



# BUSY BEE BUGLE



[www.extension.purdue.edu/dearborn](http://www.extension.purdue.edu/dearborn)

January, 2022

Dear EH Members,

Welcome to 2022! Unusual times call for unusual practices. I recently came across an article or post suggesting that you start a new healthy habit each month. I like the thought of this, so I am sharing. I also remember reading how quickly resolutions are ditched. Maybe, you will have more success with a new healthy habit for each month in 2022!

I hope that you enjoy the wisdom shared through Happy New Year! Make the bits of wisdom that speak to you part of your 2022! I have also included information on celebrations of January regarding hobbies, soup, and tea. I wish you a happy, healthy 2022!

The New Year brings the news that Kathy Kent, Office Manager, retired after nearly 52 years working in the Extension Office on January 4th. We wish her the best! Also, John Hawley, ANR Educator will also be leaving us in February. We wish him the best with his new position as Director of Communications for Montana State University Extension.

Sincerely,  
Marcia Parcell  
Extension Educator, Health and Human Sciences

## DATES TO REMEMBER

- January Dining with Diabetes Virtual Classes (See below for registration information)
- March 3 Council meeting, 9:30AM, Extension Office
- March 10 Madison District Spring meeting in Switzerland County



## FROM THE KITCHEN OF JAN

The new year hasn't started off well. I got word yesterday that Anna Moore's husband passed away due to complications from COVID. Anne was the State President and she's from Madison District. A friend of mine has also passed away. I've been sick off and on since November, but it wasn't COVID.

The Homemakers Spring Fling Spring District Day is in Switzerland County, Thursday March 10, 2022. Registration begins at 9:30am, with the meeting at 10:00am. Holy Smokin Pork and More Food Truck will be serving pulled pork & sides. Cost is \$15.00 per person. If you plan on going, you need to have your money to Sandy Bruce, 9069 US 50 Aurora, IN 47001 by February 14, so she has enough time to get the registration to them.

We don't have a council meeting until March. Fair News: Bakeoff is APPLE. We are going to do something new for the demonstration. Stayed tuned.

This week I found out John was leaving us to take a position in Montana. I also found out this week that Kathy Kent retired from the Extension Office. I will miss her and her help on different things.

Jan Uhlmansiek, Dearborn County Extension Homemakers President



For those who have diabetes, have someone in their family with diabetes or simply want to start healthier habits.

**When:** Tuesdays, January 25, February 1, 8 and 15; 3 month follow up on May 12  
10:00am or 6:00pm via Zoom.

**Cost:** \$40/person or \$65/couple—includes class materials, recipes and exercises.

**Register now at:** <https://event.me/Vy50EY>

For more information please contact Purdue Extension Ohio County at 812-438-3656.

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## WISHING YOU A HEALTHY AND HAPPY NEW YEAR

*HAPPY NEW YEAR! Make this the year you and your family lead a healthier lifestyle. Here are a few tips, resources and motivational quotes to help make those New Year's Resolutions stick:*

**H – ealth-**"The first wealth is health." (Source: Ralph Waldo Emerson)  
Make health a priority this year. Health should be more than the absence of disease — read on for ideas.

**A – ttitude-**"Health and cheerfulness naturally beget each other." (Source: Joseph Addison)

A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your situation and enjoy life more.

**P – hysical activity-**"A man's health can be judged by which he takes two at a time - pills or stairs." (Source: Joan Welsh)  
Physical activity helps improve health and fitness, maintain a healthy body weight and reduce the risk for several chronic diseases and conditions. Check these [recommendations](#) for different ages.

**P – eople-**"Love cures people - both the ones who give it and the ones who receive it..." (Source: Dr. Karl Menninger)  
Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

**Y – our body-**"Take care of your body. It's the only place you have to live." (Source: Jim Rohn)  
Schedule [physical checkups](#) as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

**N – O!-**"Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough." (Source: Josh Billings)

Rather than adding "take a time management class" to your "to do" list, consider starting a "don't do" list. You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of family and friends!

**E – at healthy-**"Looking after my health today gives me a better hope for tomorrow." (Source: Anne Wilson Schaeff)  
According to [MyPlate](#): A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

**W – isdom-**"A wise man makes his own decisions, an ignorant man follows public opinion." (Source: Chinese Proverb)  
Take time to listen to your own body. Rather than set your goals based on how fast other people walk or jog, how little sleep others can get by on or how much someone else eats, concentrate on what makes YOU healthy.

