to 4 days.	These pies do not freeze well.
Pumpkin, Pecan, and other pies made with eggs	Store these pies in the refrigerator for up to 4 days.	Pumpkin and pecan pies can be frozen. For best quality use within 2 months. Thaw in the refrigerator.
Pies made with sugar substitutes	Lack of sugar shortens the shelf life of these pies. Store in the refrigerator and consume within 2 days.	Can be frozen. For best quality use within 2 months. Thaw in the refrigerator.

Please note that some perishable commercial pies include preservatives, so check the label for their specific storage instructions.

If you're looking for more information on storing foods safely, check out The FoodKeeper. The FoodKeeper is a complete guide to how long food will keep in the pantry, refrigerator, or freezer. You can download the FoodKeeper App for Android or Apple devices.

Resources

- FoodKeeper (FoodSafety.gov)

Link to original article: <https://extension.umaine.edu/food-health/2023/03/30/keeping-pies-safe/>





Mindful Holiday Giving

The holiday season is approaching, which for many also means gift-giving season. Take a moment to reflect: how does shopping for gifts affect you?

- "I love, love, love giving gifts especially when I know I have found something that will make the other person smile. I think because I grew up pretty poor, as an adult I am so genuinely grateful to be able to give presents to folks I love." Karen, 34
- "A lot of holiday gift giving seems perfunctory. I dislike feeling pressure to prove my friendship or love by giving gifts at preordained dates on the calendar." Michael, 29
- "My family and I stopped giving gifts years ago. Now that we are older we don't need more "stuff," and we'd rather just talk or spend time together when we can." Cynthia, 47

The holidays bring with them a mixture of emotions, but one thing most people can agree on is that it feels good to give a genuine gift—whether that's a store-bought present, a handmade item, or simply your love and attention. And that rush of excitement you feel when you give someone a gift isn't just in your imagination—research shows that spending money on others will give you a much bigger boost of happiness than buying something for yourself.

But there's a downside to the holiday gift-exchange culture, which is the stress that comes along with spending large amounts of money, standing in long lines at the mall, or feeling the pressure to buy for everyone on your list. "Turning on the evening news on Black Friday is the worst," says Michael, 40. "Seeing stampedes of shoppers fight over a gadget that will be obsolete by February leaves me with little hope for humanity."

Here are some tips to help you enjoy the gift-giving process while minimizing the stress that often comes with shopping:

1. Give experiences, rather than objects. Research shows that while people lose interest in material goods over time, their sense of satisfaction with an experience stays high. Think about giving your loved ones a gift you can't wrap—like a massage or a painting lesson. Experiences you can share together—like a cooking class—can also enhance your relationship and create memories that bond you for much longer than an iPod might last.

2. Make your gift a donation. If you are searching for a meaningful gift, consider making a donation to a charity in your recipient's name. This gift has the potential to benefit a number of people, including the organization to which you donate, your recipient, and even you! Not only do many charities strengthen the foundation of community (which in turn benefits you), but research links acts of altruism to better health, happiness, and a strengthened sense of purpose for the giver. Find out what causes your recipient finds particularly meaningful—the environment? A children's charity or cancer research? Making a donation in their name will have deeper significance and will last longer than something you might buy at the store

3. Practice mindful shopping. When you do pick out a gift at the mall, take note: are you buying what you planned to buy? Or were you seduced by slickly packaged goods or a pressure to get something "nice"? Notice when you find yourself caught by the sometimes materialistic messages from advertisers and take a moment to reflect on whether you're truly buying something that comes from your heart.

4. Don't spend more than you have. Maxing out your credit cards may let you afford more purchased gifts, but the stress, anxiety, and depression that comes with debt isn't worth it. Gifts don't need to be expensive to be meaningful. "My favorite gifts to give are the ones I make each year," says Diane, 35. "I make chocolate-covered pretzel rods and decorate them in holiday colors, package them up with a ribbon, and give them to my friends, family and neighbors as a token of my love and appreciation."

5. Savor the feeling of generosity. It feels good to give, so why not let that feeling linger? Positivity expert Barbara Fredrickson has found that relishing a positive emotion while it's happening can strengthen positive attitudes in the brain, which leads to increased happiness. As you buy or make a gift, think about how happy it makes you to give, and let that feeling stay with you as you wrap and deliver it, relishing the feeling of making another person feel appreciated. (You can savor gratitude, too! When someone gives you a gift, let yourself feel the deep appreciation, rather than just tearing it open and moving on to the next.)

References:

Carter, T., & Gilovich, T. (2010). The relative relativity of material and experiential purchases. *Journal of Personality and Social Psychology*, 98(1), 1193.

Dunn, E. W., Aknin, L. B., & Norton, M. I. (2008). Spending money on others promotes happiness. *Science*, 319(5870), 1687-1688.

Poulin, M.J., Brown, S.L, Dillard, A.J., Smith, D.M. (2010). Giving to others and the association between stress and mortality. *Am J Public Health*; 103(9), 1649-55.

Link to article: <https://www.takingcharge.csh.umn.edu/mindful-holiday-giving>



Managing Holiday Stress

November 26, 2019

By: Cheri Burcham

With the anticipation of the holidays, there can also be that feeling of dread – how are you going to get everything done on an already busy schedule? For many people, the extensive preparations they engage in to pull off those picture-perfect holidays create so much stress, that they can't even enjoy themselves. The "picture-perfect" part is where much of the stress originates from. Many of us want everything to be "just right" and try to pattern our holiday plans with visions of TV specials, Norman Rockwell prints, and Martha Stewart magazine pictorials in our heads.

To easily prevent part of the stress is to forget about perfection and unrealistic expectations. Acknowledge that this time of year can get very hectic and that in real life, things won't be and don't have to be perfect.

Set realistic goals for what you can accomplish. This will include the practice of saying "no" to working on certain projects or activities, delegating tasks or allowing family members to volunteer their help, and reconsidering your holiday schedule to determine which activities or traditions should be continued. If an activity is more hassle than it is enjoyable, it may not be worth doing.

In 2017, Mayo Clinic identified a list of ways to prevent holiday stress and depression:

10 Tips to Prevent Holiday Stress and Depression

1. Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief and to express your feelings.
2. Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
4. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion.
5. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Maybe try alternatives such as donating to a charity in someone's name, giving homemade gifts or starting a family gift exchange.

6. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
7. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
8. Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Remember to pace yourself on the party snacks, get plenty of sleep and regular physical activity each day.
9. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Try techniques like walking at night and stargazing, listening to soothing music, getting a massage, reading a book, or meditating.
10. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or mental health professional.

Don't forget to schedule some time for yourself after the holidays to lower stress levels and make them more manageable. And finally, always keep your sense of humor! Maintaining your sense of humor during the holidays keeps things light and puts a different perspective on situations that can come up.

Source: Mayo Clinic; <https://newsnetwork.mayoclinic.org/discussion/housecall-10-tips-for-coping-with-holiday-stress/>

Link to article: <https://extension.illinois.edu/blogs/family-files/2019-11-26-managing-holiday-stress>



VS.

