



# Kaleidoscope

## Boone County Extension Homemakers Newsletter

A publication of Purdue University Cooperative Extension Service Boone County  
Purdue University is an equal opportunity/equal access/affirmative action institution.

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Oct. –Dec., 2022



## Happy Fall Everyone

Cooler today, but it is going to get up in the 90's again, which reminds me about our trip to **Turkey Run Oct. 12.** This is open to all Homemakers. We will be meeting in the parking lot at the **Extension Office at 11a.m.** We will be carpooling over, so depending how many are going we may need drivers. We should arrive at noon at the restaurant. Everyone is responsible for the cost of their lunch and donation for gas money. We may go to the Nature Center and Gobblers Knob for ice cream afterwards. **Please let me know if you are going or have any questions by Oct. 11.** You can contact me by text 317-340-7223 or email: [pattynichols55@gmail.com](mailto:pattynichols55@gmail.com)

As you have probably noticed our books this year are purple again (a different shade). Our state president's color this year is purple. Her theme is Scatter Kindness so there will be several things we will be doing this year.

Our project for NVON is Bee-Cause, Pollinators Feed The World. I hope to have a program in the Spring about bees and native gardening.

The **Council will be meeting Oct. 24 at Cedars. Please be there by 6:00 p.m.** so we can eat and break up into our committees. I will be bringing soup, Boone Co. Quilters - drinks, and everyone else something that goes with soup (crackers, pickles, peanut butter sandwiches, celery sticks, etc.) Boy, that makes me hungry now! Hope to see you then.

Patty Nichols  
Extension Homemakers County President



## Tidbits

When I went to NVON I went to a class called "How does your potluck measure up". So each newsletter I am going to give you some ideas.

1. Smarter Sizes
  - A. Plates used are luncheon size ( 9 inches or less) instead of dinner size ( 10 inches or more
  - B. Cups are 10-12 ounces instead of 15-20 ounces
  - C. Dessert plates are small (7 inches or less).
  - D. Healthier options have larger serving utensils .
  - E. Less- healthy options have smaller serving utensils.

# Tidbits

Our Indiana State Banner (flag) for the State's Centennial Celebration (1916) was designed by Paul Hadley from Mooresville. The Indiana General Assembly adopted it in 1917. It was renamed the Indiana State Flag in 1955. The flag's flaming torch and six radiating beams symbolized the expansion of liberty enlightenment. The 13 stars represent the original 13 American colonies; the five inner stars represent the next five states admitted to the Union. Indiana is the largest star atop the torch. In case you ever wondered what the stars stood for.



## From the desk of the



### CLUB MEMBER'S INFO:

Each club president has received a listing of their members with contact information. This list needs to be updated by each member and returned at the **next Council meeting, October 24<sup>th</sup>**. The Extension Office secretary, Amber, will update the county member roster. The purpose of doing this: we have found some incorrect emails and addresses with mailings being returned or never received.

### 'TREAT BAGS' FOR DCS STAFF:

Boone County Homemakers have volunteered to make the 'treat bags' for the month of October. A time during the week of October 10<sup>th</sup> will be scheduled so we can meet and assemble the 88 bags for Boone, Hendricks, and Montgomery counties. Clubs are asked to donate diapers of all sizes, baby wipes, coloring pages, crayons, easy to read books-all for the children AND coffee, chocolates, gum, candy, inspirational books, gift cards for gas/food. Your club can help with assisting in putting the bags together or delivering them to the DCS offices.

Contact Judi Wilson and let her know how you will volunteer. A chair person is needed for this activity. 765-894-0468 leave detailed message.

### SPOOKTACULAR EVENT:

Saturday, October 22<sup>nd</sup> at the fairgrounds will be the first Spooktacular Event from 5pm-8pm. FREE FREE...The Homemakers have been asked to provide an educational booth/table (this would need 1 person to man it). Children's easy activities will be available along with promotional information about Boone County Extension Homemakers. We have also been asked to prepare and sell bowls of chili with toppings, peanut butter sandwiches, beverage, etc. **Volunteers will be needed on the Friday before** to prepare the chili and on Saturday to serve the meal. ALL PROFIT is ours. They are hoping for a bounce house, face painting, pumpkin bowling, hayrides, and some trunk or treat areas. Other events during that evening will be the **4-H Garage Sale** (drop off your donations on Sunday- Tuesday of that week, sale is Thursday-Sunday) and the *Fright For-est* held in the barn area (there is an admittance fee). Again volunteers will be needed for this event. Contact Judi Wilson 765-894-0468 leave a detailed message.





