

September/October
2024



BOONE COUNTY
EXTENSION
HOMEMAKERS

The KALEIDOSCOPE



2024 Open Show Exhibits

MONTHLY QUOTE

Autumn

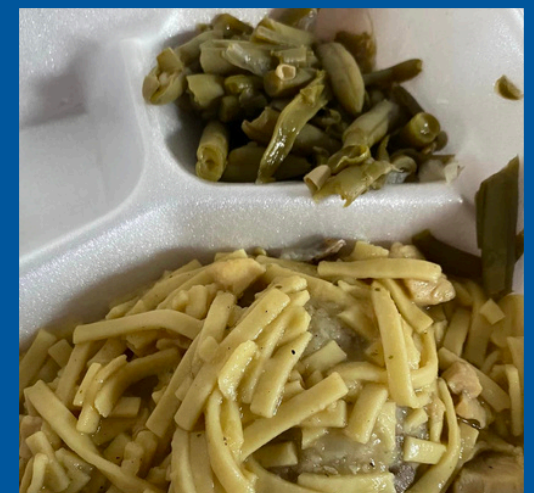
is a second spring
when every leaf is
a flower.

- Albert Camus

IN THIS ISSUE

- OFFICER UPDATES
- FAIR RECAP
- CHAIRMAN REPORTS
- HIGHLIGHTED UPCOMING EVENTS

Welcome Back
to the Fair
Chicken and
Noodles! We
missed you.



Important Dates



September

- 2 Extension Office Closed – Labor Day
- 3 First Tuesday – 6:30 p.m.
- 17-18 Indianapolis District Retreat
- 24-26 CWC Conference

October

- 1 ~~First Tuesday Program – DR – 6:30 p.m.~~ **CANCELLED**
- 9 Fall District Meeting – Johnson County
- 10 Education Lessons – Dining Room
 - 11:00 a.m. – Financial Technology in Our Daily Lives
 - Noon. – Family Mealtime
- 12 Homesteading – PAV 1,2,3 – 8:00 a.m.
- 14 Columbus Day**
- 21-26 IEHA WEEK
- 23-24 State Focus Day & Board Meeting – Hendricks Co
- 23 Sewing Day – Annex
- 26 Make a Difference Day
- 28 E. H. Council Meeting – DR
 - Refreshments at 6:00 p.m.
 - (Gleaners)
 - Meeting at 6:30 p.m.

November

- 5 General Election Day **
- 7 Holiday Workshop, Aud – 7:00 p.m.
- 11 Veterans Day **
- 23 Holiday Bazaar 9:00 a.m. – 4:00 p.m.
Witham Health Services Pavilion,
Centennial Hall 1 & Centennial Hall 2
- 28-29 Thanksgiving **

** Means that Purdue Extension Office is closed



A MESSAGE FROM THE

PRESIDENT



What a fantastic summer! I attended the Home & Family Conference in June and met with Homemakers from all over the state of Indiana. We had craft time (those nail ornaments were quite noisy, but I loved decorating the small shoulder bag), and sessions on Getting the Word Out about IEHA. The state theme is 'Discover the Magic of IEHA'. There is a goal of increasing membership in each club by 1 person. That would be 10 new members for BCEH....we can do this. I went to Hancock county recently and met with the other county Presidents from the Indianapolis District. We shared information about events that are happening in each county. Be sure to check out details on the Retreat in September and the Fall District Day in Johnson County - we can carpool.

We survived the 4-H Fair & all the work at the Beehive!!! I have an article later in this newsletter with a recap of the fair.

The State Service Project is 'Box of Care', which will include toothpaste, toothbrush, compressed towel, bandages, needle & threads, safety pins, and buttons. More information will be coming on how this will be assembled, hopefully each club will be able to participate. If you would like to help chair this project, contact Judi as soon as possible.

Several members have inquired about new Boone County Extension Homemakers shirts. I have been working with Cayla at Daisy's Designs to see what is available. These shirts are 1) polo type in River Blue for \$24 and 2) Tee shirt in Navy for \$15. Logo will be on the front left breast side of shirt. I hope to have the online ordering system ready by the end of August, members will order & pay online. Shirts can be picked up at Daisy's Designs or special arrangements can be made with Judi.

We are looking for a few good women to help with the Homesteading program in October, IEHA Week activities (maybe serve at Shalom House), Make a Difference Day activity, Holiday Workshop, and Holiday Bazaar. Which activity is of interest to you? Let Judi know soon.

