



BUSY BEE BUGLE

www.extension.purdue.edu/dearborn



March, 2022

Dear EH Members,

Happy March! March celebrates Living Well, so I have been working to accomplish the living well tip of the day related to one of the eight dimensions of wellness: social, physical, occupational, emotional, financial, environmental, intellectual, and spiritual. In order to balance these dimensions, you have to be disciplined. I recently read this phrase "Expecting things to change without putting in any effort is like waiting for a ship at the airport." Yes, we have to put effort in to make change in our lives.

Our lives are complicated, but we have to make efforts to enjoy life. Heed the celebrations of March that encourage laughing, walking at a park, and putting nutrition first! Also, remember little efforts can make the difference for others. Connect with a neighbor or an old friend. May your efforts in March help you to live well.

Happy Spring!!

Sincerely,
Marcia Parcell
Extension Educator, Health and Human Sciences

DATES TO REMEMBER

- April 4 GetWalkin', 11:00-12:00 Lesko Park, Aurora.
- April 11 GetWalkin', 11:00-12:00 Lawrenceburg Levee
- April 18 Get Walkin', 11:00-12:00 Lesko Park, Aurora
- April 25 Get Walkin', 11:00-12:00 Lawrenceburg Levee
- May 5 Homemaker County Council meeting, 9:30am, Extension Office Conference Room



FROM THE KITCHEN OF JAN

As I write this, it looks like it's going to be a great day.

The Fall District meeting was held in Switzerland County. During the business meeting, it was voted to raise the District dues from \$1.00 to \$2.00. This will make the membership dues go up to \$14.00.

The by-laws were changed to help a county pay for rooms since the State Officers don't want to stay in homes because of Covid. The District would pay up to 50% for each, up to \$100.00, which would be \$50.00.

The Fall District meeting will be in Ripley County August 18.

The Madison District Retreat will be September 22, 2022 at St Mary's Catholic Church in Greensburg, IN. Registrations forms available at your local Extension Office.

NVON Conference is in Evansville July 25-27. IEHA Conference is in June.

How many of the Homemakers have supported homemaker activities? I have worked hard at supporting them, some people don't think so, but they haven't stepped up to help.

The fair is June 20-25. The Bake-off this year is apple. Pies for Prizes is the Homemaker money maker. How many of the Homemakers support this (3) Lori, Esther and Jan. Maybe we should do away with this and let the money go to 4-H.

Keep in mind Farmers & Truckers run on diesel. When we can no longer afford fuel you don't eat.

Jan Uhlmansiek, Dearborn County Extension Homemakers President

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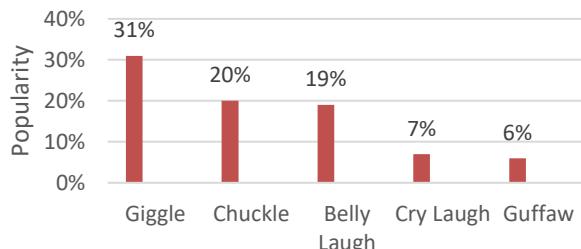
LET'S LAUGH DAY—MARCH 19

- 😊 Newspaper "Lies"—"The lies the dadblamed newspapers publish about us," said one politician to another, "are enough to drive a man to drink." "Yes, that's so," replied the other, "but still we have no cause for complaint." "Why not?" asked the first, in surprise. "Well, it could be much worse," came the reply. "They might publish the truth."
- 😊 A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "Because," he said, "I can't stand chess nuts boasting in an open foyer."



National Today and Laffy Taffy surveyed 1500 Americans about laughter. Here's what we found.

The top 5 Laugh Types Are:



Many studies have found that laughter really can be good for your health. 95% of Americans say laughter is a stress reliever.

Laughter is one of the most popular ways to interact with other people. 96% of Americans like to make others laugh, 77% think they are funny, 39% say they make fun of themselves to make others laugh.

More people think they are the funny one in the relationship. 60% of Americans say they are funnier than their significant other. 68% of men think they are funnier and 54% of women think they are funnier.

Source: <https://nationaltoday.com/national-lets-laugh-day/>

March

- You Choose! (1) Next time you go to a grocery store, take a thoughtfully planned list and stick to it, OR (2) Try grocery pickup and eliminate going into the store entirely! This will help decrease money spent on impulse buys and also help you remember everything you need so you can get it all in one trip!
- Contact your banking institution and set up one or more named savings accounts specific to the financial goals you are currently working toward. Some examples could be Christmas fund, travel fund, emergency fund, new car fund, or down payment fund. Set up a direct deposit into each account every time you get paid or on a monthly basis.
- What was your first major money purchase you made entirely on your own? Write it down and share the insights with a child, spouse, family member, or friend. When we reflect on past money experiences and lessons, we can use them to shape future financial decisions. Your money experiences can be a valuable lesson for others as well.