Hello Extension Homemakers!

The days are getting shorter, the leaves are changing and everything pumpkin sounds yummy this time of year. Between my recent shopping trip to Hobby Lobby (where both pumpkins & Christmas trees can be found right now) and working on this newsletter filled with holiday related information, I am getting pumped up for the next three months of festivities

In this newsletter you will find some educational articles that I thought might be helpful during the months ahead. It seems every year people start their holiday shopping earlier and earlier. My mom told me the other day she has all the Christmas gifts bought for the grandchildren. Whether you are holiday shopping now, or waiting till after Thanksgiving, check out the article on *Tips for Holiday Spending* to help you avoid debt. Making a shopping list and sticking to it really saves me from impulse buying during the holidays. I also have moved from purchasing toys to giving experiences for the nieces and nephews. Those memories we make together will last a lot longer than the toys anyway.

If you are baking anything the next 3 months for family or friends make sure to reference the article on minimum internal temperatures. My worst fear is getting people sick from something I made. My next fear is being sick myself. 😊 So double check that temperature to make sure that food poisoning isn't this year's biggest holiday memory.

Lastly, there is an article about putting yourself first. The holidays are all about making everything "perfect" and we put a lot of pressure on ourselves to do it all. Well, we all know deep down that nothing goes 100% as planned and the unrealistic expectations we put on ourselves are not what our family or friends expect of us. This article reminds you that during those busy times to take a break and recharge yourself so that you and your loved ones can enjoy those memory making moments. There are some simple steps you can do to help you recharge even when you only have a few minutes to make yourself a priority.

Hopefully you will find these articles helpful in some part of your life. It was fun researching topics to share with you. You can find even more interesting articles on the Purdue Extension- Boone Co. Facebook page. My goal is to post at least one article a week that I think is relevant for that time of year. In closing, I hope that I get to see each of you at one of the many fun Extension Homemaker events coming up before the New Year.

Sincerely,

A handwritten signature in cursive that reads 'Pandora'.

Pandora Jo Taylor  
Extension Educator HHS  
pandora@purdue.edu



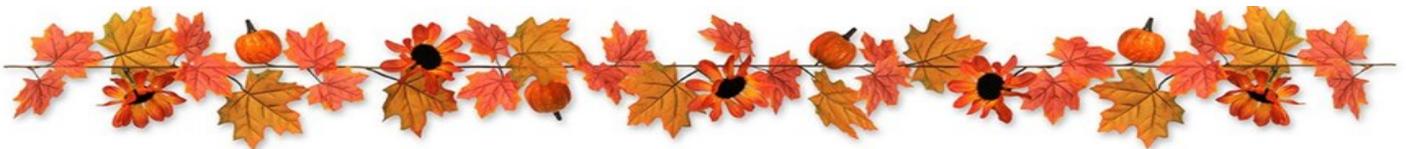


What a year 2022 has been for the Purdue Extension Office. With many retirements at the end of 2021, it meant lots of new additions to our office this year. I want to share with you the new faces that you will see next time you are in the Extension Office.



**Amber Thompson**, *Administrative Assistant* (Started: March 2022)  
[Thomp935@purdue.edu](mailto:Thomp935@purdue.edu)

I am a wife of a LEO and we have two girls, 11 and 13, and a 15 month old boy. We are frequent zoo attendees and love to be outside. One of my duties in the office is to maintain the Extension Homemakers' database, so if you need to update your contact info please reach out to me.