Be sure you check out all of the upcoming events listed in your yellow program book...First Tuesday, Indianapolis Retreat, Fall District meeting, Lunch & Learn sessions, Homesteading, Holiday Workshop, and Holiday Bazaar.....we are certainly going to be busy this Fall, and that is a good thing!!!

Remember....how are you improving, enlarging, and endearing the greatest institution in the world, the HOME?

Sincerely,

j

Judi Wilson

765-894-0468



Trust Endearing Achievements Mission

Belong Community Education Helpful



Dear Extension Homemakers,

THANK YOU! THANK YOU! First, thank you for all the work you have put in this summer!!! It was so great to see all your hard work pay off at the fair. I enjoyed getting to work along side many of you during the month of July. It makes fair less stressful when get to work with such fabulous people.

I also want to thank you for all the financial support that Boone County Extension Homemakers has provided to my Health and Human Science programing this past year!!!! The money to purchase kitchen equipment to lead the Chef University Spark Club will help us in the coming year teach kitchen safety and how to prepare health recipes to even more elementary age kids. The purchase of the children's blocks were a great incentive to get parents join the Block Party program that Brinkley and I put on at Presbyterian Preschool Ministry this past spring. We had 16 families (21 parents) attend that event and 2 lucky families received those block baskets BCEH purchased. Lastly, your sponsorship of the Lil' Fair Explorers program during the 4-H Fair helped to make the program a huge success. You will see highlights later in the newsletter, but I want to share that this was a program I have wanted to do for 3 years now and this year I could actually make it happen. Parents were thrilled with the program and I had several families sign up for multiple days after they attended for the first time. I plan to continue this program next year at the fair and will focus on 5 different animals that are at our fair.

While discussing fair, mark your calendars for the 2025 4-H Fair, July 20-26! I look forward to seeing you at one of the many upcoming BCEH events!

Sincerely,



Pandora
Your official Extension Homemakers' Cheerleader

Lil' Fair Explorers: 4-H members shared with the Explorers each day how they take care of their 4-H animals



CHEF UNIVERSITY



Block Party: Teaching preschool parents to use blocks for educational play.



4-H FAIR RECAP

We had a great turn out for the events that Extension Homemakers were part of for the 2024 4-H Fair. Here are some highlights!

Open Show

The open show included
738 total entries
242 Arts Crafts and Hobbies
121 Culinary
115 Fine Arts
149 Sewing
111 Flower and Garden

Sweepstakes Winners



Arts, Crafts, and Hobbies:

L-R - Back: Larry Zickmund, Denise Parks, Dorothea Mickschl; Front: Denise Bechtold, Kayle Sanders, Adeline Smith, Raymond McCaffrey, Sam Vickrey



Culinary:

L-R - Back: Lisa Ping, Theresa Grissom; Front: Sandy Tegtman, Anita Dale, Kathy Budreau



Fine Arts:

L-R - Adam Mackinnon, Eliana Smith, Annabelle Mickschl, Dorothea Mickschl

Sweepstakes Winners



Flower and Garden:

L-R - Zeke Pinedo, Miles Pinedo, Billie Fields, Sue Gentry, Vicky Emmert



Needlecraft and Sewing:

L-R - Back: Sandy Yarger, Kathy Budreau, Pat Bohannon, Connie Lancaster; Front: Janet Spears, Havilah Homkes, Rachael Homkes, Bethany Oestrich, Lauren Bartlett



Photography:

L-R - Tristin Miller, Rene Stanley

Pillowcase Contest

The pillowcase Contest was held again during the 4-H Fair! We had 8 entries in the Adult category and 3 entries in the Junior category! It was a very hard decision for our judge to pick the most creative pillowcases as they were all well done! **The winners of the Adult category are - Donna Padgett for First place and Sandy Larger for second place. The winners of the Junior category are - Scarlett Moore for first place and Skylar Yarger for second place.** Good job contestants and a big thank you to all who participated in the contest! Its always fun to see all the beautiful and creative pillowcases!

I would like to know if any club would be willing to sponsor a \$5 third place award for the Pillowcase contest for both the Adult and Junior categories for a total of \$10 per year. There are so many beautiful and creative pillowcases that I thought it would be a nice idea and helpful for our judges to add another placing. If your club is interested in doing that, please let me know.

We also had 19 pillows and pillowcase donated. Besides the pillowcases they entered into the contest, Patty Nichols donated 12 pillows and 12 pillowcases and Nancy Neel donated 7 pillows and 7 pillowcases! Thank you so much ladies for your very generous donation and all your hard work!

The pillows and pillowcases were gratefully accepted at the Women's Shelter. The pillows bring a big smile to children's faces, especially said Paschal Fettig, director of the Women's Shelter. So when thinking about making a pillowcase for next years contest, think about using a children's print!