ESTATE PLANNING

- Create (or update) a power of attorney. A power of attorney gives a designated person to manage your financial affairs. Make sure to choose a trusted individual who is aware of your wishes. It allows the individual to make bank transactions, collect Social Security payments, etc. if you are medically incapacitated. Find out how to complete an Advance Health Care Directive in the state of Indiana.

Source: Utah State University

MARCH IS NATIONAL NUTRITION MONTH

MAGNESIUM: THE MINERAL YOU COULD BE MISSING

Ask most people to name a nutrient lacking in the American diet, and the top answers would probably be calcium, vitamin D, or fiber. But magnesium, an important mineral, is often overlooked.

Though all nutrients are essential for good health, few are more crucial to focus on than magnesium—because we don't usually get enough in our diet and none of our cells could function without it.

How magnesium can dramatically improve your long-term health—Cells need the mineral to produce ATP, a compound dubbed the body’s “energy currency,” says Fudi Wang, M.D., Ph.D., director at the School of Public Health at Zhejiang University in China. That’s because ATP is the bank that cells draw on to power their functions.

Magnesium is involved in regulating blood pressure, blood sugar, heart rate, and nerve transmission. But nearly half of all Americans aren’t meeting their daily magnesium needs.

Older people are at risk for magnesium deficiency because they not only tend to consume less of it than younger adults but also may absorb less from what they eat, and their kidneys may excrete more of it. Digestive disorders such as Crohn’s disease or celiac disease can also affect magnesium absorption. And people with type 2 diabetes or who take diuretics may lose more through their urine.

Magnesium may improve your longevity. In a review of 40 studies involving a total of more than 1 million people, Wang and his colleagues found that every 100 mg increase in magnesium from food reduced the risk of heart failure by 22%, type 2 diabetes by 19% and stroke by 7%. Those who consumed more magnesium were also less likely to die from any cause during the studies’ follow-up periods, which ranged from 4 to 30 years.

Get your daily dose—Women should be getting 320 mg of magnesium per day; men, 420 mg. To get sufficient magnesium, focusing on food—not supplements—is best, unless your doctor instructs otherwise, Wang says. High doses from supplements may have unpleasant side effects such as diarrhea, nausea, and abdominal cramps, and may prevent some drugs (such as certain antibiotics and bisphosphonates) from doing their jobs. Supplements may be appropriate, however, if you have a digestive disorder or diabetes, long-term use of proton pump inhibitors (PPIs) for acid reflux may also lead to a magnesium deficiency. Check with your doctor.

Though no one food has a huge amount of the nutrient, it’s not hard to get enough if you keep the best magnesium sources—dark leafy greens, legumes, nuts, and whole grains—in regular rotation, says Joan Salge Blake, Ed.D., R.D.N., a clinical professor in Boston University’s department of health sciences.

For instance, these foods supply at least 50 mg per serving: $\frac{1}{2}$ cup cooked quinoa, 2 tablespoons pumpkin seeds, $\frac{1}{4}$ cup almonds, $\frac{3}{4}$ cup cooked chickpeas, 2 heaping cups raw spinach, 1 oz 70% to 85% dark chocolate.

Source: *Consumer Reports*®

FOOD THAT HELP PROTECT YOUR BRAIN



Certain foods may make your brain “younger” and reduce your risk of cognitive decline, including Alzheimer’s disease.

Chances are, you purposely ate something today that you know is heart-healthy, but you probably didn’t give much thought to feeding your brain. Only relatively recently have researchers begun to study the link between diet and cognitive function, and the findings are promising.

“You can’t control your genes, which are mostly responsible for any decline in brain function as we age, but with diet there’s the potential to do something,” says Lon S. Schneider, M.D., a professor of psychiatry, neurology, and gerontology at the University of Southern California. But it takes more than eating familiar “brain” foods such as fish or blueberries once in a while. Researchers say it’s what we eat as a whole.

Enter The Mind Diet. MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It’s a hybrid of the heart-healthy Mediterranean and the blood-pressure-lowering DASH diets—but the MIND diet singles out foods that appear to have brain-protecting effects.