**Andrea Hatfield**, *Ag and Natural Resources and Community Development Extension Educator and County Extension Director*, (Started: May 2022) [ahatfield@purdue.edu](mailto:ahatfield@purdue.edu)

Andrea grew up on a traditional farm in southern Indiana. They raised corn, soybeans, and wheat, as well as angus and hereford cattle. Her family always had a large garden, which is where Andrea discovered her love of watching plants grow. She was active in 4-H in Dubois County, in addition to several other extracurricular activities. Surprised at how little some of her friends knew about agriculture, and determined to change that, she earned her BS in Agriculture Education and her MS in Curriculum and Instruction from Purdue University.

After graduating from Purdue, Andrea accepted a position as the 4-H Youth Extension Educator in Hamilton County. She worked there for almost 6 years before her family moved out of state. Andrea stayed involved in Extension, volunteering as a 4-H leader with her kids' 4-H clubs.

Fast forward several years and the opportunity arose to move back to Indiana. Andrea, her husband, David, and her two kids, Lauren and Drew, now live on a small farm in the Brownsburg area where they raise hay and cattle, and Andrea can enjoy her own large garden. She is excited to be back with her Extension family!



**Elizabeth (Beth) Evans**, Nutrition Education Program Assistant (NEPA), Serving Boone, Parke and Montgomery Counties, (Started: April 2022) [bevans4@purdue.edu](mailto:bevans4@purdue.edu)

Family: Husband Mark Evans, is a 4-H Youth Development Extension Educator in Putnam County. We live in Putnam County and have been married for over 30 years. We have 2 Greencastle High School students. Justin is a senior and Cody is a freshman. Justin enjoys tennis, swimming and track. Justin has just received his Eagle Scout! Cody plays basketball at Grand Park. Both are in 4-H.

Hobbies: spending time with the family, watching the boys in their sports, love having their teams over for team dinners, scrap booking

Pets: All are 4-H projects – cats -Curry, Tigger, Sargent Cuddles, dog – Copper, goats, and a rabbit.

Education: Bachelors in Animal Science, Animal Agri-business, Associate Degree in Agricultural Economics, and Masters in Extension Education, all from Purdue University. (Boiler Up!!)

NEP: The goal of NEP is to help limited-resource families improve their food security through nutrition, food safety, and food resource management education. Our federal funders mandate we provide education to families or individuals that receive, or are eligible to receive, SNAP Food Benefits.



**Cristiana Verissimo**, Community Wellness Coordinator (CWC), Serving Boone & Montgomery Counties, (Started: September 2022) [edwar288@purdue.edu](mailto:edwar288@purdue.edu)



Cristiana is excited to join the Extension teams in Boone and Montgomery counties as a Community Wellness Coordinator (CWC) for the Purdue Extension Nutrition Education Program. She is passionate about cultivating relationships and building collaborative teams. As a CWC, Cristiana works with community partners with the goal to make the healthy choice the easy choice. She promotes increased access to nutrition and physical activity especially within low-income/SNAP-eligible populations. You may find her involved in anything from community gardens, to local health coalitions, trail systems, food pantries, or school and worksite wellness initiatives.

Cristiana has a M.S. in Nutrition from Purdue and a B.S. in Biology from Colorado Christian University. She has experience in data analysis on community-based nutrition programs, teaching various age groups, cross-cultural teamwork, administrative assistance, and entrepreneurship. Cristiana was born and raised in Brazil as the daughter of a farmer and has family roots in Indiana and in 4-H. She lives in West Lafayette, Indiana, and enjoys kayaking with her husband Joe, spending time with family and friends, hiking, playing the piano and singing, and eating delicious food!



# HOLIDAY WORD SEARCH



A N M J I L I H A W S S J E P O S  
 Y C A E I N T C L Y T J O N O O M  
 K Y I A R U O E O A T N K Y T X I  
 O N N R X R D I R L A I L Z I H R  
 O O N E E I Y P T C O I N S O A G  
 P L D W E M F U P I M N L U N L L  
 S O R R O T A R L A D E Y P T L I  
 I C D O S G I P F L I A U A A O P  
 T A B A N V T O S G E G R R H W W  
 T J E W I S H S H A P P E T C E R  
 E F N O T E L E K S N I S Y T E E  
 F L A A Z N A W K M N T K S I N A  
 N J A S M P C A N D Y W A E W R T  
 O T N T R E I K E H A N U K K A H  
 C O C N K S G E P U M P K I N H Z  
 W K I S S E R C H R I S T M A S A  
 G N I V I G S K N A H T S T F I G



Where can I find the answers?