Creative Cookery

This year's flavor was Peppermint

The winners were:

BREAD - Teresa Grissom

CAKE - Jenny Merritt

CANDY - Teresa Grissom

COOKIES - Jenny Merritt - Grand Champion

DESSERT - Kathy Budreau

2025 FLAVOR WILL BE.... RHUBAB



Get started on your recipes now.

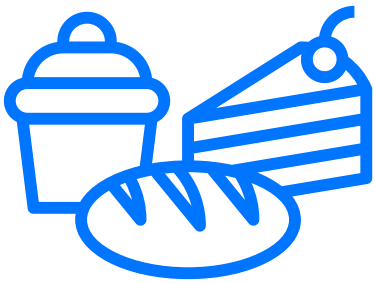


Open Show Bake Auction

The Open Show Bake Auction raised \$5,994

Queens Court raised \$3,769

Thank you to our 19 bidders!!!!



Beehive RECAP *from judi*

The 4-H Fair is over for 2024 and a fun time was had by all!!!! I do not have financial totals yet, some vendors have not submitted their bills. BUT, I can tell you that we served over 1300 tenderloins, 453 hot dogs, over 1600 mozzarella sticks orders, 650 Gatorades, 850 bottles of water, 400 breakfast sandwiches, over 300 servings of chicken & noodles, 50 servings of meat loaf, 760 slices of homemade pie, 16 whole pies, and 440 pieces of cake.

A heartfelt THANK YOU to On the Go Catering for preparing the homemade pies and the evening meals....they were a huge success.

THANK YOU to Katie K for putting together the 20 minute video highlighting all things about BCEH and the 4-H Fair. This video played in the Beehive all day and night & I heard many diners commenting on the pictures.....many memories were shared & that is exactly what I wanted to have happen. If you have pictures that you would like to add to the video, please let Judi or Katie know...we will be adding to the video often. If you missed watching it during the Fair, don't worry....it will be played several times at BCEH events.



Shout Out

FROM KATIE K.

Shout out to the Beehive Breakfast Crew! Paul, Jon, Adam and Ethan were there around 5am each morning ready to work and stayed until the job was done each day when the Queen Bee said it was good to go home! Paul, Jon and Ethan worked long hours at the Beehive while still going to work at their normal jobs in the right after the breakfast shift as well as the evenings/nights. We hope that you enjoyed the grab and go breakfast sandwiches to cut down on your wait time in the breakfast line as well as our set up this year. Your breakfast crew tries very hard for you to have a hot breakfast and still have time to get all your morning activities done in time. If it wasn't for the Klimaszewski brother's (Katie K sons) and their friend Ethan breakfast would have looked different this year. If you see the kids around town say hello and tell them how much we enjoyed having them in the beehive. We hope all four will return next year and maybe bring a few more friends. If you would like to help serve breakfast next year in the Beehive please reach out to Judy Wilson!



Rise
and
Shine

Shout Out

FROM 4-H

Thank you to the Paper Scappers Club for once again making the wonderful display boards at the Fair for the 4-H 10 Year Members.



Witham Pavilion Display

Boone Cooperative
Advantage (BCA) Building
Display

THANK YOU EXTENSION HOMEMAKERS FOR SPONSORING

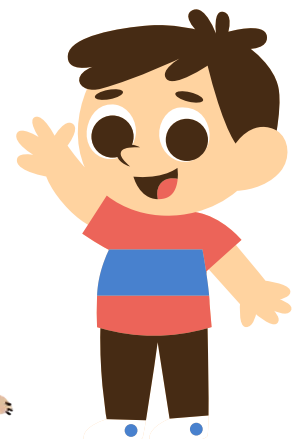


LIL' FAIR



EXPLORERS

LIL' FAIR EXPLORERS HAD A SUCCESSFUL FIRST YEAR AT THE BOONE COUNTY 4-H FAIR!! THIS FREE PROGRAM WAS FOR YOUTH AGES 4-7, WHERE EACH DAY THEY LEARNED ABOUT A DIFFERENT ANIMAL, READ A STORY, DID A CRAFT AND ATE A SNACK! THE 5 DAY PROGRAM FEATURED SWINE, MEAT GOATS, DAIRY CATTLE, LLAMAS AND DOGS. WE AVERAGED 17 YOUTH PER DAY WITH A TOTAL OF 84 KIDS PARTICIPATING ACROSS THE 5 DAY PERIOD.





