

# In Touch, In Tune

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



November 2024

Dear Friends,

November has many opportunities to give thanks and reflect on life. I know I am grateful to the 7% of the American population, who have served in the military to defend the United States of American, so we can celebrate Thanksgiving. Do you need a conversation starter for an event this month? The Family Dinner Project suggest “talk about a person you admire who has fought for the freedom of others.”

Speaking of others, I reflect on those who have left this world. I give thanks for having experienced their presence in my life. I look forward to new experiences in the coming days.

Enjoy the information on managing passwords, budgeting for the holidays, Eating For Your Brain, learning about diabetes and sleep difficulties in *In Touch, In Tune* this month.

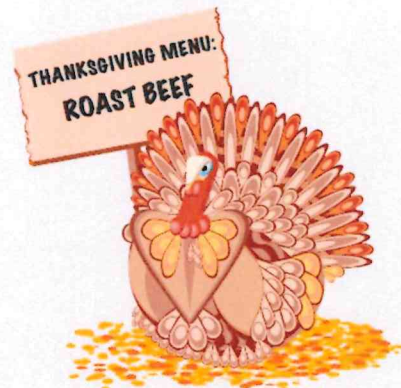
I hope you will pause and reflect on what you are most thankful for this year!

Happy Thanksgiving!!

Warm Regards,  
Marcia Parcell  
Extension Educator  
Health and Human Sciences

## DATES TO REMEMBER

- November 15 & 22 & December 6 & 13 Dining With Diabetes, Dearborn Hills Church, 25365 State Line Road, Lawrenceburg, register at <https://cvent.me/mnzn4Z>
- November 18 Parents Forever 12-4 at Ohio County Extension Office
- November 22 Get Walkin', 9:00am, Aurora Public Library
- November 23 Walk with a Doc, 8:00am, Lawrenceburg Trailhead
- November 28 & 29 Extension Office closed for Thanksgiving
- November 29 Get Walkin', 9:00am, Aurora Public Library
- November 30 Walk with a Doc, 8:00am, Lawrenceburg Trailhead
- December 24 & 25 Extension Office closed for Christmas
- December 31 & January 1 Extension Office closed for New Year



### Walk With Our Doc

Every Saturday  
8:00am

Start at the Trailhead in Lawrenceburg



· City Hall · 229 Main Street · Aurora, IN 47001-1385 ·

(812) 926-1189

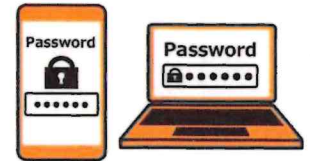
Purdue University, Indiana Counties and U.S Department of Agriculture Cooperating  
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## SOLVING THE PASSWORD CONUNDRUM

During the research for this cover story, one modern problem came up above all else: “I can’t remember all the passwords I need for websites.”

We have solutions. But first, we want to acknowledge why this issue exists. In 2023, there were 3,205 reported data compromises—in which hackers break into the data files of a company or organization and steal consumer information. That was a 74 percent increase over 2022. When hackers learn your password to a site, they could access other accounts if you use the same password on those. The best way to protect yourself is to have a different password for every site.

Therein lies the problem. A typical U.S. adult has more than 100 passwords, according to a NordPass survey. Here are tools that can help:



- ✓ **Keep A Notebook.** The old-fashioned approach is sometimes the best. Writing all your passwords on paper, then putting the list in a safe spot (say, folded and tucked into an innocuous book on your shelf) is the easiest way to keep track. “People say don’t write down your passwords, but actually that can be a fine thing to do if you keep it in a safe place,” says Lorrie Faith Cranor, director of the CyLab Security and Privacy Institute at Carnegie Mellon University.
- ✓ **Use A Password Manager.** This is a secure online tool that organizes your passwords so you need to remember only one “master” password. They include Bitwarden, 1Password, Dashlane, and Norton Password Manager (Norton pays AARP a royalty for use of its intellectual property and provides a benefit to AARP members). Also not that some web browsers, such as Google Chrome and Microsoft Edge, have built-in password managers.
- ✓ **Use A Passkey.** These are a newer and faster way to access protected websites. Instead of typing in a password for a website, you log in by using your fingerprint or a scan of your face (or your device’s PIN number). How this works depends on what your device will support. How to know if the websites you use offer passkeys? Typically, they will ask you to sign up. Otherwise, look at the “Security” part of their site to see if the service is offered.—Chris Morris

Source: AARP Bulletin May 2024

## KEEPING YOUR HOLIDAY BUDGET ON TRACK

Last night on the news, I heard Walmart was not stocking as many Christmas trees as they believe people will not be spending as much this holiday season. How much do you plan to spend? This is a great place to begin.

