

# In Touch, In Tune

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

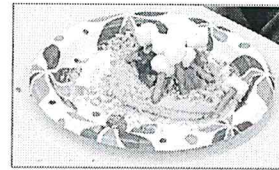


June 2024

Dear Friends,

June has been full of programming and fair activities. A Matter of Balance has been presented at the Dillsboro Village Apartments. At the Pregnancy Care Center, I talked about introducing cereal and food to babies. We also talked about making homemade baby food. The next week I shared ideas of activities close to home to save money this summer.

At North Dearborn Library, the participants created campfires with crackers, grapes, cheese and pretzels. Then they produced another campfire with a sugar cookie that they iced with green icing. On top of the cookie, they used tootsie rolls, mashed malted milk balls, red, orange, and white gummy bears, pretzels, and marshmallows to fashion a campfire of roasting smores. Thanks to Olivia for inviting me to lead this fun activity. I shared a handout on Campfire Safety, a tips checklist on campfire cooking and a campfire apple pie packet recipe. At the Lawrenceburg Library Munchies program, we have prepared English Muffins Pizzas, Strawberry Salsa with Cinnamon Tortilla Chips, and Yogurt Parfaits. Yum!



For POP (Power of Produce) Club at Lawrenceburg Farmer's Market we have had participants taste homemade salad dressings with lettuce, Fresh Zucchini Salad, Peach Smoothies, and Cucumber Dishes. I also demonstrated quinoa soup and salad at the fair.

Before the fair, I also introduced employees of a local business to CREW (Compassion and Resilience Education at Work) regarding Work Life Balance and Stress Management. It was fun to work with this group as they set SMART goals to help navigate their lives better.

As I look to July, my schedule is similar in many ways. However, I will be beginning Dining with Diabetes for 4 weeks at Dillsboro Village Apartments on July 12, 19, 26 and August 2 from 10:00-12:00. Call my office to register for this program. The program is free due to Health First KPI funds from Dearborn County Health Department. Take advantage of these classes as they normally cost \$40 per person or \$65 for a couple.

Check out tips to save money this summer, recipes, sunglasses safety, and the other topics included for June! Stay cool and hydrate this summer. July is quickly approaching!

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

- June 29— Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- July 6—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- July 13—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- July 27—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- August 2-18—Indiana State Fair
- August 3—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- August 31—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- September 28—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market

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## JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH



### ALZHEIMER'S ASSOCIATION ENCOURAGES AMERICANS TO TAKE CHARGE OF THEIR BRAIN HEALTH

This June during Alzheimer's & Brain Awareness Month, the Alzheimer's Association encourages all Americans to take charge of their brain health.

Today, there are nearly 7 million Americans living with Alzheimer's. The lifetime risk for the disease at age 45 is 1 in 5 for women and 1 in 10 for men. The brain changes that cause Alzheimer's are thought to begin 20 years or more before symptoms start, which suggests that there may be a substantial window of time in

which we can intervene in the progression of the disease.

Experts believe there isn't a single cause of Alzheimer's. It's likely the disease develops as a result of multiple factors. While not a direct cause of Alzheimer's, the greatest known risk factor is advancing age. Although some risk factors like age cannot be changed, others — including physical activity, not smoking, education, challenging your mind, blood pressure and diet — may be modified to reduce a person's risk.

"Alzheimer's & Brain Awareness Month offers the perfect opportunity for all Americans to take charge of their brain health," said Sam Fazio, senior director, quality care and psychosocial research, Alzheimer's Association. "We want people to know there are steps they can take to potentially reduce their risk of cognitive decline. We also want to encourage anyone experiencing memory or thinking problems to talk to their doctor. There are many possible causes — and if it is Alzheimer's disease, there are numerous benefits to getting a timely diagnosis."