LIL' FAIR EXPLORERS



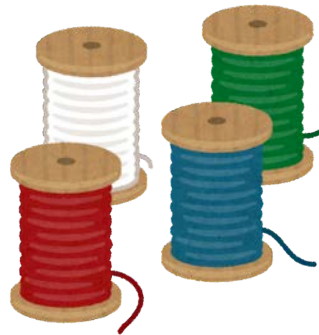
VOLUNTEER COMMUNITY SUPPORT REPORT

Sewing Day

Our next Sewing Day is October 23, 2024 from 9am - 3pm in the Annex at the 4-H fairgrounds. Bring a drink and a sack lunch. You can come and stay all day or just come for an hour or two. Bring your sewing machine and sewing supplies if you're able. Even if you do not know how to sew, I need your help cutting fabric, timing blankets and ironing on labels! So come and enjoy the fellowship while helping the community. We will be making rice bags and covers and blankets for the "Your Not Alone" cancer project, fleece tie blankets and tote bags for Riley Children's hospital, and tote bags for the Head Start program here in Lebanon. I hope to see a lot of your there!

I hope you all enjoy the last days of summer and the upcoming Fall time! Each season has its own beauty to be enjoyed!

Linda Fahrenbach
VCS Chairman



EDUCATION REPORT

First Tuesday

Putting Your Garden to Bed for Winter” is the topic for our September 3rd First Tuesday. Advanced Master Gardener Joann Ostrognai will present best practices to close the season of gardening, both vegetable gardening and other, such as perennials and annuals. She holds a MS degree from Indiana University in Secondary Education. Joann has taught for Ivy Tech for 7 years, adult evening classes.

Help pass the word to your friends and neighbors. The sessions start at 6:30 pm and are held in the Farm Bureau Building.

October 1st session will be Outdoor Planters and Window boxes for Winter.

Head Start

We will again be reading to the children in Head Start. They have moved to the Witham YMCA location, 2791 N. Lebanon St. We read at 9:30 am and 1 pm. The books will be provided.

If you are interested in reading, please contact me at jsmohr@indy.rr.com or 317-503-6402.

Submitted by:
Joan Mohr
BCEH Education Chair

Teacher Grants...

If you know a Boone County teacher please share about the ***Homemakers Helping Teacher*** grants that BCEH offers. One grant is given each month (August - April) in the amount of \$100 for educational purposes. The teacher can be an elementary, middle school or high school teacher at any of the Boone Co. schools, including Sheridan. The grant application can be found at: <https://bit.ly/BCEHTeacherGrant>

LEADERSHIP REPORT

LET'S FILL THE SHOWCASE!!

We need help furnishing the showcase in the Farm Bureau Building. Please get with your groups and come up with something that you can put on a shelf to represent your Club. It could be just something that talks about your club or anything you do for any events. This is a great opportunity to get more members in your Home Extension Club. Let's fill it up!!!

If you have anything for it just let me know and I will get it set up. My contact is jenljones@mymetronet.net or text 765-894-0122.

Thank you,

Jennifer Jones

BCEH Leadership Chair & Paper Scrappers Member

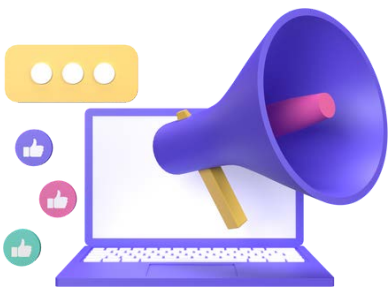
HOMESTEADING

We need ideas and helpers to work the Homesteading Day October 12. It will be in the Witham Pavilion this year. Now is the time to teach someone else a craft you have. You will be receiving an email regarding this soon. My contact is jenljones@mymetronet.net or text 765-894-0122.

Thank you,

Jennifer Jones

BCEH Leadership Chair & Paper Scrappers Member



MARKETING REPORT

We have some exciting news that is so big we need your help! During the month of July and the week of the Boone Co. 4-H Fair we had our BIGGEST month to date on views, people reached and shares.

During the week of the fair we reached 24,959 people through Facebook about our events. Giving us a +104% increase than past months. To put that in perspective, the city of Lebanon has 16,982 people and the town of Whitestown has 11,958 people. That means we almost reached EVERY person in those two towns alone during the week of the fair. That is HUGE for us! WAY TO GO members!!! SO EXCITING!!!

To keep this positive going we wish to share some facts about last month on our posts. The good and the bad so we can keep reaching those in our community and in our state.

