



In Touch, In Tune

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April 2024

Dear Friends,

What an exciting month! Did you view the solar eclipse? I did! I have a picture of the street lights on in Aurora at 3:11 PM on April 8th, 2024. I took a short break to visit the library to check out a book and view the solar eclipse. I loved hearing comments of individuals on my way to the library and back to my office. Definitely, a moment to celebrate and be amazed by what happens in our world.

I am also celebrating marriage, bridal showers, baby showers, and NEAFCS being 90 years in 2024. I have included information about National Card and Letter Writing, National Pecan, National Humor, Stress Awareness, and America Saves Month. What are you celebrating or preparing to do for fun and your wellness?

Health and Human Sciences Update is also part of my fun and wellness for April. I continue to bring Captain Cash to third graders at North Dearborn. I am preparing for my library and Farmer's Market events. I encourage you to increase your physical activity by walking. I will be sharing some opportunities to participate in some new activities. Take care of your wellness each day!

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

DATES TO REMEMBER

- April 1—Get Walkin', 8:30am, North Dearborn Public Library
- April 8—Get Walkin', 8:30am, North Dearborn Public Library
- April 11—Student Empowerment at Manchester
- April 11—*E-Cigarettes & Youth Vaping: what Indiana needs to know in 2024*, 6:00pm, Lawrenceburg High School, Free and open to the public.
- April 15—Get Walkin', 8:30am, North Dearborn Public Library
- April 18—Student Empowerment at Manchester
- April 22—Get Walkin', 8:30am, North Dearborn Public Library
- April 24—Purdue Day of Giving
- April 24 & 25—IEEA Spring Conference
- April 25—Student Empowerment at Manchester
- April 29—Get Walkin', 8:30am, North Dearborn Public Library
- May 2—Student Empowerment at Manchester
- May 6—Get Walkin', 8:30am, North Dearborn Public Library
- May 7—Election Day, Extension Office Closed
- May 9—Student Empowerment at Manchester
- May 10—STEM Enrichment Day at Dillsboro for Manchester and Dillsboro Elementary
- May 13—Get Walkin', 8:30am, North Dearborn Public Library
- May 20—Get Walkin', 8:30am, North Dearborn Public Library

- May 27—Memorial Day, Extension Office Closed
- May 27—Get Walkin', 8:30am, walk on your own, wherever you prefer
- June 3—Get Walkin', 8:30am, North Dearborn Public Library
- June 10—Get Walkin', 8:30am, North Dearborn Public Library
- June 10-12—Indiana Extension Homemakers Home & Family Conference. Visit www.ieha-families.org/conference
- June 17—Get Walkin', 8:30am, North Dearborn Public Library
- June 17-21—Dearborn County Fair, Fairgrounds, Lawrenceburg
- June 24—Get Walkin', 8:30am, North Dearborn Public Library

APRIL IS STRESS AWARENESS MONTH

Check out below *Stress Awareness & Tips* from Emma Campbell & Ashley Yaucher, Professional Practice Extension Assistant Professor, Utah State University

STRESS AWARENESS & TIPS



Did you know that April is Stress Awareness Month? Stress is something that we all face, and it can affect our health if we let it take

over our lives. Luckily, understanding stress and knowing how to reduce it can help us through stressful times as well as learn to use stress to our advantage.

Stress Definition:

According to the National Institute of Mental Health (NIMH), "Stress is how the brain and body respond to any demand." In fact, not all stress is bad. Good stress or optimal stress can be motivating and is our body's way of telling us that we need to push a little harder to get through difficult situations (e.g., deadlines at work, an exam, etc.). The problem comes when the stress is long-term, or a minor stressor is causing more stress than it should; if this happens finding a way to reduce negative stress can be beneficial (NIMH, n.d.).

Here are three evidence-based techniques that may help manage stress:

1. **Meditation** takes many forms. Setting aside quiet time to focus on your body and breathing has been proven to decrease stress (Varvogli & Darviri, 2011). Begin with brief guided meditations and then try new techniques, the key is to find what works best for you. You can find a more detailed explanation and meditation exercises at mindful.org.
2. **Social Support** is an essential part of managing stress. There are two ways social

support can help alleviate stress. First, when you feel stressed and overwhelmed, having friends and family to lean on or be a listening ear is an excellent way to relieve stress (NIMH, n.d.). You can also be the one to provide social support to someone, and that often gives a boost of happiness and fulfillment which helps combat stress (American Psychological Association [APA], 2019).

