

# August

# In Touch, In Tune

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



August, 2022

Dear Friends,

The hustle and bustle has slowed a bit, but just a bit. I have managed another Indiana State Fair Cat Show, created appetizers and healthy snacks at the North Dearborn Public Library, promoted healthy eating at the Lawrenceburg Farmer's Market with a blender bike and more since my first *In Touch, In Tune*.

This month, *In Touch, In Tune*, I share information for National Dog Day on August 26<sup>th</sup>. I know many of you have reasons for your pets, but you might also learn more reasons to own a pet. Besides pets, I also share about National Honey Bee Awareness plus a recipe containing honey. A recipe for peaches is included as August is Peach Month. I have included Family Fun tips too.

I am preparing for my National Extension Association of Family Consumer Sciences conference in Raleigh, NC in September, as I am currently serving as the President of Health and Human Sciences Educators in Indiana. I am excited to lead the Indiana delegation. I am looking forward to visiting Raleigh, NC, as I have not been there before.

Next month, I will share about my travels and more. I am busy with Get Walkin', so I encourage you to join me or walk in your neighborhood. Enjoy the remainder of August!!

Best Regards,  
Marcia Parcell  
Extension Educator, Health and Human Sciences

## DATES TO REMEMBER

- August 19—Get Walkin', 8:30-9:30am, Aurora Public Library
- August 22—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- August 23—Stitch'n' Learn, 5:00-7:00pm, Extension Office Conference room
- August 24—Get Walkin', 8:30-9:30am, Dillsboro Public Library
- August 26—Get Walkin', 8:30-9:30am, Aurora Public Library
- August 27—Lawrenceburg Farmers Market Family Passport Program, 9:00am-1:00pm (rain or shine), the Mural lot by the Civic Park
- August 29—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- August 31—Get Walkin', 8:30-9:30am, Dillsboro Public Library
- September 2—Get Walkin', 8:30-9:30am, Aurora Public Library
- September 10—Lawrenceburg Farmers Market Family Passport Program, 9:00am-1:00pm (rain or shine), the Mural lot by the Civic Park
- September 27—Stitch'n' Learn, 5:00-7:00pm, Extension Office Conference room
- October 25—Stitch'n' Learn, 5:00-7:00pm, Extension Office Conference room
- November 29—Stitch'n' Learn, 5:00-7:00pm, Extension Office Conference room
- December 27—Stitch'n' Learn, 5:00-7:00pm, Extension Office Conference room

## NATIONAL DOG DAY—August 26

Check out the video on this website <https://www.nationaldogday.com/> for National Dog Day.



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## THE BENEFITS OF A FAMILY PET

There are many benefits to owning a pet. Pets teach children valuable life lessons like responsibility, trust, compassion, respect and patience. While pets offer a lot of benefits to kids, kids also have a lot to offer the pet in your family as well. Both kids and pets enjoy high energy play as well as having a cuddle buddy during nap time.

If your child asks for a pet, talk with them about responsibility and the permanency of owning a pet. When the “newness” wears off or the puppy/kitten gets older, will they still want to care for the animal? Have they expressed a consistent desire for a pet and understand it will need daily care up and above play time?

Set up and discuss what your child’s pet responsibilities will be ahead of time. Remember, no matter how committed they are at the time of getting a pet, you will have to consider yourself as the backup plan if and when they cannot or will not continue to care for the pet.

One of the major reasons, and an important life skill, for owning a pet is to teach **responsibility**. Pets require food, water and love. Many, some more than others, require exercise. They also require grooming (brushing develops large muscles of the arm) and bathroom time (walking the dog develops large muscles of your child’s legs and is good for the development of their heart, brain and lungs).

Children over 5 years old can have developmentally appropriate responsibilities in regards to the care of the pet. Children under the age of 4 should be monitored with pets at all times, and children under the age of 10 should not be expected to take care of a dog or cat completely on their own.