The TOP 10 highest viewed and shared post where the following:

- 1: Beehive Dinner Meals are BACK! Post Reached 992 people and Engagement 133
- 2: Open Show Doors Open! Post Reached 782 people and Engagement 118
- 3: Lunch in the Beehive READY! Post Reached 672 people and Engagement 171
- 4: Pies, Cakes and more ready tomorrow! Post Reached 630 people and Engagement 93
- 5: Judi Wilson serving dinner in the beehive! Post Reached 494 people and Engagement 167
- 6-10: Were funny posts made thought out the fair. Post Reaching a total more of 2,184 people and Engagement total more 501he TOP 10

Lowest viewed and shared post where the following:

- 1: All three posts made about Lunch and Learn with Post Reached 0 people and Engagement 0
- 4: All three posts made about First Tuesdays with Post Reached 0 people and Engagement 0
7. BCEH Holiday Workshop. Post Reached 0 people and Engagement 0
8. Open Show Pillow Case winners. Post Reached 28 people and Engagement 39
9. Open Show Doors Open. Post Reached 39 people and Engagement 0
10. Beehive Sign Up to work. Post Reached 52 people and Engagement 28



More MARKETING REPORT

To help keep our excitement going on reaching our club members, our community and those in surrounding counties and states Facebook Admin team is asking for your help. We are asking members to view our Facebook page daily/weekly and SHARE to groups and pages in your town, Boone County, and surrounding areas about our upcoming events and important information. By doing this we can reach those in our community and help a bigger audience. Our Admin Team cannot do it alone as most groups/pages now have limits on how many times you can post and share to the pages. If we all pitch in and hit that share button we can keep our Post Reaching and Engagement up and in return have bigger and exciting events that help our community grow.

The more we share the more people will LIKE and FOLLOW our Facebook page. When that is done non members do the work for us. To give you an idea every time a BCEH Holiday Bazaar post is made we reach on average Post Reached +200 and Engagement 40. If we work together we believe the same can be done for First Tuesday events, Lunch and Learns and the Holiday Workshop.

Admins goal this year is to get our numbers up for sharing First Tuesday events, Lunch and Learns and the Holiday Workshop with creative posts such as using STORYs and Reels. We can reach that goal with help from our members. Reminder "Story" posts are only up for 24 hours and Reels turn into videos. All Reels are saved and can be found under "REEL" tab.

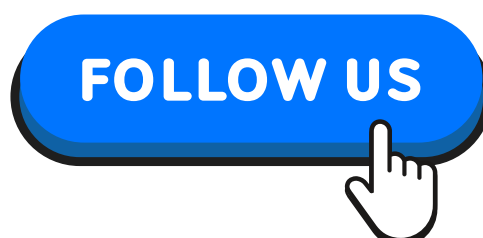
If you have not joined our Facebook page make sure you join <https://www.facebook.com/BCEHIndiana> and hit that LIKE and FOLLOW button to stay up to date and get reminders about what is up and coming.

Other Facebook pages to follow for our area

1. Purdue Extension-Boone County <https://www.facebook.com/BooneExt>
2. Indiana Extension Homemakers Association (official group)
<https://www.facebook.com/IndianaExtensionHomemakersAssociation>
3. Purdue Extension <https://www.facebook.com/PurdueExtension>

As always if you wish for something to be shared on Facebook we are more than happy to do so. We love it when we get something fun to share with our club members and community. You can send Katie and Sarah a PM through the Facebook page or email Katie at KT_ROB_ICE@yahoo.com.

Thank you!
~Katie Klimaszewski
BCEH Marketing Chair



BOX OF CARE

'Box of Care' is a state-wide service project for Indiana. Boone County Extension Homemakers will be meeting on Thursday, October 17th from 3pm-8pm to assemble at least 200 boxes for our community. Please come for maybe 1/2 hour and fellowship with other Homemakers while participating in this service project. Bottled water will be provided. These boxes will be distributed by our members during IEHA Week, October 21-26 to anyone who could use some 'Magic in their life' (Indiana state theme is 'Discover the Magic of IEHA'). It is planned that each member will receive 2 of the boxes. The BCEH council will be providing the small box, thumb brush, toothpaste, washcloth, safety pins, band-aids, and tiny Ziploc bag. Clubs are asked to provide thread, needles, and buttons. Also, each club is asked to donate at least \$20 to help cover the expense of purchasing the other items. The small card with EH information will be provided for each box, too.

If you have any questions, please contact Judi Wilson jaw_ltw@yahoo.com



Fall Educational Lessons

Now being marketed as Lunch and Learns to the general public.

In hopes of getting more people to attend, these educational lessons put on by Purdue Extension HHS Educators we are opening these lessons up to the public and marketing them as Lunch and Learns.

Bring your own lunch and join us on October 10th.