The MIND diet was created by the late Martha Clare Morris, Sc.D., a pioneering researcher, and her colleagues at the Rush Institute. It limits red meat, butter and stick margarine, pastries and sweets, fried and fast food, and cheese. But a few foods play starring roles. Working these brain foods into your diet can benefit your overall health—and help keep your mind sharp.

Can You Cut Your Risk Of Alzheimer’s In Half? The RUSH team found that people whose diets were most strongly in line with the MIND diet had brains that functioned as if they were $7 \frac{1}{2}$ years younger than those whose diets least resembled this eating style.

A follow-up study showed that they also cut their risk of developing Alzheimer’s disease in half. People who followed the plan only some of the time still had a 35% lower risk. That’s why it makes sense to increase your intake of these MIND foods every day.

Eat These MIND Diet Foods For Brain Benefits:

- Vegetables/leafy greens. At least one cup raw or $\frac{1}{2}$ cup cooked greens and $\frac{1}{2}$ cup of other cooked vegetables per day.
- Berries. At least one cup twice per week. According to the MIND research, berries are the only fruit that benefit the brain.

- Beans. At least $\frac{1}{2}$ cup cooked, four times per week.
- Fish/Poultry. At least 3 ounces of fish and 6 ounces of poultry per week (not fried).
- Nuts. At least five 1-ounce servings per week. The brains of older women functioned similarly to brains of women 2 years younger when they ate the amount of nuts recommended on the MIND diet.
- Olive oil. Recommended intake is daily.
- Whole grains. At least $\frac{1}{2}$ cup cooked grains or a slice of whole grain bread three times per day.
- Wine. Moderate intake of wine, that's 5 oz a day, is linked to brain health. But beware of a cup that runneth over.

A Day On The MIND Diet

A day's worth of meals following the MIND pattern looks a lot like a Mediterranean heart-health plan.

There are lots of veggies, nuts, whole grains, and olive oil; some beans, fish, and poultry; and a daily glass of wine. What you won't see much of is red meat, sweets, or fried and fast foods. Remember: Eating this way even some of the time has been linked to brain benefits.

- Breakfast—1 cup of oatmeal prepared with water, topped with $\frac{1}{2}$ cup blueberries and 2 tbsp chopped walnuts. Coffee with milk, no sugar.
- Snack—1 apple and 1 oz of almonds
- Lunch—A salad of 3 cups of baby spinach with $\frac{1}{4}$ cup each of chopped cucumber, tomato, and bell pepper, $\frac{1}{4}$ cup quinoa, cooked; 1/3 cup chickpeas; 3 oz sliced chicken, cooked; 2 tbsp extra-virgin olive oil; and 1 tbsp vinegar.
- Dinner—Grilled tilapia with olive oil and lemon; $\frac{1}{2}$ cup of farro, cooked; 1 cup of string beans sautéed in garlic and olive oil; one glass of wine.
- Dessert—1 cup sliced strawberries drizzled with balsamic vinegar.

Source: Consumer Reports®

RECIPES INCLUDING FOODS FOR BRAIN BENEFITS

Blueberry Muffins

Servings: 12

$\frac{1}{2}$ cup vegetable oil	2 cups all-purpose flour
1 cup sugar	2 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup low-fat milk	2 cups fresh blueberries
1 teaspoon vanilla	nonstick cooking spray

Heat oven to 375°F. Grease a 12-muffin pan with nonstick cooking spray. In a large mixing bowl, stir the oil and sugar together until creamy. Add eggs, milk, and vanilla to the oil and sugar mixture. Mix until blended. In a separate medium mixing bowl, stir together the flour, baking powder, and salt. Add the dry flour mix to the wet oil and sugar mix in the large bowl. Stir to combine. Gently fold the blueberries into the batter. Fill each muffin cup 2/3 full with batter. Bake until the tops are golden brown, about 25 to 30 minutes.

Source: Purdue Extension FoodLink

Grilled Fish Tacos with Peach Salsa

Servings: 4

For the salsa

1 cup chopped peaches	1 whole jalapeno pepper, rinsed, seeded finely chopped
$\frac{1}{2}$ red sweet pepper, finely chopped, about $\frac{1}{2}$ cup	1 tablespoon fresh cilantro, finely chopped
$\frac{1}{4}$ red onion, finely chopped, about $\frac{1}{4}$ cup	2 teaspoons lemon juice

For the fish

4 tilapia fillets (about 1 pound)	1 packet low-sodium sazon seasoning
1 tablespoon chili powder	8 6-inch flour tortillas, warmed
1/4 teaspoon low-sodium adobo seasoning	

For the salsa: In a medium bowl, stir together chopped peaches, sweet pepper, onion, jalapeno, cilantro, and lemon juice. Cover and refrigerate until ready to use.