America	Boo	Candy
Canoe	Christmas	Colony
Colony	Confetti	Dreidel
Faith	Family	Feast
Gifts	Gown	Halloween
Hanukkah	Hat	Jewish
Kiss	Kwanzaa	Latke
Merry	Moon	Party
Pie	Pilgrims	Potion
Pumpkin	Purpose	Reindeer
Santa	Skeleton	Sleigh
Snow	Spell	Spooky
Star	Swahili	Thanksgiving
Tradition	Tuxedo	Unity
Witch	Wreath	

Answers can be found on the last page



## Important Dates

Oct. 3	Random Acts of Kindness Club	7:00 p.m.	TBA	
October 13	State Focus Day <i>Hamilton County Fairgrounds, Noblesville, IN</i>			
October 17-22	IEHA WEEK			
October 18	Educational Lessons 10:00 am – Back to Nature 11:00 am – Quick and Easy Meals (5 or less)		DR	
October 22	Make a Difference Day Spook-tacular - Chili Supper	5-8:00 p.m.	Center Circle	
October 24	BCEH Council Meeting <i>Refreshments</i> <i>Boone County Quilters</i>	6:30 pm 6:00	DR	
October 6	Sewing Day – CANCELED			
November 3	Holiday Workshop (More information to come - per Judi Wilson)	7:00 pm	AUD	
November 19	Holiday Bazaar	9:00 – 4:00 pm	Pavilion & Centennial Halls	
November 24-25	Extension Office Closed for Thanksgiving			
December	HAPPY HOLIDAYS!			
December 23, 26, 30	Extension Office Closed for the Holidays			
January 23	BCEH Council Meeting <i>Refreshments</i> <i>Gleaners &amp; Marionettes</i>	6:30 pm 6:00	DR	





It's hard to believe it's almost the end of September. Fall weather will be here before we know it. I just wanted to give you a quick report to let you know I have been working on finalizing the financial reports for the fair .

We have also received a lot of booth rental payments for the upcoming Holiday Bazaar.

It is also that time of year where I am working on the tax records to be sent to the accountant. If anyone has anything they need reimbursed for, please complete the pink form available in the Extension office and provide it to me with the receipt. There is a blue mailbox in the office if you ever need to drop anything off for me.

Dione Finney  
Treasurer



### INTERNATIONAL NIGHT PLANS



April 6, 2023, will be International Night. If anyone has a potential speaker/country that is recommended, please contact Karen Niemeyer at Thorntown Public Library with the information: 765-436-7348.

Karen K. Niemeyer

### Volunteer Community Support

Due to personal circumstances I need to cancel our sewing Day which was to be held October 6, 2022. You may sew at home, but I will not be collecting any items until early February. The spring sewing day is yet to be determined.

Have a great Fall season and Holiday season!

Linda Fahrenbach



### Looking for Bake Auction Chair

Jody Durham, who heads the Bake Auction, is stepping down. **We need a replacement chair** for the Bake Auction. Please consider volunteering for this position. Jody will steer, guide, & train you.

The Bake Auction is a very important event because it is a fundraiser for Open Show prize money & expenses plus other Extension Homemakers expenses. If you would like to volunteer, please contact Cindy Baker at [sew\\_handy@yahoo.com](mailto:sew_handy@yahoo.com) or 317-733-0274.



## HOLIDAY BAZAAR

**Saturday, November 19, 2022** is the date of the Extension Homemakers Holiday Bazaar. Be sure to mark your calendar! We are in three buildings now which mean a lot of vendors with many special things to sell. We have similar merchandise, but they all 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. We have J. C. Cocina from Thorntown as our caterer again this year and lunch will be available from about 10:30 a.m. until 1:00 p.m.