Free program held in the Dining Room of the Farm Bureau Inc. Community Building.

Register by calling the Purdue Extension Office at 765-482-0750 or emailing booneces@purdue.edu by October 3rd.

11:00am Financial Technology in Our Daily Lives

Technology is in every part of our daily lives and we are seeing it more and more when handling money. Come and learn what FinTech (Financial Technology) is and how it plays a role in our daily lives. We will discuss ways to incorporate this technology to be more efficient (budgeting, sending people money and money management). You will also learn the pros and cons to using FinTech and how to keep your money safe.

Pandora Taylor, Boone County

Noon Family Mealtime

We have all heard how important that family meals are but did you know that there is research that shows that youth who regularly eat with their family have higher grades, participate in fewer risky behaviors and have higher self-esteem? In this class we will discuss how to implement family meals and conversations into a very busy family lifestyle. Susan Peterson, Hamilton County





SAVE THE DATE!
**PUT A SPIN ON
THE HOLIDAYS**

THIS HOLIDAY WORKSHOP
WILL FEATURE 3 CRAFT
DEMONSTRATIONS, AND
DESSERT WILL BE PROVIDED.

NOVEMBER 7TH AT 7PM

Reserve Your spot today by
calling 765-482-0750 or emailing
booneces@purdue.edu

BOONE COUNTY 4-H
FAIRGROUNDS
Farm Bureau Community
Inc. Building



Holiday Bazaar

LOOKING AHEAD TO SATURDAY, NOVEMBER 23, 2024—MARK YOUR CALENDARS FOR THE EXTENSION HOMEMAKERS HOLIDAY BAZAAR! OUR EVENT IS HELD 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, SANTA HIMSELF AND OUR CRAZY ELF WILL BE JOINING US AS USUAL. WE HAVE A RETURNING CATERER THIS YEAR AND LUNCH WILL BE AVAILABLE FROM ABOUT 10:30 A.M. UNTIL 1:00 P.M.

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 JENNIFER (765-894-0122) OR JUDY (765-680-3062) TO VOLUNTEER. THANKS IN ADVANCE!

**JUDY BOLINGER
HOLIDAY BAZAAR COMMITTEE**





Flannel, Food & Fun

in Franklin, Indiana

Come & join Johnson County
Extension Homemakers



For the Indianapolis Fall District meeting.

Come to the Johnson County Fairgrounds,

100 Fairground Street, Franklin, IN 46131.

Join us in the Scott Hall Building,

Registration will begin at 8:45 am



The meeting will begin at 10 am. Wednesday-OCTOBER 9TH, 2024

We will have a Continental Breakfast in the morning.

At Lunch we will be serving: Fried Chicken dinner &
dessert.

*Have everyone wear a flannel shirt, blue jeans,
western boots and their favorite western hat.*

Please include your payment with the registration sheet
listing attendees and return by October 1st, 2024.

Flannel, Food & Fun in Franklin, Indiana

Send your Payment to: Cathy Cook
PO Box 84
Trafalgar, IN 46181

Make you check payable to:

Johnson County Extension Homemakers -\$20 per person.

COUNTY _____

NAME

1. 2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

total attending x \$20 = check #



PRESSURE CANNER GAUGE TESTING SITE

Did you know dial gauge pressure canners need to be checked for accuracy every year? The Purdue Extension Office in Boone County now offers dial gauge pressure canner testing. Please note, not all models can be tested. We can only test Presto brand dial gauges.

SCHEDULE A TIME...

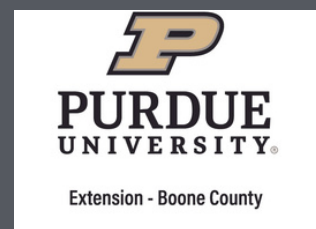
Reach out to Health and Human Sciences Extension Educator, **Pandora Taylor** to schedule a time to come into the Purdue Extension Office for testing.

PER GAUGE

\$5.00

CASH OR CHECK ONLY

Contact Pandora at
765-482-0750 or pandora@purdue.edu
PURDUE EXTENSION - BOONE COUNTY
Located on the Boone County 4-H Fairgrounds
1300 East 100 South, Lebanon



Preparing for an Empty Nest

How can you continue to take care of yourself and your family when your last child moves out? Acceptance, awareness, communication, and planning are key.

Updated: May 30, 2023



credit: shisuka / bigstockphoto.com

Have you thought about what life might be like for you when your children spread their wings and fly off into the world of adulthood? You have been there for their first steps, their first day of kindergarten, their first crush (and maybe their first heartbreak). You didn't have an instruction book, but you figured it out.

