



# In Touch, In Tune

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



Dear Friends,

November 2023

November has been filled with beautiful weather to walk 30 minutes during the 30 days of November. I am on this mission. I am also tackling the 30 day gratitude challenge. These two challenges have been partnering well together. November also has many other celebrations and happenings.

In Touch, In Tune, I have provided information on National Diabetes Awareness, National Caregiver Appreciation, Child Safety Protection, and Native American Heritage Month. I have promoted ideas for creating healthy sandwiches, tips to save money on energy, and a recipe to eat cranberries. I hope that you find ways to be social with families and friends in November! I wish you and your family a blessed Thanksgiving!

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

## DATES TO REMEMBER

- November 1-30—Cooperative Extension 30 for 30: Walk-a-Weigh.
- November 14—A Matter of Balance at Hoosier Haven, 10:00-12:00
- November 21—A Matter of Balance at Hoosier Haven, 10:00-12:00
- November 28—A Matter of Balance at Hoosier Haven, 10:00-12:00
- December 4—In The Kitchen Holiday Jars at North Dearborn Public Library, 6:00-7:00pm
- December 5—A Matter of Balance at Hoosier Haven, 10:00-12:00
- December 12—A Matter of Balance at Hoosier Haven, 10:00-12:00

## NOVEMBER 12 IS CAREGIVER APPRECIATION DAY

Here are some ways to show some love for caregivers in your life.

## 9 THOUGHTFUL WAYS TO HONOR NATIONAL FAMILY CAREGIVERS MONTH IN NOVEMBER

1. Write them a kind thank you note or card. A simple yet powerful way to express gratitude is through a sincere thank you note or card. A personal note can be a sign of support, reminding the caregiver they're appreciated and not alone. Take a moment to reflect on the caregiver's sacrifices and write down genuine sentiments. Be as specific as you can be. Whether you've witnessed their dedication firsthand or simply want to acknowledge their role, express your gratitude in your own words.
2. Take time to check in on them. For caregivers supporting their loved ones, the experience often feels lonely and isolating. Simply taking the time to check in can greatly impact their outlook. A short visit acknowledges their hard work and reassures them that they, too, have a support system. If possible, set aside a few moments in your day to drop by for a chat. Your gesture doesn't have to be grand. The mere act of reaching out, lending an ear or sharing a cup of coffee can give a family caregiver relief.
3. Offer to help them with specific tasks. With all the responsibilities caregivers juggle, even the most mundane tasks can feel overwhelming. Offering to help with specific tasks can provide tangible relief. It's important that you don't put the responsibility on the caregiver by saying, "Let me know if you need anything." Instead, take a proactive approach by offering to do things like walking their dog, washing their car, cleaning their house or doing grocery runs. To make it easier to show your support, consider utilizing a care calendar that allows you to assign tasks to family and friends.



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To make this gesture meaningful, consider the caregiver's routine and identify areas where they might appreciate support. Approach them with a genuine offer, such as, "I'm heading to the store. Can I grab some groceries for you?"