Once you have mapped out your holiday spending plan, you can avoid overspending by sticking to your plan. Keep it accessible for your review and tracking your progress. If you have been realistic and follow the plan, your money will be spent the way that you intended. You will not carry credit card debt into the new year. You will enjoy the holidays with less stress.

Here are some tips to help you arrange a holiday spending plan and avoid financial pitfalls that can wreck your holiday budget.

- Make savings automatic—set aside a portion of your paycheck. Start saving now. Transfer to your savings a set amount of money from each paycheck.
- Start with a list of everything you’ll be spending money on during the holidays. Include all gifts, foods, drinks, decorations, and charitable giving.
- Set reasonable expectations. Take a look at your monthly budget, decide how much you can really spend on those holiday extras, and plan your budget accordingly.
- To determine your holiday budget, review what you spent last year. Then, use that amount as a guide for this year. Remember to include all money spent on gifts, foods, drinks, decorations, and charitable giving.
- Once you’ve created your budget, stick to it.
- After your budget is made, prioritize where and how you’ll spend. Be sure to account for everything—gifts, decorations, donations, a new piece of clothing, groceries, and baking.
- Prioritize. If you come up short, determine where you can do some trimming. Can you decide not to buy any new holiday decorations this year? Can you pledge not to spend any money on yourself when you’re out shopping?
- Start new traditions that don’t require you to spend as much money. For example, you can do a white elephant exchange or play games to win prizes. Make experiences to get everyone involved in the holiday experience.
- Don’t wait until the last minute. That’s one of the best ways to go into debt during the holiday season. That way you can take advantage of the holiday sales and free online shipping.
- Look ahead. Now’s the time to realistically start planning for next year. Take the holiday budget you’ve set for this year—or what you wish it could be—divide it by 12 and set up an automated plan to deposit that amount directly from your paycheck into a special savings account for holiday spending next year.

Curb the urge to splurge and overspend, so your financial health is well as we enter a new year. Wishing you success in keeping your budget on track and enjoying all the joy of the holidays.

Adapted from Tracy Turner, *Advanced planning and budgeting: Key to keeping holiday spending in check*, November 19, 2020



## EATING FOR YOUR BRAIN

Did you know there is a diet for individuals who struggle with neurodegenerative disease? There is, and it is called the Mediterranean DASH (MIND) diet, and it is an intervention for neurodegenerative delay. The number of people with Alzheimer's is nearly 7 million, and one in nine people age 65 and older has Alzheimer's.

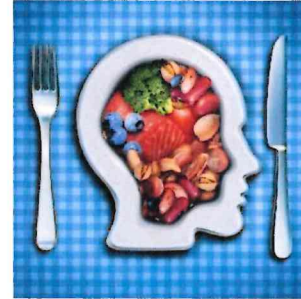
### Current Research

Current research has found that the MIND diet can improve brain health and lower the odds of developing neurodegenerative diseases such as Alzheimer's, dementia and Parkinson's. These studies have shown that following the MIND diet can slow brain aging by 7.5 years.

### MIND Diet Guidelines

The MIND diet focuses on the consumption of whole foods, while decreasing consumption of a few food groups. MIND diet brain – healthy food options include:

- 3+ servings a day of whole grains
- 1+ servings a day of vegetables (other than green leafy)
- 6+ servings a week of green leafy vegetables
- 5+ servings a week of nuts
- 4+ servings a week of beans
- 2+ servings a week of berries
- 2+ servings a week of poultry
- 1+ servings a week of fish
- Mainly olive oil if added fat is used



The food options that the MIND diet tends to avoid and limit are those that are higher in saturated fats and trans fats. The recommendations for these are:

- Less than 5 servings a week of pastries and sweets
- Less than 4 servings a week of red meat (including beef, pork, lamb and products made from these meats)
- Less than 1 serving a week of cheese and fried foods
- Less than 1 tablespoon a day of butter/stick margarine

### Benefits of the MIND Diet

The MIND diet focuses on dietary nutrients that have been found to boost brain health. They include:

- Omega-3 fatty acids
- Vitamin E
- Folate
- Choline

### Omega-3 fatty acids

Omega-3 fatty acids (docosahexaenoic acid or DHA) play a vital role in the MIND diet. DHA has properties that can assist in reducing cognitive impairment of the brain. Omega-3 fatty acids are found in salad oils, fish, seafood, nuts, seeds and other foods.