So what happens when your last child is grown and ready to live on their own, leaving your nest empty?

You know they're ready. You have prepared them for this step. But are you ready?

Acknowledging Your Feelings

Sure. You're ready for the lists and the packing and the moving. But are you emotionally ready? Many parents experience a range of emotions as their children leave home. They feel a mixture of excitement, anxiety, grief, worry, and fear.

Bougea et al. (2019) confirm that the feelings associated with an empty nest represent a very real psychological condition and that parents will likely feel one or more of these feelings. The bottom line is that what you're feeling is absolutely normal. But, with some relatively simple mental preparation, you will be better able to weather the changes.

First Things First

After your child moves out, be prepared to take some time to decompress. Expect things to look, feel, and work differently at home. You will likely have more free time, and there may be less laundry, fewer groceries to shop for, and less noise in the house. Getting used to the quiet can be a significant adjustment, because it's the first thing you will probably notice. But be patient with yourself as you learn to adjust to all

of it.

Once you realize how much free time you may have, it could be a great time to reevaluate how you can fill that time when you aren't on the farm or at work. You can also reassess how chores at home or on the farm can be accomplished each day with fewer hands helping out.

You may be surprised to find that your schedule fills up more easily than you imagined. Step out of your comfort zone and look for new hobbies or activities. Learn new recipes. Visit with friends or family members you haven't seen for a long time. Volunteer with your church or at a food pantry. You have more options than you may realize.

Communicating about Change

Another important step in adjusting to your empty nest is realizing that, if you have a partner, you may not process the experience the same way. That is why it's so important to take time to discuss each of your expectations for, and concerns over, becoming an empty-nest couple. You may find that one of you is excited about the change and the other is not. Perhaps both of you may be ready for a quieter life, or maybe you both are ready to travel the world! Talking openly about these matters upfront will help prevent issues down the road.

Looking to the Future

Just because your child is leaving doesn't mean that you should stop planning and setting goals. True, many of the goals you made as a parent involved your children. But you probably set some of your own goals, too. And those should continue. Financial goals, retirement goals, work goals, and goals for your home. All of these can provide motivation for each new day.

Succession Planning

If you own a farm or a small business, you might also be wondering whether your children will continue to be involved after they move away. It's never too soon to have an open and honest conversation about it and how it will or will not continue into the future.

If you farm, would you like them to continue to work on the farm? Have you asked them whether they want to? Will they be able to help out only at planting or harvesting times? By the same token, if you own a small business, do you expect that they will one day take over?

Reach out to a professional who can educate you about succession planning. Discuss with your family any long-term goals and who will be responsible for what parts of the operation. And don't expect these to be easy or quick. Both your family and your farm or small business are important. Allow for discussions to happen over time and to work things out so that there is a clear plan.

Building New Relationships

One last thing to consider is how your relationships with your adult children will continue to grow.

Make plans to visit, have dinner, or vacation with your adult children. It is a reward to have conversations with the people you raised.

Together you can share memories from the past and relish each other's new stories. You now have the luxury of being able to do all of this without the added worry of getting the homework done or making sure the carpool schedule is up to date. You may even field a few questions from these new adults looking for advice in running their own busy household.

Empty nesting will be what you make it. So make this time in your life as meaningful and rewarding as the time you spent rearing your children.

Reference

Bougea, A., Despoti, A., & Vasilopoulos, E. (2019). Empty-nest-related psychosocial stress: Conceptual issues, future directions in economic crisis(<https://doi.org/10.22365/jpsych.2019.304.329>). *Psychiatrike*, 30(4), 329-338.

Plan Well, Retire Well

What is your financial fall to-do?

August 15, 2024 Kathy Sweedler



Financial to-dos take a while to carry out, and they are often mentally challenging too. I like to pick one “to-do” at a time to work on. With kids back-to-school and the tree leaves starting to rustle with dryness, now is a great time to set your financial to-do project.

Which of the following is a good match for you?

1. Start saving for your children’s after high school plans.

Whether your children choose to go to college, start a business, or explore a passion, having a financial base can help them achieve their goals. Perhaps now is a good time to start (or add to) a savings account for your child’s future.

A savings account matters. Findings from multiple research studies suggest that children with savings accounts, especially those designated for school, may be more likely to enroll in and graduate from college. Expectations matter.

Take time to explore what is the best financial tool to use for your savings. A basic savings account may be a good place to start. 529 College Saving Plans can provide tax-advantage savings but do come with more limitations. You can start your research with these resources:

- [SEC’s Updated Investor Bulletin: An Introduction to 529 Plans](#)
- [ISAC’s Saving for College](#)

2. Complete home repairs before the cold weather returns.

If you 're like me, you may have had grand plans for home improvements and repairs last April. Where does the time (and energy) go? Maintaining your home helps protect your house investment. Pick one project and tackle it.