A second skill children learn is **trust**. A pet offers unconditional support when a child (or anyone) is sad, angry or upset. They can teach your child to trust the pet, themselves and build trust in other relationships as well.

**Compassion** is the third life skill developed. When a child takes care of a pet, they learn to be kind to others through taking care of their furry friend’s basic needs.

Other skills kids learn include:

- **Bereavement.** When a pet passes away, a child will learn about the grieving process.
- **Respect.** Requiring gentle touching and learning about boundaries when the pet is eating and sleeping will develop respect for others in young children, which is a difficult skill to learn at a young age.
- **Self-esteem.** When pets show unconditional love, it boosts a child’s self-esteem. Being responsible also develops self-esteem in young children.
- **Loyalty.** Pets are very loyal and a good example of how to treat others that are important to the child and family.
- **Physical activity.** Walking and throwing a ball is great exercise.
- **Patience.** Sometimes bonding with a pet takes time, as well as teaching tricks and learning good behavior.
- **Social Skills.** Pets are great in helping “break the ice.” On outings, dogs encourage conversations with others and will improve a child’s social skills.
- **Motivation.** Because of all the skills pet ownership provides, young children have a reduced risk of allergies and better grades at school because kids develop internal motivation while caring for their animals.
- **Empathy.** Children growing up with a pet do so with more empathy towards animals and more empathy in general.

Research shows children who live in homes with a dog can possibly have fewer ear infections and respiratory tract infections and require fewer antibiotics, perhaps because the exposure to animals at a young age stimulates the immune system. Research found in the Time article, “Why Dogs and Cats Make Babies Healthier,” indicates that exposure to pet dander could prime babies’ still-developing immune systems and be able to fend off common allergens and bugs. Young children’s immune systems are more capable of facing them. Kids with a dog did better than those with a cat. The exposure has to happen very early in life. More information can also be found in the CBS News article, “Babies with dogs less likely to develop colds, ear infections as infants.”

When thinking of which pet to add to your family, pick one that fits your lifestyle. A fish, turtle or hamster will require less playtime than a cat or dog. If your family travels a lot, then maybe an animal that can be left at home with minimal care would be a good choice. If you prefer to go for long walks and play in the yard, then a dog may be a perfect fit. More information on choosing the right pet can be found in the Michigan State University Extension article, “Which pet is right for me?”

Source: MSU Extension



## AUGUST IS...FAMILY FUN MONTH

Each year, Family Fun Month is celebrated throughout the month of August. It is the opportune time to enjoy family with extra fun and activities.

**How to observe**—Make some time this month for family fun. You may want to:

- Order pizza and watch a movie in the backyard
- Enjoy a backyard campfire
- Build a backyard fort
- Family bike ride
- Day trip to the zoo
- Fishing
- Hiking
- Day at the park
- Make a talent show
- Cook meals together
- Have a karaoke night



Use your imagination, spend time together and have fun!!! Post on social media using #FamilyFunMonth to encourage others to join in.

Source: [www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)

## HERE ARE 5 WAYS TO #ThinkLikeASaver AND SAVE MONEY ON YOUR NEXT VACATION!

- Travel on certain days (Tuesday, Wednesday, and Saturday)
- Book your flight on a Tuesday
- Pay for your trip using money from your savings/opportunity fund, rather than your credit card.
- Join a loyalty program for discounts
- Save while you're there—if you eat out for dinner, make or cook your own breakfast/lunch. Spend your money on experiences vs. souvenirs!

If you want to learn more about these 5 ways to save money on your next vacation, check out our blog post (#ThinkLikeASaver) where we dive deeper into each tip!

## WHY SHOULD I EAT BREAKFAST?

Eating breakfast is a great way to give your body energy for the day ahead! Here are a few reasons why eating breakfast is important:

**Eating Breakfast Prevents Feeling Tired** – Often times, people who don't eat breakfast find themselves not having enough energy and feeling tired. Fueling yourself to start the day can lessen the feeling of tiredness while boosting energy and mood.