3. **Reframing** your thoughts into more positive ones is proven to reduce stress. You can positively reframe your thinking in multiple ways (Varvogli & Darviri, 2011). One way to reframe your thoughts is to look at the positive things that might come from the stressful situation (e.g., work deadline stress can be reframed as a new opportunity or by breaking a project into smaller pieces and accomplishing them you can find a sense of satisfaction along the way). You can also look for things you are learning from the stressful experience and if there is anything you can be grateful for from this experience (e.g., a new relationship may be stressful but provide additional support in the long run; Harvard University – Stress & Development Lab, n.d.).

Stress is an inevitable part of life and can even be helpful at times, but when stress becomes too much, we can learn to be aware and work to reduce it. To relieve stress in your life, try some of the techniques above or check out the resources linked below.

7 WAYS TO BEAT CREDIT CARD DEBT adapted from *AARP April/May 2024*

Gen Xers range in age from 1965-1980. The average Gen Xer owes \$9,200 to credit card companies, according to a New York Life survey. Here are some smart strategies for attacking that debt.

- Pick up the phone. Don't be afraid to call your credit card company. It might be willing to renegotiate your payment terms via a hardship program.
- Set up automated payments. Credit card late fees range from \$25 to \$40 a month. To avoid them, automate a transfer of each month's minimum payment.
- Slash spending. Trimming non-essentials—travel, eating out—is key to eliminating debt, says Kassi Fetters of Artica Financial Services in Anchorage Alaska.
- Track expenses. Fetters suggests using budgeting apps such as EveryDollar and Quicken. That way you'll know whether you can afford a particular splurge.
- Lose a car payment. Can your family get by with one less car? If so, that \$600-a-month car payment can be diverted to more essential money matters.
- Consider debt consolidation. But beware: There are lots of shady debt consolidators out there. The nonprofit Debt.org offers review on its site.

PECANS "IT'S A HANDFUL, NOT A CAN FULL" noted Carolyn O'Neil, MS, RD

PECAN NUTRITION FACTS

- Vitamins: Pecans contain more than 19 vitamins and minerals – including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc.
- Fiber: 1 ounce of pecans provides 10% of the recommended Daily Value for fiber.
- Protein: Pecans are a natural, high-quality source of protein that contain very few carbohydrates and no cholesterol.
- Sodium-Free: Pecans are naturally sodium-free making them an excellent choice for those on a self- or sodium-restricted diet.

Weight Control And Pecans

A one-ounce serving of pecans (approximately 20 halves) contains 196 calories, 20.4 grams total fat (1.8 saturated fat), 0 mg cholesterol, 0 grams sodium, 2.7 grams dietary fiber and over 19 vitamins and minerals including vitamin A, vitamin E, calcium, potassium and zinc. Pecans are also a good source of oleic acid, vitamin B1, thiamin, magnesium and protein.

A review of pecan and other nut research, published in the *American Journal of Clinical Nutrition* (September 2003), suggests that nuts like pecans may aid in weight loss and maintenance. The review cited studies indicating that nut consumption may increase metabolic rates and enhance satiety. When used in conjunction with a healthy low-fat diet, nuts also offer increased flavor, palatability and texture that can lead to greater dietary compliance, according to the review.



Did you know? Georgia continues to be the top pecan producing state in the U.S. Over 215,000 acres plants with orchards ranging in size from a few trees to several thousand acres, according to the University of Georgia website.

Pecan Basil Vinaigrette

Servings: 1 cup

½ cups fresh basil chopped
¼ cup fresh lemon juice
¼ cup olive oil
¼ cup vegetable oil

¼ tsp. salt or to taste
Freshly ground black pepper, to taste
1/3 cup pecans chopped

In a mixing bowl, combine basil and lemon juice. Whisk in oils and season with salt and pepper to taste. At the last minute, fold in pecans. Serve over sliced tomatoes or salad greens.

Author: Georgia Pecan Commission

Breakfast

I have always valued breakfast, but I hear many acquaintances share that they skip breakfast.

EATING RIGHT: THE BENEFITS OF EATING BREAKFAST—written by Madison Wathen, Purdue University Nutrition & Dietetics '25

Many people report breakfast as the most important meal of the day but studies show that people don't eat breakfast! However, studies have also shown many benefits from eating breakfast, but why is breakfast important to health?

Breakfast can offer that morning boost to get the day started. After a good overnight rest our bodies are low on quick energy (also known as glucose). Breakfast can resupply glucose and help keep us energized until lunch time. Not eating breakfast is why some people might feel mid-morning sleepiness and lack of energy.

Breakfast foods contain important nutrients. Several breakfast foods are important sources of calcium, iron, and protein. Studies have shown that people that skip breakfast might have shortfalls of these nutrients because they are not eating these nutrients in other meals throughout the day. Breakfast foods are also commonly fortified with nutrients that are not consumed in large enough amounts like calcium, vitamin A, and vitamin D. Fortification is when nutrients are added into food that do not already contain it.