**Y – our hands-**"Keeping hands clean is one of the most important ways to prevent the spread of infection and illness." (Source: Centers for Disease Control and Prevention)

Here's how to wash your hands from the [Centers for Disease Control and Prevention](#):

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

**E – nough sleep-**"A good laugh and a long sleep are the best cures in the doctor's book." (Source: Irish Proverb)

According to the [Centers for Disease Control and Prevention](#), a third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions—such as type 2 diabetes, heart disease, obesity, and depression. Here are a few habits to improve your sleep:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices such as TVs, computers, and phones from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Don't use tobacco.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

**A – void portion distortion-**"Never eat more than you can lift." (Source: Miss Piggy, Muppet character)



Rather than worry so much about "what" you eat, consider "how much" you eat. Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you're eating.

**R - eading materials-** *"Be careful about reading health books. You may die of a misprint."* (Source: Mark Twain)

Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

- Promise quick, dramatic results
- Charge large fees for consultations, equipment, supplements, etc.
- Rely solely on testimonials and statements from "professionals" with unusual-sounding degrees.

Source: UNL Food

## JANUARY IS NATIONAL HOBBY MONTH

What do you like to do in your spare time? Every January, during National Hobby Month, thousands of Americans celebrate their favorite hobbies and try out new ones. From outdoor activities like swimming or hiking, to artsy projects like painting or knitting — most of us have go-to pursuits. During this month, don't just stick to your regular routine. Expand your list of hobbies and share the ones you love.

### **HISTORY OF NATIONAL HOBBY MONTH**

The etymology behind the word hobby can be traced back to the 16th century word "hobyn" meaning "small horse and pony." The term "hobby horse" was a toy horse purchased in Reading, England in 1557. Originally called a "tourney horse," this toy horse was made of a straight stick with a small horse's head made also of wood or stuffed fabric. Hobbies are often referred to as a "pastime," derived from the use of hobbies to pass the time. From "hobby horse" came the expression "to ride one's hobby horse" meaning "to follow one's favorite pastime." Over several centuries the term "hobby" grew to be associated with recreation and leisure. While in the 17th century it was generally perceived as a childish pursuit, with the growth of the industrial society, hobbies took on greater respectability by the 18th century. Over years, hobbies are now an activity that is a regular practice serving a worthwhile purpose to individuals. Hobbies can be practiced for pure enjoyment or interest, and sometimes even financial reward.

Today hobbies are embraced all over the world and people's passion for their hobbies has taken them places they never would have thought possible. From reading, writing, and collecting, to art and video games, whatever it is that gets your gears going, this January is your opportunity to kick it into full swing and let your inner hobbler out!

### **HOW HOBBIES HAVE CHANGED OVER TIME!**

**2013**

**Binge-watching**

Netflix began releasing new episodes of popular TV shows all at the same time — ushering in the era of binge-watching as a hobby.

**1970s**

**Home consoles for video games**

Odyssey, the first video game home console, went on sale in 1972.

**1840**

**Great Britain issued the first postage stamp**

Stamp collecting peaked as a hobby in the mid-20th century.

**1500s**

**Knitting's "purl stitch" method invented**

Knitting, as a hobby, fell out of favor in the late 1980s, but rebounded as the 21st century dawned.

**What defines a hobby?** Anything you enjoy doing in your spare time is considered a hobby! From yoga, to music, from beer brewing to knitting, the world is your oyster.

**Are video games a hobby?** Yes! It can even be a lucrative one. There are tons of online and local competitions and championships to go head to head with others that are passionate about gaming.

**How do I find a hobby?** Well we won't tell you what to like, but your options are endless! Lots of people collect and craft but the idea is just to find something you love doing.

Source: <https://nationaltoday.com/national-hobby-month/>

**WHAT CAN YOU DO TO AVOID FINANCIAL FRAUD?—A little suspicion can help to protect you from fraud.**

Millions of people become victims of countless forms of fraud each year. The Federal Trade Commission received more than 3.2 million reports of fraud in 2019. Criminals use a variety of methods to tempt you into sending money, purchasing products, or giving out personal information. During the COVID-19 pandemic, scammers are taking advantage of



people to give up their money in times of uncertainty, according to the Consumer Financial Protect Bureau. As technology and disasters continue to change, we need to do our best to stay informed about the new ways criminals try to get our personal information and our money.