High levels of saturated fats increase cholesterol and raise the risk of heart disease and stroke. Reducing your saturated fatty acid intake is not as difficult as it seems. Focus on a healthy, balanced diet, and treat pastries and desserts as special food that you enjoy occasionally.

### Vitamin E

Nuts are a perfect snack on the MIND diet because they are packed with fiber and also have high amounts of vitamin E. Vitamin E is an antioxidant that deactivates free radicals in brain cells. Vitamin E is found in salad oils, nuts, seeds, leafy greens and fortified foods.

### Folate

Beans are rich in the B vitamin folate, which assists with the control of blood glucose levels. Blood glucose levels are important to maintain because if elevated they can cause damage to the brain cells. Folate is found in dark leafy greens, strawberries, beans and other foods. Folic acid (the manmade form that is well absorbed) is found in fortified foods, such as cereal.

### Choline

Choline is a B vitamin that is important for brain development during pregnancy and breastfeeding. Without choline, you could see a strong decline in brain function later in life. Choline is found in eggs, meat, fish, broccoli and other cruciferous vegetables, dairy, nuts and other foods.

### What can you do in your community?

Bring nutritious foods, such as leafy green salads with added beans, nuts and fruits to your next gathering.

Source: By Rya Farley, dietetic intern (former) and Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension

## TURKEY (OR CHICKEN) SALAD WITH ORANGE VINAIGRETTE

Here's a tasty main dish salad recipe to offset some of the heavier fare often featured in holiday menus. Use leftover roasted poultry or rotisserie chicken.

### Orange Vinaigrette:

¼ cup orange juice	Dash pepper
2 tablespoons white wine vinegar	1 tablespoon canola oil or other salad oil
2 tablespoons onion, finely chopped	2 teaspoons Dijon mustard
¼ teaspoon salt	

### Salad:

4 cups torn salad greens (such as mixed greens with romaine and/or spinach)	½ cup sliced celery
2 cups cooked turkey breast, cut into julienne strips	4 tablespoons walnuts or pecans (optional)
1 (11-ounce) can mandarin orange segments, drained	4 sliced fresh berries for garnish (optional)

In a jar with a tight-fitting lid, combine all vinaigrette ingredients; shake well. Or place ingredients in a bowl and whisk together. In large bowl, combine all salad ingredients; toss gently. Serve with vinaigrette. If desired, garnish with fresh berries.

Makes four (1 ½ cup) servings. Without optional ingredients, each serving has 190 calories, 6 grams (g) fat, 12 g carbohydrate, 22 g protein, 2 g fiber and 270 milligrams sodium. The recipe also provides 100% of the daily recommendation for vitamin A (as beta carotene) and 60% of the daily recommendation of vitamin C.

Source: NDSU Extension

## NOVEMBER IS DIABETES AWARENESS MONTH



### SIX TIPS TO MANAGE DIABETES DURING THE HOLIDAYS

The holidays should be filled with fun, laughter, family, and friends, and not stress over managing your diabetes. Take time before the holidays to develop a diabetes management plan so you can celebrate the holidays with ease.

Holiday Meal Planning—These six tips can help kickstart holiday meal plans.

1. **Keep a normal meal schedule.** Discuss holiday mealtime with your family and arrange to start the meals as close to your normal meal schedule as possible. This is particularly important in timing your diabetes medication. To prevent low blood sugar episodes, plan for a snack if your meal schedule must change. Discuss more healthy food options with your physician.
2. **Watch your food portions.** It is easy to pile up your plate during holiday meals, but it is important to watch your food intake. Taking small sample portions of the holiday offerings can allow you to taste your favorite items without overindulging. Another simple trick is to leave some room on the outer edge of the plate. Leave about one inch of the outer plate visible. These quick tricks will keep you from piling your plate too full with extra portions.
3. **Monitor your blood sugar level.** Knowing your glucose numbers throughout the holidays will help you stay on track. Don't skip your regular blood sugar checks. Plan ways to monitor your glucose level while traveling, visiting friends and family, and enjoying mealtime. Discuss blood sugar target range goals with your physician before the holidays to help you meet your goals.
4. **Be physically active.** Don't skip your daily workout just because it's the holiday season. You may have to get creative or adjust your schedule, but it will be worth it knowing you kept your exercise routine. Include visiting family and friends in your workout. For example, gather everyone up for a walk before or after the meal. Or plan a game to get everyone moving, such as a scavenger hunt, a game of basketball, or relay games.
5. **Load up on non-starchy vegetables.** The American Diabetes Association recommends making half your plate non-starchy vegetables. This is a great opportunity for you to contribute some of your favorite vegetables to the holiday menu. Broccoli, greens, asparagus, and Brussels sprouts are great choices.
6. **Don't celebrate too long.** Many people derail their healthy goals by celebrating the holiday for too long. Remind yourself that the holiday is just one day. So, eat festive that day and return to your healthy eating pattern the following day.