Shopping and lunch—what is more fun than that?! Tell your family and friends about our event and come and do some Christmas shopping.

This is a big event for our group and we would appreciate your 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 with our event please call Joan (317-503-6402) or Judy (317-769-6298) to volunteer. Thanks in advance!

Judy Bolinger  
Holiday Bazaar Committee

*What you've been waiting for...*

## Boone County 4-H Garage Sale



REMC Hall at the Boone County 4-H Fairgrounds

All proceeds go to support 4-H and the upkeep and improvement of the Fairgrounds.

### October

<i>October</i>							
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>16<sup>th</sup></b>	<b>17<sup>th</sup></b>	<b>18<sup>th</sup></b>	<b>19<sup>th</sup></b>	<b>20<sup>th</sup></b>	<b>21<sup>st</sup></b>	<b>22<sup>nd</sup></b>	<b>23<sup>rd</sup></b>
Donation Drop-Off	Donation Drop Off	Donation Drop Off		Sale	Sale	Sale	Sale
4-8	10-7	10-7		4-8	10-3	10-8	11-3



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## BCEH October Educational Lessons

**October 18, 2022 (Tuesday)**

*Farm Bureau Inc. Community Building Dining Room*



**10:00 am “Back to Nature!”**

Being outside has countless benefits for our overall well-being. Being in nature does not always require an extreme amount of physical exertion. There are several activities, such as reading a book outdoors, that you can do to reap the benefits! Some of the benefits include: improved short term memory, reduced stress, increased levels of Vitamin D, improved sleep and much more! In this lesson, we are going to explore the benefits of connecting with nature and ways to help you achieve those! Amanda Veenhuizen Johnson County

**11:00 am Quick and Easy Meals (Five or Less)**



Are you a busy family, are you cooking for one or two, do you not really know how to cook or maybe tired of deciding what to fix at mealtime? This session will discuss the importance of family mealtime while discussing what that can look like AND *recipe ideas for meals with five ingredients or less*. Susan Peterson, Hamilton County

**Please call the Extension Office, 765-482-0750 or email Kathy Staton at [kstaton@purdue.edu](mailto:kstaton@purdue.edu) to register for the lessons by Tuesday, October 11<sup>th</sup>.**

**Everyone is welcome, bring a friend!**



# Education Report

BCEH has given 40 tote bags to the Head Start Program. I have purchased this months reading books for Head Start and will continue working to purchase more. If you would like to help read to the children, you can send me a message at [jsmohr@indy.rr.com](mailto:jsmohr@indy.rr.com)

All Boone County Elementary School principals and vice principals were sent the Homemakers Helping Teachers grant information in September. We had one request for the grant come in within 48hrs of sending out the information. If you know of a teacher that you think should apply for a grant, the grant application can be found on the Purdue Extension – Boone County website. <https://extension.purdue.edu/county/boone/hhs/homemakers-helping-teachers-grant-application.pdf>

We have given out one Teacher Grant to Kacy Anderson at Central Elementary.

Joan Mohr  
Chairman of Education

## 2021-2022 Homemakers Helping Teachers Grant Thank You Letters

*These are letters we have received from teachers who received grants this past school year.*

I just wanted to send over my thanks to the BCEH committee for selecting my project for their grant! I am so thrilled to be able to add to my classroom library and have already added many wonderful titles to my scholastic cart. I can't wait to get these ordered and see the joy on my student's faces. Thank you so much!

Mrs. Brittany Sachs  
Kindergarten Teacher - Union Elementary





Dear Ms. Woodward and Members of the Boone County Extension Homemakers,

Thank you so very much for allowing me to be the recipient of your grant for May! What an exciting treat to look in my mailbox and see that envelope! As I mentioned in my application, I will be moving to Zionsville's new elementary, Trailside. I am excited to re-organize and prepare for my students, but it is costly! Your grant has funded  $\frac{1}{2}$  the cost of the bins I bought, and I am so grateful. I was able to purchase all of these black baskets, and am in the process of relabeling each of them with the genre of book inside.

Thank you again! I hope you all have a wonderful summer!