4. Provide meals or baked goods. For caregivers who prioritize their loved one's needs, a simple act like buying a family caregiver lunch offers a refreshing change of pace. Treating them to a meal is a gesture that says, "I appreciate you, and you deserve a break."  
Additionally, providing homemade meals and baked goods offers a touch of warmth and homey comfort that speaks volumes.  
To bring this thoughtful idea to life, consider preparing a few frozen meals that can be easily reheated on busy days. Alternatively, a fresh batch of cookies or muffins can provide a delightful snack break.  
Note: It's essential to be mindful of the caregiver's schedule and responsibilities, so before making plans, gently inquire about their availability.
5. Give a gift card for their favorite store or restaurant. Amidst the demands of caregiving, moments of self care can often take a backseat. Gifting caregivers with a card to their favorite store or restaurant is a thoughtful gesture that encourages them to enjoy something for themselves.  
Doing something like this for a caregiver is really easy. Simply inquire discreetly about their preferred shop or eatery. Purchase a gift card, and present it with a kind not highlighting the importance of self-care and expressing gratitude.
6. Give a gift card for a massage. Caregiving, while rewarding, can also be physically taxing. Giving a gift card for a massage is a thoughtful way to acknowledge the physical strains caregivers might endure.  
Research local massage therapists or spas known for their services. Purchase a gift card, and pair it with a thoughtful note encouraging the caregiver to take a moment for themselves.
7. Consider gifting cash or a Visa gift card. It is common for caregivers to have financial burdens, whether from reduced work hours or covering unexpected medical expenses. Giving cash or a Visa gift card offers the family caregiver flexibility and a tangible gesture of support.  
Simply decide on an appropriate amount and place it in a sweet card. Pair it with a note acknowledging their dedication and sacrifice.
8. Keep them in your thoughts. If physical gestures or gifts aren't feasible, simply keeping caregivers in your thoughts has immense value. Mental and emotional support, even from a distant, can boost a caregiver's spirits, reminding them that they're not alone.  
Take a moment in your day to send them a message, be it a text or quick call. Let them know you're thinking of them, praying for them or sending positive vibes their way.
9. Be there for them when they need a hand (or an ear!). For every family caregiver, moments arise when what's needed most is a listening ear or a helping hand. Being available and present for caregivers can make a world of difference.  
To be there for them, maintain open lines of communication. Let them know you're available, whether they need assistance with a task or someone to talk to. Your proactive approach and genuine willingness to lend assistance can help with the emotional and practical challenges they regularly face.

Source: <https://www.caringbride.org>



**CHILD SAFETY TIPS: HOW TO RAISE AWARENESS FOR CHILD SAFETY PROTECTION MONTH**  
**Household Safety**—Thousands of children are treated or hospitalized each year because of accidental poisonings within their own homes. The CDC found that children between the ages of 1 to 4 years had the highest rates of poisoning. These tips from the American Association of Poison Control Centers can help make your home a safe environment:

- Keep cleaning supplies, medicines, garden chemicals, and toxic art supplies locked away or on a high shelf. Make sure these items are put away immediately after each use.
- Purchase over-the-counter and prescription medicines with childproof caps. Keep them on a high shelf or in a locked cabinet, not on your bedside table.
- Keep vitamins and minerals such as iron out of reach. They can be hazardous, even fatal, to children.
- Never use food containers to store nonfood substances.
- Program the contact number for Poison Control in your phone to use in the case of accidental poisoning.

**Infant Safety**—For children less than one year of age, two-thirds of injury deaths are due to suffocation. It is so important to place your baby on their back to sleep, remembering that "back is best," and "face up to wake up." Do not allow infants to sleep with blankets, stuffed animals, or other items before the age of 1. According to Safe Kids Worldwide, these are the Top 5 Tips to Protect Your Baby.

- A firm mattress and fitted sheet are all you need for your baby's crib. Remove all blankets and toys as these could result in unintentional injury.

- Learn to use your child’s car seat, booster seat, and seat belt the right way in your vehicle.
- Make sure you have both a working smoke alarm and a carbon monoxide alarm on every level of your home and in all sleeping areas. Test the alarms to make sure they work.
- Place your baby’s crib and other furniture away from windows and blinds. Your baby is safer without any strings or cords within reach to prevent a choking hazard.
- Set your water heater to 120 degrees F to avoid scalds.

Source: <https://www.all4kids.org>

### **FINANCE CALENDAR ACTION ITEM FOR NOVEMBER**

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| <ul style="list-style-type: none"> <li>▪ Download a budgeting app. Commit to trying one for 30 days. Examples: Good Budget, EveryDollar, Mint, YNAB, Money Manager, Wallet, or Nanci. If this method of tracking expenses doesn’t suit you, give another method a try for 30 days. Want to know more best practices for budgeting and tracking spending? Check out the PowerPay Money Master Online Course at <a href="http://powerpay.org">powerpay.org</a>.</li> <li>▪ Pay extra on a debt. Does an extra \$20 really make a difference? Yes! Even a little extra towards the principal balance of your debt can speed up your debt payoff timeline and save you money in interest. Make the extra payment and</li> </ul> | <p>then head to <a href="http://powerpay.org">powerpay.org</a>. Log in, enter your payment information, and prepare to be amazed!</p> <ul style="list-style-type: none"> <li>▪ Recognize gratitude. Write down 10 things you are grateful for. As you do, be purposeful about recognizing any financial wins or lessons associated with the list. Share the list with a trusted family member or friend.</li> <li>▪ Take 5 minutes to increase your retirement contributions by 1%. Log in or contact your account administrator and make the change this week! Make an appointment with a local financial advisor or with a representative of your employer-sponsored retirement plan.</li> </ul> |
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### **12 WAYS TO SAVE ENERGY AND MONEY**