The Federal Trade Commission offers the following tips to help you protect yourself.

1. Keep in mind that wiring money is like sending cash: once it is gone, you cannot get it back.
2. Do not send money to someone you do not know.
3. Do not respond to messages that ask for personal or financial information, regardless if the message comes from an email, phone call, text message, or advertisement.
4. Do not play a foreign lottery; it is illegal to play a foreign lottery through the mail or the telephone.
5. Do not agree to deposit a check from someone you do not know and then wire money back, no matter how convincing the story.
6. Read your bills and statements at least monthly – both paper statements (if you still receive them) and online statements also.
7. After a natural disaster or crisis, only donate to established charities.
8. Educate yourself on the issues related to medical discount plans and medical identity theft.
9. There is no such thing as a sure thing. Never pay fees first for the promise of a big pay-off later — whether it is for a loan, a job, a grant, or a so-called prize.
10. Understand who you're dealing with. It's challenging to really know where someone is calling from.

Check out the Better Business Bureau or online reviews of the product and/or company.

Put your number on the National Do Not Call Registry. Visit OnGuardOnline.gov to learn additional tips on how to use public Wi-Fi spots, understand mobile apps, what to do if your email gets hacked, how to secure your computer, protect your kids online, and avoid scams. You can also sign up to receive online security updates via email.

Be alert for scams and fraud imposters to protect your identity and finances.

*Source: Michigan State University Extension has more information about scams on its MIMoneyHealth website. In addition, you can find free webinars on various money management topics on MIMoneyHealth in the Events channel.*

**TEAS WITH BENEFITS**-Relax and unwind this holiday season with feel-good teas.

The holiday hustle and bustle can make taking time for yourself tricky. Whether you're dealing with a scratchy throat, an upset stomach or are simply looking to relax, a warm cup of tea might be just what you need.

**To comfort an upset stomach.** Peppermint isn't just a festive flavor for this time of year. It's also used to soothe digestive discomfort—ideal for sipping after a big holiday meal.

Ginger is a classic stomach soother, and it's often used to alleviate nausea. You can find simple ginger teas or blends that include complementary flavors like turmeric, lemon and green tea leaves.

**To soothe a sore throat**—Any warm cup of tea can feel pretty great on a sore throat, but there are some varieties that work especially well. Look for a tea with slippery elm, an ingredient also used in some throat lozenges.

Green tea is another great choice. It's long been associated with wellness because of its anti-inflammatory properties and high antioxidant content. Plus, the neutral flavor makes it a perfect vehicle for a spoonful of honey, which can also help ease sore throat symptoms.

**To help you sleep**—If catching some z's is your goal, unwind with a cup of chamomile or lavender tea. Both are known for their smooth taste and soothing aroma. Plus, simply taking some time to yourself at the end of the day can be helpful as you transition to bedtime.

When drinking tea just before sleep. It's always a good idea to check the label and ensure you've selected a caffeine-free variety.

*Source: mymagazine.us*



## JANUARY IS NATIONAL SOUP MONTH

January tends to be a pretty bleak month. The holidays have just ended and everyone is adjusting back to their routine. That's why January is the perfect choice for National Soup Month. Nothing quite warms you up like a bowl of soup and soup can be a very nourishing and budget friendly meal.



Soups are versatile because of all the different flavors and ingredients that can be added. They are also easy because soup can cook in a crockpot or simmer on the stove. To make your soups go even further, double or triple the recipe and freeze leftovers for a later date.

To make your soups lighter and full of nutrients try some of these tips:

1. Buy broths and canned vegetables that are low-sodium or have no added salt
2. Rinse your canned beans.
3. Swap out the heavy cream for non-fat, low fat, or non-dairy milk.
4. Puree or blend your vegetables. (This will help with the creaminess of the soup if you swap out the cream or milk)
5. Add whole grain noodles, brown rice, bulgur, or quinoa to make soup heartier.
6. Use lentils in place of meat.

### BLACK BEAN SOUP

Serves: 6

1 tsp. olive oil	2 cups chicken broth or water
1 medium onion, chopped	Salt and pepper to taste
1 Tbsp. ground cumin or chili powder (or combination)	Plain yogurt or low-fat sour cream for topping
2 (15-ounce) cans black beans, rinsed & drained	

Sauté the onion in olive oil in a large pot over medium-high heat. After 2 minutes, add the cumin or chili powder. Add one can of beans and broth or water. Cook for 4-5 minutes on medium heat, stir occasionally. Remove from heat and use a hand blender to puree ingredients or transfer to a blender and puree. Add the second can of beans to the pot and cook over medium heat 3-4 minutes or until bubbly. Taste and add salt and pepper as needed. Serve topped with yogurt or low-fat sour cream.