Eating breakfast may help to cut back on eating too much later in the day. Starting your day by eating breakfast may prevent overeating during lunchtime or during your second meal of the day by helping you to regulate your hunger.

Many people report not having enough time to eat breakfast. If you do not have time in the mornings to cook or make breakfast, meal preparation might help. Making breakfast for the week on a certain day could give you time to plan out the foods you will eat each day. By making your breakfast ahead, you can have the time to think about choosing foods that are healthful, like adding a fruit or vegetable, whole grain, low-fat dairy, and a protein source. Some examples are making overnight oats in a jar, a yogurt parfait, and a breakfast sandwich.

MINI QUICHE CUPS

Makes: 18

2 eggs	1 green onion
2/3 cup low-fat milk	1 cup cooked vegetable(s) and/or cooked meat (such as broccoli, potato, mushroom, bell pepper, bacon, ham, sausage)
¼ teaspoon salt	¼ - ½ cup shredded low-fat cheese
¼ teaspoon ground black pepper	

Preheat the oven to 350 degrees F. Spray mini muffin cups liberally with cooking spray and set aside. Crack eggs separately into a small bowl then pour into a larger bowl. Wash hands with warmwater and soap. Add the milk, salt and pepper to the eggs; beat until blended. Finely chop the green onion, vegetable(s), meat. In medium bowl, combine the onion, vegetable(s), meat and cheese. Divide evenly into each muffin cup. Pour egg mixture over vegetable(s), meat and cheese. Bake for 15-17 minutes or until filling is puffed and golden. Remove from oven. Cool for a few minutes, then carefully lift out and transfer to a wire rack. Serve warm or cold. Store leftover mini quiches in a covered container in the refrigerator or freezer. **Tip:** To reheat from frozen, bake in preheated 400-degree F oven for about 10 minutes or microwave on a glass plate for 30-60 seconds until hot.

Source: *University of Nebraska Lincoln*

OATMEAL PANCAKES

- 1 ¼ cup milk, non-fat
- 1 cup oatmeal, uncooked (use old-fashioned or quick oats)
- 1 tablespoon oil
- 2 eggs beaten
- ¼ teaspoon salt

- ¼ cup whole-wheat flour
- ¼ cup white flour
- 1 tablespoon brown sugar
- 1 teaspoon baking powder
- Vegetable oil cooking spray

Combine milk and oatmeal in a bowl. Let stand for 5 minutes. Add oil and eggs, mixing well. Stir in flour, sugar, baking powder, and salt. Pour ½ cup of batter for each pancake on a griddle or frying pan lightly sprayed with vegetable oil. Stir batter before pouring each pancake. Cook for about 2 minutes or until bubbles appear on top of pancake batter, then turn over using a spatula. Cook the other side for approximately 2 more minutes.

Source: UMass Extension Nutrition Education Program



WRITE SOMEONE IN APRIL

According to the Scholastic website, back in 2001 the United States Postal Service designated April as the month to observe and celebrate the craft of letter writing. I encourage you to share your poetry with friends and family, near and far. (See enclosed calendar.) *Enjoy National Card and Letter Writing Month.*

APRIL IS NATIONAL HUMOR MONTH

Enjoy some jokes during National Humor Month!

- Can February March? No, but April May.
- What did the tree say when April began? What a re-leaf.
- When do gorillas fall from the sky? During Ape-ril showers.
- Who is always in line before May? April

Source: heresajoke.com/april by Che Lewis

- What do you call a mud pie on April 22? An Earth Day Cake
- Why is everyone so tired on April 1st? Because they've just finished a long 31 day March.
- What's in the middle of March and April but nowhere else in those months? The letter R.

DIVERSITY, EQUITY, INCLUSION AND BELONGING April 2024

Month-long observances:

- Arab-American Heritage Month
- Autism Awareness Month
- Celebrate Diversity Month
- Earth Month
- National Child Abuse Prevention Month
- National Volunteer Month

Important April DE&I calendar dates:

- April 2 – World Autism Awareness Day
- April 5 – Laylat al-Qadr (Muslim)
- April 7 – World Health Day
- April 9 – Eid-al-Fitr/End of Ramadan (Muslim)
- April 12 – National Day of Silence (LGBTQ+)
- April 21 – Start of Ridvan (Baha'i)
- April 22 – Passover begins (Jewish)
- April 22 – Earth Day
- April 24 – Administrative Professionals Day
- April 28 – World Day for Safety and Health at Work
- April 30 – Passover ends

DIVERSITY, EQUITY, INCLUSION AND BELONGING May 2024

Month-long observances:

- ALS Awareness Month
- Haitian Heritage Month
- Indian Heritage Month
- Jewish-American Heritage Month
- Mental Health Awareness Month
- National Asian American and South Pacific Islander Heritage Month
- Older Americans Month
- South Asian American Heritage Month


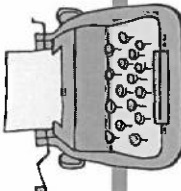
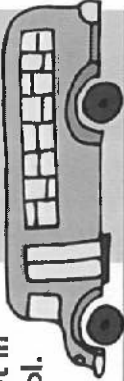
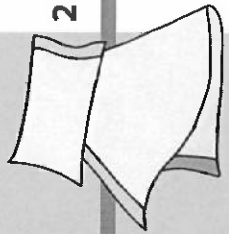


Important May DE&I calendar dates:

- May 5 – Cinco de Mayo
- May 5 – Yom Hashoah (Jewish)
- May 12 – Mother's Day
- May 17 – International Day Against Homophobia, Transphobia and Biphobia
- May 19 – Malcolm X Day (USA)
- May 20 – Victoria Day (Canada)
- May 20 – International Human Resources Day

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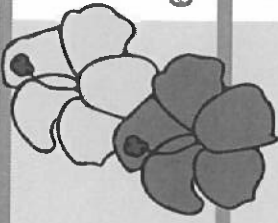
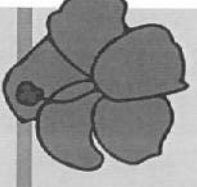



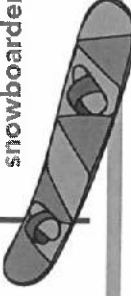

April

POETRY MONTH PROMPTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	1	2	3	4	5	6
	 Write an ode to something you love.	Write a poem that is only six words long.	Write a poem about a familiar sound.	Write a poem that incorporates math. 2+2	Write a haiku about your favorite season.	
14	8	9	10	11	12	
	Write about the place where you were born.	 Write a poem about a secret.	Write a poem about the weather.	Write a poem about your birthday.	Write a poem set in a school. 	
21	15	16	17	18	19	20
	Write a poem that defines a word in a new way.	Write a poem without using the letter a.	Write a poem about your name.	Write a poem about a coincidence.	Write a poem based on a strange fact.	
28	22	23	24	25	26	27
	 Write a poem about your bedroom.	Write a poem about something you see every day.	Write a poem about something you've never seen. 	Write a poem about a fantastical beast.	Write a silly limerick. 	
	29	30				
	Write a poem in the style of a famous poet.	Write a poem to make people laugh.				

WE ARE TEACHERS

ASIAN-AMERICAN & PACIFIC ISLANDER HEROES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>Louis Lee: famous photographer.</p> <p>1</p> 	<p>Queen Liliuokalani: last monarch of the Kingdom of Hawai'i.</p> <p>2</p>	<p>Leah Hing: first U.S. Chinese American woman pilot.</p> <p>3</p>	
	<p>Ruth Tanbara: community leader in Minnesota.</p> <p>5</p> 	<p>Dr. Margaret Chung: first Chinese American woman physician.</p> <p>7</p>	<p>Ruth Asawa: famous artist and sculptor.</p> <p>8</p>	<p>Bhagat Singh Thind: Indian independence activist.</p> <p>9</p>	<p>Fred T. Korematsu: civil rights leader and pioneer.</p> <p>10</p>	<p>4</p>
<p>12</p>	<p>Mary Tape: school desegregation activist.</p> <p>13</p>	<p>Patsy Mink: first woman of color elected to the U.S. House of Representatives</p> <p>14</p>	<p>Thelma Garcia Buchholdt: first Filipinx American legislator</p> <p>15</p>	<p>Dr. Chien-Shiung Wu: particle physicist.</p> <p>16</p>	<p>Tyrus Wong: Disney animator.</p> <p>17</p> 	<p>18</p>
<p>19</p>	<p>Minoru Yamasaki: Japanese American architect.</p> <p>20</p> 	<p>Yo-Yo Ma: Classical musician.</p> <p>21</p> 	<p>Jackie Chan: actor and filmmaker.</p> <p>22</p>	<p>Niki Nakayama: Japanese American chef.</p> <p>23</p>	<p>Pedro Flores: popularized the yo yo.</p> <p>24</p> 	<p>25</p>
<p>26</p>	<p>Linda Sue Park: children's book author.</p> <p>27</p>	<p>Chloe Kim: Olympic snowboarder.</p> <p>29</p> 	<p>Amartya Sen: Nobel-prize winning economist.</p> <p>29</p>	<p>Mabel Lee: suffragist.</p> <p>30</p> 	<p>Tye Leung: civil rights activist in San Francisco.</p>	<p>WE ARE TEACHERS</p>