Because saving energy and money go hand in hand, the non-profit [Consumer Federation of America](http://Consumer Federation of America) came up with 12 simple ways to save both. Join thousands of organizations, companies, and individuals in a nationwide effort to become more energy independent, improve the environment, and save households hundreds of dollars in unnecessary energy costs by following these top tips:



- 1. Air Dry:** Air dry dishes instead of using your dishwasher’s drying cycle.
- 2. Turn It Off:** Use timers and motion detectors to turn off lights and be sure to unplug TV entertainment systems when travelling (use power strips for easy on/off switching) and don’t leave your computer and monitor on needlessly.
- 3. Don’t Get Burned With Hot Water:** Lower the thermostat on your water heater to 120F. Water heaters are the second highest source of energy use in the home.
- 4. Fill It Up, Please:** Wash only full loads of dishes and clothes.
- 5. Keep ‘Em Clean:** Check furnace, heat pump, and AC filters once a month and replace them regularly. A dirty air filter can increase your energy costs and cause problems with your equipment.
- 6. Get A Check Up:** Get your heating system checked up once a year. A licensed professional will make sure that your system is operating efficiently and safely. Checkups can identify problems early.
- 7. Stop The Breeze:** Caulk and weather-strip around drafty doors and windows.
- 8. Get An Audit:** Your utility company may offer free energy audits that can identify expensive energy losses in your basement, unfinished rooms, attics and leaky ductwork. Sealing your ducts can give big savings on energy bills and help keep you from turning up the thermostat because of one cold room.
- 9. Take A Walk:** Circle your home with an easy-to-use spray foam insulation and look for openings and gaps around pipes, chimneys, lights, windows and basement brick and cement work.
- 10. Get With The Program:** Install a programmable thermostat which automatically adjusts the temperature during the day or at night, keeping you from forgetting as you dash off to work. A programmable thermostat can save you up to \$100 a year.
- 11. Stay Bright:** As “old-school” incandescent light bulbs burn out, replace them with new, light emitting diode bulbs (LEDs) and save about \$90 a year in electricity costs. You pay more up-front, but shop around, prices are dropping. They use up to 25% less energy, can last up to twelve times longer and light like the old fashioned ones do.
- 12. Be A Star:** Look for products and appliances that have earned the ENERGY STAR label. They meet strict new energy efficiency criteria that will reduce your utility bills and help the environment. ENERGY STAR clothes washers, for example, use approximately 40% less water and 25% less energy for washing than standard models.

For more energy saving info, visit [energysaver.gov](http://energysaver.gov) or [energystar.gov](http://energystar.gov).

Source: <https://americasaves.org/resource-center/insights/12-ways-to-save-energy-and-money/>



## NOVEMBER 3 WAS SANDWICH DAY—Here are tips for Healthier Sandwiches

### NUTRITIOUS AND DELICIOUS SANDWICHES

Sandwiches make quick, easy, and nutritious meals. Check out the following tips on how to experiment with different veggies and fruits, lean meats, whole grains, and sandwich spreads.