Keep in mind that a home improvement tax credit may help pay for your home repair or improvement. Be sure to read all the rules and keep your documentation if you choose to use a tax credit. Learn more at:

- [IRS 's Energy Efficient Home Improvement Credit](#)

3. Create a plan to pay down debt.

One strategy is to take a look at your overall financial situation and decide how much you can commit monthly towards paying down your debt. Then put that payment on automatic. Making the decisions once can be less stressful than trying to juggle the decision every paycheck.

If you 'd like to explore other strategies, University of Illinois Extension has many resources on paying down debt from podcasts to blogs to recorded webinars. Visit the website:

- [Personal Finances, Managing Debt](#)

4. Before you start spending, create a holiday budget.

It 's easy to overspend during the holiday season. Not only do many people buy gifts, other costs such as food, flowers, travel, clothing and more add up! Usually, we start thinking about the expenses once commitments are made and costs start to pile up. Set your spending plan now:

- [Top Five Tips and Strategies to Save Your Sanity and Budget This Holiday Season](#)
- [Debt Free Holiday Giving](#)
- [Calendaring Your Holiday Spending](#)

5. Personalize your plan.

What have you been putting off? Do you need to write a will? File taxes for past years? Re-evaluate your student loan payments? Invest for your retirement?

These are all big challenges! What 's the first small step you can take? Breaking a big project into small manageable steps can make it all happen. No one cares about your financial health like you do – take the first step today!

Photo by [MART PRODUCTION](#)

Family Files

Keeping calm during a Political conversation

July 23, 2024

Tessa Hobbs-Curley

It is July of 2024, and we are in the trenches of political debate for President of the United States. People are passionate about their political perspectives, which is good; however, ideally, it is important to communicate respectfully, whether at home or out and about with others. No one should ever leave who they are, but we are obligated to contribute to the greater good, so showing respect for one another must be essential. According to associate professor [Rachel Wahl, University of Virginia](#) states that “For Democracy, Talking is more important than agreeing.

When you are dialoguing with others, here are a few suggestions for keeping a respectful political conversation:

1. Identify your goal. Be a realist and understand that not everyone is going to see things your way. Be genuinely interested in hearing another perspective on the topic because that is how we learn about each other.
2. Avoid making assumptions. Perspectives are not going to be universal. Don't ask someone a question to interrogate but to understand the perspective honestly.
3. Demonstrate empathy. Be aware of and share another person's feelings and experiences. If a person brings up something and a specific word strikes a chord with you, don't jump into an argument but ask clarifying questions.

4. Always engage in active listening. This is the intent to understand the other person fully rather than listening to respond. Think about how you word your questions. Use “I” statements instead of “You” statements. Ask for examples and paraphrase what you are hearing.
5. Remember to breathe. If someone says something that upsets you, don ’ t forget to breathe, inhale, exhale, and practice meditation techniques before you say something you will regret.
6. Exit with care. Know when to exit the conversation by changing the topic.

If you don ’ t want to talk politics, then don ’ t. You can choose to engage in a positive conversation by practicing these tips. We don ’ t have to agree during a conversation, but we need to model respect for each other. Too many people lose relationships that matter because they don ’ t remain respectful. It is important to think about how each of us can contribute positively to the climate of diversity, equity, and inclusion.

Author: [Tessa Hobbs-Curley](#) is considerate about the people of west-central Illinois. She feels that her role as a [family life](#) educator serving [Henderson, Knox, McDonough, and Warren](#) counties is vital to the residents in her community. Tessa provides community-based training and education on life issues affecting families, adults, and individuals as they age.

2024 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.

Nov/December Edition Deadline: Oct 15

Sewing/Quilting Seminar

Saturday, October 12

9:00 a. m. - 2:00 p. m.

(Doors Open at 8:15 a.m.)

Hamilton County 4-H Fairgrounds

Exhibition Center

Sponsored by:

Purdue Extension Hamilton County



A \$20.00 registration fee includes a day of presentations and demonstrations on quilting & sewing techniques, and creative ideas. Registration is open to any interested person. Participants must submit their registration form to the Purdue Extension Hamilton County Office no later than Friday, October 4, 2024. Forms are available by visiting the Purdue Extension Hamilton County Office at 2003 Pleasant Street, Noblesville, or by visiting our website at www.extension.purdue.edu/county/hamilton.