**Breakfast Helps You Get More Total Vitamins and Nutrients** – Adding a balanced meal to your total foods for the day means your body will get more vitamins and minerals. A balanced meal includes colorful foods, such as fruits and vegetables, whole grains, dairy, and lean protein.

**Breakfast Can Improve Digestion and The Way Your Body Uses Energy and Nutrients** – Starting your day with a balanced meal has been shown to improve digestion and the way your body works. A breakfast that includes a variety of foods can help to regulate insulin levels, reduce the risk for developing metabolic syndrome, and improve conditions of type 2 diabetes.

**May Boost Fiber Intake** – Most Americans don't eat enough fiber. Breakfast is a meal that has many high-fiber options. Eating a fiber-rich breakfast can have beneficial effects. Fiber for breakfast can help you feel full for longer, control blood sugar levels, and help manage or reduce the risk of type 2 diabetes. Fiber-rich foods include whole-wheat breads, fruits, oatmeal.

**Improves Brain Power Throughout the Day** – Eating breakfast provides your brain with more fuel to function throughout the day. Improved alertness, memory, test-scores, problem-solving, and critical thinking have been shown for both children and adults who eat breakfast before starting their day.

Source: *Indiana's Emergency Food Resource Network*

### OVERNIGHT OATS

½ cup milk  
¼ cup Greek yogurt  
2 teaspoons honey  
¼ teaspoon cinnamon

¼ teaspoon vanilla extract  
½ cup uncooked rolled oats  
¼ cup berries

Combine milk, Greek yogurt, cinnamon, and vanilla extract in a container or jar. Add oats and mix well. Add your favorite berries. Cover and refrigerate for at least 8 hours. Enjoy cold or heat as desired.

Source: *Indiana's Emergency Food Resource Network*

### NATIONAL HONEY BEE AWARENESS DAY—AUGUST 20



Bees and other pollinators are crucial to agricultural production across the globe. According to the Food and Agriculture Organization, approximately 35 percent of crop production worldwide is directly affected by these bumbling and buzzing friends.

And in the United States, more than 100 U.S. grown crops rely on pollinators. In addition to managed honey bees, the US is home to 4,000 native bee species.

National Honey Bee Day brings awareness to the importance of honey bees and beekeepers and how essential they are to our food systems. The National Institute of Food and Agriculture (NIFA) has been proud to invest in research that ensures honeybees and beekeepers continue to help farmers in the United States keep our country fed. Since 2016, NIFA has awarded approximately \$21.5 million in grants for honey bee health related projects.

Source: *National Institute of Food and Agriculture*

### CHEWY HONEY OATMEAL COOKIES

Yield: 24 cookies

½ cup butter or margarine, softened  
½ cup granulated sugar  
½ cup honey  
1 large egg  
1 teaspoon vanilla extract  
1 ½ cups quick cooking rolled oats

1 cup whole wheat flour  
¼ teaspoon salt  
1 teaspoon ground cinnamon  
½ teaspoon baking soda  
1 cup raisins, chocolate or butterscotch chips

In medium bowl, beat butter with sugar until thoroughly blended. Blend in honey. Blend in egg and vanilla, mixing until smooth. In separate bowl, mix together oats, flour, salt, cinnamon and baking soda; blend into honey mixture. Blend in raisins or chips. Drop dough by rounded tablespoonfuls onto greased baking sheet. Bake at 350 degrees for 12 to 14 minutes until cookies are golden brown. Remove from oven and allow cookies to cool 2 to 3 minutes before removing from baking sheet. Cool completely then store in an airtight container.