For the fish: Heat grill or grill pan over medium-high heat. Pat tilapia fillets dry with paper towels and transfer filets to a plate. In a small bowl, stir together chili powder, low-sodium adobo seasoning, and sazon packet. Rub fish with spice mixture to coat completely. Place fish on hot greased grill grates. Cook fish until it is opaque and flakes easily with a fork (or reads 145°F on an instant-read thermometer), about 8 minutes. Flip once in the middle of cooking. Thinly slice fish. To serve, fill each tortilla with half of a fish fillet and about 1/3 cup salsa.

Quick tips: Look for adobe and sazon seasonings in the Latin American or Spanish section of your grocery store or at a specialty Latin American or Mexican grocery store.

Source: *Purdue Extension FoodLink*

TAKE A WALK IN THE PARK DAY—MARCH 30, 2022

Five facts about walking that will blow your mind.

1. The most popular exercise in the U.S.—Walking is the most famous form of exercise in the U.S.
2. How to burn off M&M candy—To burn off the calories that you get after eating one M&M candy, you will have to walk the length equal to that of a football field!
3. The average walking speed of humans—The average walking speed of a person is 3.1 miles per hour.
4. Life of a pair of tennis shoes—A regular pair of tennis shoes will last for 500 miles of walking.
5. 6,000 steps will improve your health—6,000 steps will help to improve health, while 10,000 steps will help you to lose weight.

Source: <https://nationaltoday.com/take-walk-park-day/>



OUR PARKS

There are five parks in the Dearborn County Park system. The five parks are: Bright Meadows, County Farm, Gladys Russell, Guilford Covered Bridge, and Rullman Wildlife. Three of our parks are located in rural areas and permit visitors to experience the natural beauty of Dearborn County.

Our goal is to improve public access to these natural areas by adding parking, walking trails, picnic areas and restrooms.

Two parks are in municipal areas and contain picnic shelters, playground equipment and sports fields.

For more information about our parks visit: <https://www.dearborncountyparks.com/>

IMPORTANT DIVERSITY & INCLUSION CALENDAR DATES:

- March 1 – Mardi Gras
- March 1 – Maha Shivarati (Hindu)
- March 2 – Ash Wednesday
- March 4 – Employee Appreciation Day
- March 8 – International Women’s Day
- March 11 – Maha Shivarati (Hindu)
- March 14 – Pi Day
- March 16-17 – Purim (Jewish)
- March 17 – St. Patrick’s Day
- March 19 – Holi (Hindu)
- March 21 – World Down Syndrome Day
- March 21-22 – Naw-Ruz (Baha’I New Year)
- March 25 – International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade
- March 31 – International Transgender Day of Visibility

Get WalkIN'—Helping Hoosiers get on their feet!

Want to improve your health...but short on time...and lack motivation? This FREE, 12 week email-based walking program has you covered!.

Sign up by April 1, 2022 by sending your email to Marcia Parcell at mparcell@purdue.edu, walk, and get email support April 4-June 20, 2022.

Starting date: April 4, 2022. You will receive a total of 16 emails—2 per week for the first month, and 1 per week for the next 8 weeks.

Walk to:

- Reduce risk of obesity, heart disease, diabetes
- Feel energized
- Add daily physical activity
- Get social

ALL FOR FREE!! See the below schedule for the Spring 2022 Get WalkIN' dates.

Get Walkin' Spring 2022

Date	Time	Where
April 4	11:00-12:00	Lesko Park, Aurora
April 11	11:00-12:00	Lawrenceburg Levy
April 18	11:00-12:00	Lesko Park, Aurora
April 25	11:00-12:00	Lawrenceburg Levy
May 2	11:00-12:00	Lesko Park, Aurora
May 9	11:00-12:00	Lawrenceburg Levy
May 16	11:00-12:00	Lesko Park, Aurora
May 23	11:00-12:00	Lawrenceburg Levy
May 30 (Memorial Day)	Your preference	Walk wherever you prefer
June 6	11:00-12:00	Lawrenceburg Levy
June 13	11:00-12:00	Lesko Park, Aurora
June 20	11:00-12:00	Lawrenceburg Levy

Madison District Retreat



“Relaxation 22 – Tutu”

Thursday, September 22, 2022

St. Mary's Catholic Church in Greensburg, IN

Registration Fee: \$20.00 for the day (includes donuts, water & lunch)

Register by September 12, 2022

Registration forms available at the Extension Office

(Where we let go and see what happens!)