During June, the Alzheimer's Association offers these 5 suggestions to take charge of your brain health and join the cause:

1. **Incorporate healthy habits that may reduce the risk of cognitive decline:** Research shows that adopting healthy habits may reduce the risk of cognitive decline. As many as 40% of dementia cases worldwide may be attributable to modifiable risk factors. Based on mounting scientific evidence, the Alzheimer's Association encourages individuals to incorporate these 10 Healthy Habits to reduce the risk of cognitive decline and possibly dementia. Whatever your age or stage of life, now is the time to take charge of your brain health.
2. **Learn the early warning signs of Alzheimer's and other dementia:** Many people equate Alzheimer's to memory loss — and while that is one of the most common symptoms — there are other warning signs that can signal cognitive decline, including altered judgment, mood changes, challenges in decision-making, and planning and carrying out projects. Some memory changes can be a normal part of the aging process, but when changes start to interfere with daily living or stray drastically from the person's normal behavior, it's best to get it checked. The Alzheimer's Association offers these 10 Early Signs and Symptoms of Alzheimer's to help people identify potential early warning signs of Alzheimer's or other dementia.
3. **Be proactive in addressing memory and thinking problems:** Studies show many individuals experiencing memory and thinking problems often put off discussing them with a doctor. A 2022 Alzheimer's Association report found that 60% of U.S. adults say they would not see a doctor right away if they were experiencing symptoms of mild cognitive impairment. Rather, they would wait until symptoms persisted, worsened or until family and friends expressed concern. However, early detection and diagnosis of Alzheimer's and other dementia offers the best opportunity for care, management and treatment. It also provides diagnosed individuals more time to plan for the future, adopt lifestyle changes that may help slow disease progression, participate in clinical trials and to live with a higher quality of life, for as long as possible. In addition, there are now treatments that may slow disease progression for people in the early stage of Alzheimer's, making a timely diagnosis critically important. If you or a family is experiencing memory or thinking problems, it is important to get it checked. The Alzheimer's Association offers tips and resources to help families and friends navigate these conversations.
4. **Help accelerate disease-related research:** Clinical trials hold the key to new and better Alzheimer's disease treatments. Individuals living with Alzheimer's and other dementias, caregivers and healthy volunteers are needed to participate in clinical trials that help advance Alzheimer's research. Today, approximately 55,000 volunteers are needed for more than 180 clinical trials. The Alzheimer's Association TrialMatch® is a free, easy-to-use service that connects interested individuals with appropriate trials.



5. **Volunteer with the Alzheimer's Association:** Volunteers are the key to making a difference in the lives of people facing Alzheimer's and dementia. When you volunteer with the Alzheimer's Association, you join a network of passionate people who are working to fight this devastating disease, honor loved ones, and bring care and support to those who need it.

### **About the Alzheimer's Association**

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit [alz.org](http://alz.org) or call 800.272.3900.

Source: <https://www.alz.org/news/2024/june-alzheimers-brain-awareness-month>

### **WELCOME SUMMER—TIPS TO SAVE MONEY DURING SUMMER**



For those of us in the colder regions of the U.S., the warmer months present us with options we longed for during the winter, but how do we take advantage of the warm weather? What

are some ways we can save over the summer?

Check out local opportunities: If you are like me, you may miss some of the great events or opportunities that are available in your community. I started paying closer attention to the information available through my local parks and recreations office and I talk to friends and colleagues about things they do with their families. My family and I love attending local fairs and festivals and visiting local museums, splash parks, and beaches. Other low-cost opportunities may be available through community centers and community-based non-profit agencies.

Plant a vegetable garden: If you are looking for fresh and healthy food options over the summer, consider planting a garden (if that is a possibility for you). One of my colleagues wrote a great article on gardening, which highlights some of the tremendous benefits of planting your own vegetables or other small crops. For instance, being outside helps stimulate thought and provide sanctuary in our busy lives. If possible, get the whole family involved. Younger children or grandchildren can help with watering the plants and checking in to see how they are growing.

Bike to work or around town: Depending on your capabilities, biking is a good way to save on gas. This type of activity also has great health benefits. If you decide to bike, please remember to pay attention to heat advisories and travel with water.

Plan day trips or short road trips: Summertime is a prime time for travel for many families. Pay close attention to the high and low seasons for travel. During high season or months, it may cost you more because of

demand. Day trips can help you save on hotel and other accommodations. If you are looking for more ways to make the best of your summer and do more with your family or friends, you could also think about camping. If you already have camping gear, maybe plan a short camping trip instead of a road trip.