#### Tips for Healthier Sandwiches:

- **Choose whole grains.** Vary the taste and texture of sandwiches with whole grains. Grains provide many nutrients vital for health, such as dietary fiber, B vitamins, and minerals. Try out different ways to hold sandwich fillings with pita pockets, bagels, tortillas, and whole wheat or rye breads.
- **Use food labels.** The color of a product isn't always a good indicator of whether it's a whole grain. Bread can be brown due to molasses or other added ingredients. Choose foods with these ingredients that are listed first on the ingredient list: brown rice, oatmeal, wild rice, whole-grain corn, whole oats, whole rye or whole wheat. Also, check the Nutrition Facts Label and choose products with higher fiber content.
- **Try different fillings.** Instead of mixing shredded tuna, turkey, or chicken with mayonnaise, use lowfat plain yogurt. For added flavor and crunch, add chopped onion, celery, and cucumber or pickle. And, to really kick up the flavor, add in herbs or spices such as dill or cumin. Instead of the traditional peanut butter and jelly sandwich, try peanut butter and sliced banana.
- **Sandwich spreads.** Use different sandwich spreads to kick up the flavor and nutrition. Go easy on spreads such as mayonnaise, margarine, butter, and cream cheese because they add fat and calories and little nutritional value. Instead, try low-fat plain yogurt, different flavors of hummus, mustard or honey mustard, or light dressing.
- **Boost nutrition with tasty toppings.** Give your sandwich a nutritious boost by adding vegetables or fruit. Different veggies include spinach, arugula, sliced zucchini, cucumber, green or red peppers, red onion, and grated carrots. Fruits to try on sandwiches include sliced apples, pineapple, and banana.
- **Go lean with protein.** Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami. Processed meats such as hams and luncheon or deli meats have added sodium. Check the ingredient and Nutrition Facts Label to help limit sodium intake.
- **Food safety for the sandwiches on the go.** Pack and store sandwiches in an insulated tote. Use an ice pack, gel pack, or freeze a juice box, bottled water or the sandwich itself. For best quality, don't freeze sandwiches with mayonnaise, lettuce, or tomatoes; add them right before eating. Use coarse-textured breads that don't get soggy as the sandwich thaws. Frozen juice boxes, water, and sandwiches will thaw by lunch.

Source: <https://food.unl.edu/newsletter/healthy-bites/nutritious-and-delicious-sandwiches>

## EAT A CRANBERRY DAY IS NOVEMBER 23<sup>RD</sup>

Try Cranberry Oatmeal Bars

### CRANBERRY OATMEAL BARS

Serves: 24/Serving Size: 1 bar

1 cup dried Cranberries  
¾ cup brown sugar  
½ cup canola or vegetable oil  
2 eggs  
1 ½ cups all-purpose flour

1 ½ cups quick cooking oats  
1 teaspoon baking powder  
¼ teaspoon salt  
¼ cup chopped nuts, optional



Preheat oven to 350 degrees F. Spray a 9-inch by 13-inch baking pan with nonstick cooking spray. Finely chop the dried cranberries. Beat together brown sugar, oil, and eggs using a whisk or electric mixer in a large mixing bowl. Stir together flour, oats, baking powder, and salt in a medium mixing bowl. Stir dry ingredients into wet ingredients until combined. Stir in cranberries and nuts. Spread the dough evenly in the pan. Bake until lightly browned and the center is set (about 20 minutes). Cool completely before cutting.

Source: [Iowa State University Extension and Outreach](http://iowa-state.edu/extension/outreach)

## NOVEMBER 14<sup>TH</sup> IS WORLD DIABETES DAY



## NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

Diabetes is a chronic health condition that affects more than 37 million U.S. adults. In the last 20 years the number of adults diagnosed has more than doubled, and one in five of all adults with diabetes do not know they have it. Most of the food we eat is converted into glucose (sugar). Glucose is used as energy to fuel our bodies, including our muscles and brains. Too much glucose in our blood causes damage to our eyes, nerves, kidneys, and hearts. Insulin is a hormone that allows our body to use glucose for energy.

Type 2 diabetes occurs when a person's body does not use insulin well. More than 90% of people with diabetes have type 2, which develops over many years. You can manage symptoms or prevent type 2 diabetes by being physically active, eating nutritious food, and maintaining a healthy body weight.

Type 1 diabetes is when a person's body does not make enough insulin. People with type 1 diabetes need to take insulin to manage their blood glucose.

Talk to your health care provider if you have questions about diabetes or visit the [CDC Diabetes website](https://www.cdc.gov/diabetes/basics), [www.cdc.gov/diabetes/basics](https://www.cdc.gov/diabetes/basics), for more information.