Source: North Carolina Cooperative Extension

### LENTIL-KIELBASA SOUP

Servings: 10

8 ounces lentils (uncooked)	2 cups carrots, cut in small chunks
3 Tbsp. cooking oil	2 cups celery, cut in small chunks
2 cups onion, chopped	1 ½ quarts chicken broth (homemade or canned, reduced-sodium)
2 tsp. garlic, minced	2 Tbsp. tomato paste
1 tsp. dried thyme	14 ounces kielbasa sausage (reduced-fat)
¼ tsp. cumin	

Sort and rinse the lentils. Remove any stones. Place the dry lentils in a bowl and cover them with boiling water. Allow to stand while you prepare the remaining ingredients. In a large stockpot, heat the oil, then add the onions, garlic, thyme and cumin. Cook until the onions are translucent. Add the carrots and celery and sauté for about 10 minutes. Add the chicken broth, tomato paste and lentils and bring to a boil. Reduce heat. Allow to simmer uncovered for about an hour. Add the kielbasa and simmer until the kielbasa is hot. Serve.

Source: Julie Garden-Robinson, Ph.D., R.D., L.R.D., North Dakota State University Extension Service, January 8, 2015

### MAKE THIS A HEALTHY NEW YEAR

It's that time of year again when many of make New Year's Resolutions or plans we set for ourselves in the new year. However, research suggests that many of us have a difficult time completing those resolutions. Check out these tips to help ensure success in meeting your goals:

#### Be SMART when Setting Goals:

The most popular New Year's Resolutions often focus on improving health. But, in order to achieve those goals, it is essential to spell out--in detail--exactly what needs to be done. For example, if the New Year's Resolution is to "get

more physical activity", what does that mean for you? How much activity have you been getting? How much more do you want to get? What kind of activity do you want to do? When and where will you be active?

Experts say to set **SMART** goals: Specific, Measurable, Achievable, Realistic and easy to Track:

- **Specific** goals clearly identify the action to be taken, such as "I will walk ..."
- **Measurable** goals identify how much to do. They'll provide a way to be accountable so add numbers and time frames to your goals: "I will walk for 30 minutes a day..."
- **Achievable** goals identify actions that are possible for your situation. For example, if you are always pressed for time before and after work, maybe "I will walk for 30 minutes a day over my lunch hour" is achievable for you.
- **Realistic** goals identify actions that are reasonable for your situation. If your job keeps you from walking at lunch every day, how many days can you expect to get away at noon?
- **Trackable** goals help you gauge your progress. Can you check off an accomplishment on your calendar just as you had planned?

Once you have set SMART goals, follow these simple tips to help ensure success:

- **Time management** — Don't let busy schedules keep you from following through. Remember, research shows that three 10-minute walks are just as beneficial as one 30-minute excursion.
- **Individualize your plan** — Pick an activity that you like to do. Choose a couple of activities and switch them up every now and then. This not only prevents boredom but also allows you to challenge your body in different ways.
- **Pace yourself** — Especially if you are just beginning to engage in physical activity, start slow and gradually increase your activity level as you gain stamina. Overdoing it increases your risk of injury and may cause burnout.
- **Support system** — Find a partner to join you. Knowing that someone else is counting on you helps increase the likelihood that you will follow through. (Hint: Your best partner for physical activity may be your dog! Dogs always want to go out to walk or play fetch, and they rarely call to say they have a conflict!)

Source: UNL Food

## JANUARY 2022

Month-long observances:

- National Mentoring Month
- Poverty in America Awareness Month
- Slavery and Human Trafficking Awareness Month

Important D&I calendar dates:

- January 1 – New Year's Day
- January 4 – National Braille Day
- January 7 – Christmas (Eastern Orthodox)
- January 16 – World Religion Day
- January 17 – Martin Luther King, Jr. Day
- January 18 – Mahayana New Year (Buddhist)
- January 24 – International Day of Education
- January 26 – International Customs Day
- January 27 – International Holocaust Remembrance Day