Pack lunches, snacks, and reusable water bottles: This is a great practice throughout the year. As a basic need, food often ends up being a major expense. There are many ways to save on food. Packing lunches for work or other outings help you make healthier food choices and may reduce food spending and waste. Researchers and nutrition experts estimate that billions of pounds of food are wasted each year in the United States. I know it is hard to pack a lunch every day. However, you can include lunch items in your grocery shopping, use leftovers, and prepare over the weekend or overnight. In addition to packing lunches during the summer, when the weather is high, make sure to invest in reusable water bottles, which helps save on buying bottled water.

Air-dry clothes instead of using the dryer: This depends on where you live, but if you have the option to air-dry your clothes on a line in your yard/on your property, you could save on energy cost during the summer months.

Use community resources: What programs are available during the summer through your local libraries and parks and recreation centers? This ties the earlier point about paying attention to local opportunities or events. One example, there are some low-cost youth and adults swim programs for community members. There also are summer food and reading programs that offer low-cost or free activities for individuals and families.

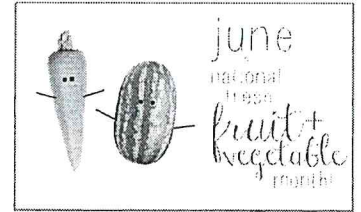
What ways can you save money this summer?

Source: <https://extension.illinois.edu/blogs/plan-well-retire-well/2024-05-02-how-do-you-save-money-during-summer>

## JUNE IS NATIONAL FRESH FRUIT AND VEGETABLES MONTH

Summer is the perfect time to increase the number of vegetables and fruits that you eat. I encourage you to grow them or purchase them at the Farmer's Market. Produce is not better than homegrown. Contact me, if you would like a way to track the number of fruits and vegetables that you are eating in a week. You might even set a goal each week to keep you on track. I am enjoying the zucchini from my garden!

Source: *Indiana's Emergency Food Resource Network June 2024*



Here is a super, simple salad to eat the rainbow this summer. Levi, my son, even makes this salad for his lunch at work.

### Fresh Zucchini Salad

1 small zucchini	½ teaspoon sugar (optional)
1 green onion (scallion)	2 teaspoons vegetable oil
½ small green pepper (orange, red, or yellow to make it colorful)	2 tablespoons white vinegar
1 small tomato	

Wash and chop zucchini, green onions, pepper, and tomato into bite size pieces. Combine in a bowl. In a separate bowl, mix together sugar, oil, and vinegar. Pour dressing over vegetables and toss. Cover and chill until serving.

Add more color by adding different color peppers and tomatoes (orange, yellow). Add some protein to your salad by adding chick peas, beans, or tuna.

Try Lemon Rosemary Zucchini. This is zucchini sautéed in a skillet. Send Marcia Parcell a review of this recipe at [mparcell@purdue.edu](mailto:mparcell@purdue.edu).

Source: <https://extension.purdue.edu/foodlink/recipe.php?recipe=Lemon%20Rosemary%20Zucchini>

## PICNIC FOOD SAFETY

As summer is almost here, it is quickly becoming prime time for picnics and enjoying food outdoors. While you are spending time with your family and friends, take a little time to reduce the risk of foodborne illness using these tips:

- Make sure to wash your hands before cooking, eating, or serving food. Scrub your hands with clean water and soap. Carrying hand sanitizer can be a good alternative if there is no running water, but it shouldn't replace hand washing.
- Separate food that you bring along to picnics and outdoor events to avoid cross-contamination. Do not mix food types, especially meat and poultry, with other foods to keep bacteria from spreading, juices from the meat can drip into the cooler and create a dangerous environment for bacteria to grow. Sanitize the cooler and reusable bags for food.
- Don't let food sit out for more than 2 hours. When food is in the temperature danger zone (between 40-140F), bacteria can double every 20 minutes. Make sure to use a well-insulated cooler with ice to prevent temperature above 40F.
- Don't repurpose ice. If you bring ice, make sure it's only used for one purpose. For example, do not use ice from the cooler to also be added to drinks. Using ice for more than one purpose could transfer bacteria and put you and your family at risk for foodborne illness.