Source: [www.aces.edu](http://www.aces.edu)





## LEARN ABOUT SLEEP APNEA AND HEART HEALTH FROM THE AMERICAN HEART ASSOCIATION

### What is sleep apnea?

Sleep apnea is a condition that affects your breathing during sleep. It causes your breathing to stop and restart and can make it hard for your body to get enough oxygen. The episodes of disrupted breathing generally last at least 10 seconds and occur frequently throughout the night.

There are two main types of sleep apnea. Obstructed sleep apnea is when the soft tissue in your throat relaxes and makes it difficult to breathe. Central sleep apnea is when your brain has trouble regulating your breathing.

### What are the symptoms of sleep apnea?

The symptoms of sleep apnea include:

- Irregular breathing during sleep.
- Loud snoring or gasping.
- Excessive daytime sleepiness.
- Morning headaches.
- Problems with concentration and memory.
- Mood or behavior changes, including irritability.
- Anxiety, depression.

### How is sleep apnea diagnosed and treated?

Talk to your doctor if you think you have sleep apnea. You may think you have sleep apnea because a sleep partner lets you know they hear loud snoring or gasping during the night. Sleep apnea is often diagnosed through a sleep study. It can be treated through the use of a continuous positive air pressure (CPAP) machine, which helps regulate your breathing, as well as lifestyle changes. There are also surgical treatment options to open the airway.

### How many people are affected by sleep apnea?

Some estimates suggest that as many as one billion adults worldwide have sleep apnea. Sleep apnea is more common for men and overweight people.

### How is sleep apnea linked to cardiovascular disease and brain health?

Sleep apnea increases the risk of CVD and can lead to worse outcomes from cardiovascular disease. Obstructive sleep apnea, in particular, has been linked to higher rates of high blood pressure, stroke, and coronary artery disease. There's also evidence that sleep apnea can cause left ventricular diastolic dysfunction, which increases the risk of heart failure.

Source: American Heart Association

#### BRAIN TIP

Read a book. A wide range of studies show that reading has many short- and long-term brain benefits, among them better focus, improved problem-solving and greater empathy. Studies also show that settling in with a good read can improve your mood, reduce anxiety and even slow age-related cognitive decline.

## NOVEMBER LAUGHS

- If pilgrims travel on the Mayflower, then what do college students travel on? The Scholar Ships.
- Where did they take the Mayflower when it was sick? The nearest doc.
- How did the Pilgrims bring their cows to America? On the Moooooo-flower.
- What kind of music did the Pilgrims like to listen to? Plymouth Rock.
- What kind of cars would pilgrims drive today? Plymouth.
- If April showers bring May flowers, what do May flowers bring? Pilgrims!



**MADISON DISTRICT RETREAT REGISTRATION FORM**  
**May 20 & 21, 2025**  
**Registration: 8:30 A.M. Program starts: 9:30 A.M.**  
**Higher Grounds, 3820 Logan Creek Lane, West Harrison, In 47060**

**“MOV’N ON”**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ County \_\_\_\_\_

E-Mail: \_\_\_\_\_

❖ Is this your first time to attend retreat: YES NO *Circle one*

**LODGE OPTIONS:** State if the first floor is necessary: YES NO *Circle one*  
*Check one option*

- ☐ 2 people per room: \$106.00 per person
- ☐ 3 people per room: \$102.00 per person
- ☐ 4 people per room: \$96.00 per person
- ☐ 1 person per room: \$125.00

**\*\*Includes 1 night lodging and 4 meals**

**List names of individuals sharing a room:**

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

\*\*\*\*\*  
**ONE DAY REGISTRATION**

***For those wanting to attend one day:*** \$41.00 for the day includes lunch, evening dinner and grounds fees. The fee is the same for one or two meals, but we will need a count for each meal. Please circle your choice below,)

**Tuesday May 20, 2025** \_\_\_\_\_

**Lunch Only                      Lunch & Evening Dinner (Circle one)**

\*\*\*\*\*

**Return by May 7, 2025 to:**

Marnie Carr (812)-375-0999  
3035 Flintwood Dr.  
Columbus, Indiana 47203

**Make checks payable to: MADISON DISTRICT RETREAT**

**PLEASE BEING ITEMS FOR OUR FUND RAISING AUCTION!!!!!!**

***NOTE: 1-2 items per person – can be new, slightly used & clean, or hand made***