Source: *National Institute of Food and Agriculture*

### AUGUST IS PEACH MONTH

#### PEACH RASPBERRY SMOOTHIE

Yield: 1 serving

½ cup frozen raspberries  
½ cup frozen peach slices

¾ cup 100% orange juice  
½ cup plain or vanilla yogurt

This is a great basic smoothie recipe. Feel free to substitute any fresh or frozen fruit, juice or yogurt that you may have on hand. Here are a few ideas:

- Frozen strawberries, cherries, blueberries, mixed berries, mango, or peaches
- Pineapple juice, orange-tangerine juice, and other 100% juice blends
- Different yogurt flavors

Source: *UNL Food*



## 5 TIPS FOR OVERCOMING STIFF HANDS

1. Buy ergonomic scissors: They need less hand strength than regular scissors.
2. Use kitchen shears instead of a knife for cutting certain food, such as chicken.
3. Avoid hard-to-open pill containers by putting your daily meds in pillboxes.
4. Add a key ring or a loop of fabric to a zipper, making it easier to grip.
5. Replace heavy bottles of soaps and gels with small squeeze bottles.

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## AUGUST IS NATIONAL EYE EXAM MONTH

### TIPS TO PREVENT VISION LOSS

**Your eyes are an important part of your health.** You can do many things to keep them healthy and make sure you're seeing your best. Follow these simple guidelines for maintaining healthy eyes well into your golden years.

**Have a comprehensive dilated eye exam.** You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure. When it comes to common vision problems, some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases, such as glaucoma, diabetic eye disease, and age-related macular degeneration, often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

During a comprehensive dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen, the pupil to allow more light to enter the eye—the same way an open door lets more light into a dark room. This process enables your eye care professional to get a good look at the back of the eyes and examine them for any signs of damage or disease. Your eye care professional is the only one who can determine if your eyes are healthy and if you're seeing your best.

**Maintain your blood sugar levels.** 90% of blindness caused by diabetes is preventable. Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol—also known as the **ABCs** of diabetes.

- **A1c:** The goal set for many people is less than 7% for this blood test, but your doctor might set different goals for you.
- **Blood pressure:** High blood pressure causes heart disease. The goal is less than 140/90 mmHg for most people, but your doctor might set different goals for you.
- **Cholesterol:** LDL or "bad" cholesterol builds up and clogs your blood vessels. HDL or "good" cholesterol helps remove the "bad" cholesterol from your blood vessels. Ask what your cholesterol numbers should be.

**Know your family's eye health history.** Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since many are hereditary. This information will help to determine if you're at higher risk for developing an eye disease or condition.

**Eat right to protect your sight.** You've heard that carrots are good for your eyes. But eating a diet rich in fruits and vegetables—particularly dark leafy greens, such as spinach, kale, or collard greens—is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

**Maintain a healthy weight.** Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you're having trouble maintaining a healthy weight, talk to your doctor.

**Wear protective eyewear.** Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the



correct protection for the activity in which you're engaged. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.



**Quit smoking or never start.** Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

**Be cool and wear your shades.** Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.

**Give your eyes a rest.** If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This short exercise can help reduce eyestrain.

**Clean your hands and your contact lenses—properly.** To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate. [Learn more](#) about keeping your eyes healthy while wearing contact lenses and [listen to a podcast](#) on keeping your eyes safe.

**Practice workplace eye safety.** Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times, and encourage your coworkers to do the same.

*Source: Center for Disease Control and Prevention*

**MONTH LONG  
AND  
DIVERSITY & INCLUSION OBSERVANCE DATES  
AUGUST 2022**

Month-long observances:

- National Civility Month

Important D&I calendar dates:

- August 7 – Purple Heart Day
- August 9 – International Day of the World's Indigenous People
- August 13 – Left-Handers Day
- August 17 – Marcus Garvey Day
- August 18-19 – Krishna Janmashtami (Hindu)
- August 19 – World Humanitarian Day
- August 21 – Senior Citizens Day
- August 22 – American Business Women's Day
- August 26 – Women's Equality Day