Source: *Indiana's Emergency Food Resource Network June 2024*





## Apple Coleslaw

Servings: 4

2 cups shredded cabbage  
1 medium carrot, grated  
½ medium green pepper, chopped  
1 medium apple, chopped

5 tablespoons yogurt, low-fat  
1 tablespoon mayonnaise, low-fat  
1 teaspoon lemon juice  
¼ teaspoon dill weed

Cut the cabbage into fine shreds. Peel the carrot and grate it. Cut the green pepper into small pieces. Remove the core and chop the apple. In a medium bowl, add in all the chopped ingredients and stir together. In another bowl, add in the yogurt, mayonnaise, lemon juice, and dill weed. Stir to make a dressing. Add the dressing to the chopped vegetables. Toss to mix and add salt and pepper to taste.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw>

## JUNE IS GREAT OUTDOORS MONTH!



Get off the couch during Great Outdoors Month ! Put down your iPad! Smear on some sunscreen, spray on insect repellent, put on your boots and get outside! Spending time outdoors refreshes the mind, body and soul and with warm weather and longer days, there is so much to see and do. What a wonderful time of year to spend some quality time with family and friends in the Indiana outdoors.

If you live in Indiana and are looking for an outdoor location to explore, the state of Indiana is peppered with many options from the north to the south and the east to the west. We have national forests, beautiful in-land lakes, rivers and streams, state and county forests, county parks, and the list goes on and on. Some of the more notable outdoor locations in Indiana include Dunes National Park, Versailles State Park, and Turkey Run State Park. Check this website for details about all our state parks. <https://www.in.gov/dnr/state-parks/parks-lakes/> Interpretive naturalists also offer regular public programs that include hikes, talks, craft programs, campfires, and night hikes. Regular weekly and/or monthly program schedules are available for our state park properties. If you don't live near one of these treasures, check out one of the hundreds of locations near you: many local parks, centers and trails are just waiting for use. Or, if you have very young children, your backyard is a good place to start!

Once you've decided on a location, it's time to select an outdoor activity to enjoy. With so many to choose from, it can be challenging to decide what to do! Perhaps you could start with a simple hike, swim or bicycle ride. Canoeing, kayaking, paddle boarding and tubing are also refreshing and fun sports on a hot day. Another great activity for youth is fishing – be sure to bring some snacks while you catch some fish! Camping requires more equipment and effort but the rewards are equally great. These are just a few ideas to get you started; there are many more outdoor activities in which to engage. Try one that interests you or consider helping a young person with a new activity.

Whatever outdoor pursuit and location you select, be sure to go prepared. Having the right equipment and supplies will ensure a successful experience and keep you and others wanting to go again. Use ample sunscreen and insect repellent. Bring plenty of water and healthy snacks to keep you hydrated and your energy level high. Wearing the appropriate clothing will also keep you comfortable and protected and good footwear is a must! Lastly, check that all your equipment is working properly so you can avoid unnecessary breakdowns and unwanted repairs. Remember you want to have fun out there, so making the right preparations will go a long way to making your Great Outdoors Month outing a successful experience for all.

Of course, the outdoor experience doesn't have to end in June. Every month and every season has something to offer; as the weather changes, so do the activities. As summer warms up, swimming and water sports will become more popular. Autumn lends itself to color tours, hiking and hunting. Winter brings skiing, snowshoeing and ice fishing. As spring arrives, so does kayaking, wildflower walks and strawberry picking. So why not get out there to enjoy Great Outdoors Month and all the seasonal activities that Indiana has to offer?

Adapted from [https://www.canr.msu.edu/news/june\\_is\\_great\\_outdoors\\_month](https://www.canr.msu.edu/news/june_is_great_outdoors_month)

## SUN GLASSES DAY IS JUNE 27<sup>TH</sup>

Be sure to protect your eyes from the sun. Check out these tips to help you be safe.

We normally think about using sunscreen to protect our skin when outside for an extended length of time, but don't overlook the damage sun can do to your eyes too.

The hazard is from over exposure to the sun's UV radiation, damaging the eye's surface tissues, cornea and lens. Some of this damage may not reveal itself until years later and can cause several eye diseases and problems.

- Cataracts
- Eye cancers
- Growths on the eye, such as pterygium or a form of photokeratitis, better known as snow blindness, can quickly develop after exposure to UV reflections off of snow, ice, sand or water.