Jen Skura  
Stonegate Elementary  
Trailside Elementary  
Grade Teacher



mentary/  
mentary 3<sup>rd</sup>

# Sewing/Quilting Seminar

**Saturday, October 15**

**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. Come see vendor displays and shop. 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 7, 2022. 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](http://www.extension.purdue.edu/county/hamilton).

# Safe Minimum Internal Temperature Chart

Use the U.S. Department of Agriculture Food Safety Temperature Chart to make sure you're cooking food to a safe temperature.

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- **Clean**—Wash hands and surfaces often.
- **Separate**—Separate raw meat from other foods.
- **Cook**—Cook to the right temperature.
- **Chill**—Refrigerate food promptly.

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Ground Meats	160 °F (71.1 °C)
Ground Poultry	165 °F
Ham, fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

Source: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

## Tips for Holiday Spending: Avoiding Holiday Debt

Holiday gifts, travel, and celebrations can lead to major debt long after the holidays, but taking steps to plan before the holidays can help ensure you don't start the New Year off on the wrong foot. To be prepared, it's important to have a holiday spending plan before you start shopping. Budgeting can help you take control, even when the pressure to spend is everywhere.

Debt accumulated during the holidays can stick around, well into the New Year. Americans spend an average of \$1,054 during the holidays. Only half plan to pay it off in 3 months or less. Of the remaining half, 29% said they will need 5 months or more. To avoid holiday debt, here are a few smart shopping and saving tips.

- **Start Early.** It's important to save throughout the year for anticipated holiday expenses to avoid falling into debt.
- **Create a Holiday Budget.** Figure out how much you can afford to spend this holiday season. Consider what flexible spending, (eating out, personal shopping, etc.) you can cut for now to put toward holiday spending.
- **Make your List.** Create a list of all the people you will need to buy gifts for this year and choose an amount to spend on each person ahead of time.
- **Choose Thoughtful Gifts.** Spending a lot on holiday gifts isn't necessary. Take some time to consider your gift giving, personal gifts tend to mean more and can be less expensive.
- **Use Cash, Not Credit.** Try to commit to using only cash or a debit card to help prevent overspending.



For more financial planning information on topics such as; budgeting, saving money on groceries, and debt reduction, please contact Traci Dixon, Community and Rural Development Agent at [traci\\_dixon@ncsu.edu](mailto:traci_dixon@ncsu.edu) or contact or office at (252) 459-9810.





## FAMILY HEALTH

# Recharging your Patience

When caring for others, whether it is children, aging parents, or other family members, we also have to take care of ourselves. Just like airlines say to put on our oxygen mask before putting the mask on a child, we need to care for ourselves to provide better care for others. If we feel overwhelmed it is okay to take time to recharge. When we feel recharged we are able to have more patience and tolerance with others. Find ways to recharge that work for you.

**Barbara Beaulieu**  
Human Development &  
Family Studies

**Allison Hillis**  
HHS Extension Educator  
Howard County  
Purdue University

1. **Establish new routines** – routines offer a way to promote health and wellness. Having routines provide a feeling of having control through structure and organization.
2. **Stay connected with family and friends** – the feeling of loneliness can be associated with depression and cardiovascular disease. Make social connections with other adults a priority through video chats, phone calls, emails, or text messages.
3. **Exercise** – find ways to exercise at home. Try to duplicate what you do at a gym with things that you have at home such as using canned goods for weights if you do not have standard weights. You can do yoga, Pilates, Zumba or just dance to some fun music. Find routines on the internet that you enjoy doing.
4. **Go outside** - studies show being outside in nature reduces stress, depression and anxiety. Take a walk, run, hike, or bike ride in nature either by yourself or with your family. Do fun activities with your children such as blowing bubbles, sidewalk chalk, or kicking a soccer ball.
5. **Adjust your expectations** – set reasonable expectations for yourself and family. Or even lower your expectations during this time. Eliminate or reduce some tasks/activities at this time to create expectations that work with you instead of against you.