UV levels are three times greater in summer than winter, but damage to your eyes can occur in any season. Even though it may not be as bright outside, clouds do not block the sun's UV light. So, take precautions no matter what time of the year.

**Choose sunglasses that provide 100% UV or UV400 protection, or block both UV-A and UV-B rays.**

- UV-A can hurt your central vision. It can damage the macula, a part of the retina at the back of your eye.
- The front part of your eye (the cornea and the lens) absorbs most UV-B rays, but these rays may cause even more damage to your eyes than UV-A rays.

**Wear a broad-brimmed hat along with your sunglasses.**

Also be aware ...

- Sunlight is strongest midday to early afternoon, at higher altitudes, and when reflected off of water, sand, pavement, ice or snow.
- Never look directly at the sun. Doing so at any time, including during an eclipse, can damage the eye's retina and cause a serious injury known as solar retinopathy.
- Tanning beds pose the same risks to your eyes and body as outdoor UV light.

"Now go out and get yourself some big black frames. With the glass so dark they won't even know your name." 1985 interview with *Spin* magazine regarding *Cheap Sunglasses* ...

ZZ Top bass player Dusty Hill explained: "We wrote that song when we used to tour in cars. And every gas station in the world had a cardboard display of the cheapest and ugliest sunglasses you could imagine. I have bought a thousand pair of them." Guitarist Billy Gibbons added: "The hip trip for us was to throw them into the audience as an offering...We had to take a bad rap from an optometrist who said: "Don't wear ZZ Top's cheap sunglasses. They're bad for your eyes." There was an optometrists' convention in Hawaii and there was a huge poster – this woman with a pointing finger saying, 'Don't wear cheap sunglasses.' I suppose I'll have to agree."

Source: <https://extension.msstate.edu/newsletters/dawg-tracks-safety-talk/2021/sun-your-eyes>





## DIVERSITY, EQUITY, INCLUSION AND BELONGING

### Month-long observances:

- French-American Heritage Month

### Important July calendar dates

- July 1 – Canada Day (Canada)
- July 4 – Independence Day (USA)
- July 7 – Al-Hijra begins (Muslim)
- July 9 – Martyrdom of the Bab (Baha'i)
- July 11 – World Populace Day
- July 14 – Bastille Day
- July 18 – International Nelson Mandela Day
- July 24 – Pioneer Day (Mormon)
- July 24 – International Self-Care Day
- July 26 – National Disability Independence Day (commemorates the signing of the Americans With Disabilities Act)
- July 28 – Parents' Day (USA)
- July 30 – International Day of Friendship

## AI SCARECROW JOKES

1. **How do AI scarecrows communicate?** They use corn-field networks!
2. **What's an AI scarecrow's favorite movie?** The Wizard of AWS!
3. **Why did the AI scarecrow get promoted?** Because it was outstanding in its field of data analysis!
4. **Why did the AI scarecrow join the farm team?** It had excellent byte-size skills!
5. **How does an AI scarecrow learn?** Through deep corn-ing!
6. **What's an AI scarecrow's favorite game?** Farmville, of course!
7. **How do you make an AI scarecrow laugh?** Tell it a corny joke!
8. **Why did the AI scarecrow go on vacation?** To reboot and relax!
9. **What do you call a scarecrow that knows everything?** A know-crow!
10. **How does an AI scarecrow keep crows away?** With its anti-bird algorithms!
11. **What's an AI scarecrow's favorite snack?** Corn chips with a side of bit-mapped salsa!
12. **Why did the AI scarecrow write a book?** To share its field-tested knowledge!
13. **How does an AI scarecrow save its data?** In the cloud, naturally!
14. **Why are AI scarecrows so smart?** Because they're always harvesting information!
15. **What do you call a scarecrow with a Ph.D.?** A brainiac in the straw!
16. **Why did the scarecrow win an award?** Because he was outstanding in his field!
17. **Why don't scarecrows get lost?** They always know the lay of the land!
18. **Why did the scarecrow become a motivational speaker?** He knew how to uplift the crows!
19. **Why did the cornfield break up with the scarecrow?** It needed some space to grow!