6. **Mindfulness** – being aware of our thoughts, feelings and bodily sensations. Several websites and apps provide steps in learning how to focus on our body at a moment in time.
7. **Alone time** – find time to be alone to decompress from family demands, separation from family members, and have some quiet time for prayer, meditation, journal, or just to process thoughts.
8. **Give yourself a break** - indulge in something that you enjoy which is positive and helps you relieve stress and relax. Allow yourself to engage in activities that you enjoy, such as soaking in a bathtub, reading books you have been wanting to read, binge watch your favorite TV show, watch your favorite movies again, do puzzles, bake, coloring etc.
9. **'Pet your stress away'** – ten minutes of playing, interacting, or petting your dog or cat reduces stress hormone cortisol and can reduce stress, anxiety, and loneliness.
10. **Laughter** – is still a good medicine for your health to reduce physical tension. A good laugh can relieve some physical symptoms of stress, reduce pain, and increase personal satisfaction.

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# HOLIDAY FEST

*Friday, December 2, 2022*

*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.*

***Biscuits and Gravy served beginning at 9a.m.***

***Lunch Served 11a.m – 1p.m.***

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

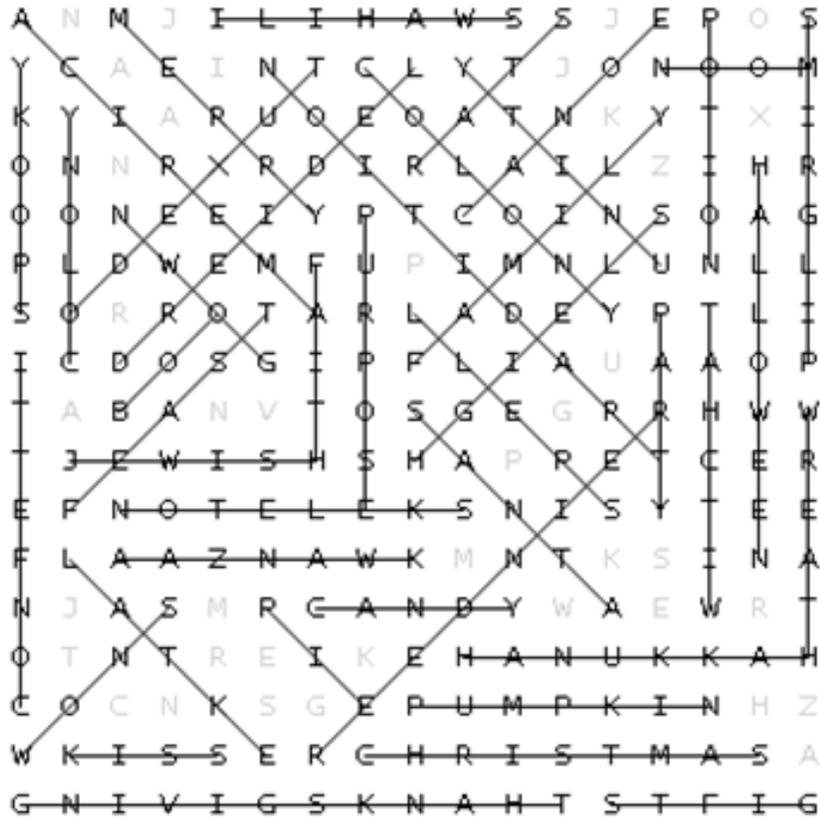
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# HOLIDAY WORD SEARCH ANSWERS



- |           |           |              |
|-----------|-----------|--------------|
| America   | Boo       | Candy        |
| Canoe     | Christmas | Colony       |
| Colony    | Confetti  | Dreidel      |
| Faith     | Family    | Feast        |
| Gifts     | Gown      | Halloween    |
| Hanukkah  | Hat       | Jewish       |
| Kiss      | Kwanzaa   | Latke        |
| Merry     | Moon      | Party        |
| Pie       | Pilgrims  | Potion       |
| Pumpkin   | Purpose   | Reindeer     |
| Santa     | Skeleton  | Sleigh       |
| Snow      | Spell     | Spooky       |
| Star      | Swahili   | Thanksgiving |
| Tradition | Tuxedo    | Unity        |
| Witch     | Wreath    |              |