Source: <https://blogs.extension.iastate.edu/wellness/2023/11/07/november-is-national-diabetes-month-2/>

## WHAT SUPERSTAR FOODS ARE GOOD FOR DIABETES?

"Superfood" is a term used by many food and beverage companies as a way to promote a food thought to have health benefits; however, there is no official definition of the word by the Food and Drug Administration (FDA). The FDA regulates the health claims allowed on food labels to ensure there is scientific research to support the claims. The list of foods below are rich in vitamins, minerals, antioxidants and fiber that are good for overall health and may also help prevent disease.

**Beans**—Kidney, pinto, navy or black beans are packed with vitamins and minerals such as magnesium and potassium. They are very high in fiber too.

Beans do contain carbohydrates, but ½ cup also provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much added salt as possible.

**Dark green leafy vegetables**—Spinach, collards and kale are dark green leafy vegetables packed with vitamins and minerals such as vitamins A, C, E and K, iron, calcium and potassium. These powerhouse foods are low in calories and carbohydrates too. Try adding dark leafy vegetables to salads, soups and stews.

**Citrus fruit**—Grapefruits, oranges, lemons and limes or pick your favorites to get part of your daily dose of fiber, vitamin C, folate and potassium.

**Berries**—Which are your favorites: blueberries, strawberries or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Berries can be a great option to satisfy your sweet tooth and they provide an added benefit of vitamin C, vitamin K, manganese, potassium and fiber.

**Tomatoes**—The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you're eating vital nutrients like vitamin C, vitamin E and potassium.

**Fish high in omega-3 fatty acids**—Omega-3 fats may help to reduce the risk of heart disease and inflammation. Fish high in these healthy fats are sometimes referred to as "fatty fish." Salmon is well known in this group. Other fish high in omega-3 are herring, sardines, mackerel, trout and albacore tuna. Choose fish that is broiled, baked or grilled to avoid the carbohydrate and extra calories that would be in fish that is breaded and fried. The American Diabetes Association *Standards of Medical Care in Diabetes* recommends eating fish (mainly fatty fish) twice per week for people with diabetes.

**Nuts**—An ounce of nuts can go a long way in getting key healthy fats along with helping to manage hunger. In addition, they offer magnesium and fiber. Some nuts and seeds, such as walnuts and flax seeds, are a good source of omega-3 fatty acids.

**Whole grains**—It's the whole grain you're after. The first ingredient on the label should have the word "whole" in it. Whole grains are rich in vitamins and minerals like magnesium, B vitamins, chromium, iron and folate. They are a great source of fiber too. Some examples of whole grains are whole oats, quinoa, whole grain barley and farro.

**Milk and yogurt**—You may have heard that milk and yogurt can help build strong bones and teeth. In addition to calcium, many milk and yogurt products are fortified to make them a good source of vitamin D. More research is emerging on the connection between vitamin D and good health. Milk and yogurt do contain carbohydrate that will be a factor in meal planning when you have diabetes. Look for yogurt products that are lower in fat and added sugar.

**Tips for eating on a budget**—Some of the items above can be tough on the budget depending on the season and where you live. Look for lower cost options such as fruit and vegetables in season or frozen or canned fish. Foods that are easier on the budget year 'round are beans and whole grains that you cook from scratch.

If you found this article helpful in your diabetes journey, please consider supporting the American Diabetes Association (ADA). The ADA is the leading voluntary health organization fighting to bend the curve on the diabetes

epidemic and help people living with diabetes thrive. With your financial support, we can advance our mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes. [Learn more about how you can support the ADA.](#)

Source: American Diabetes Association

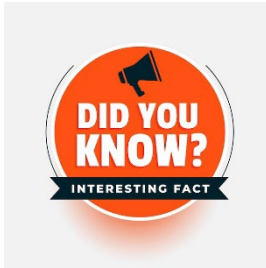
## NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

Every November we celebrate the history, heritage, traditions, and culture of Native Americans, Alaska Natives, and Native Hawaiians. Here are some ideas of how you can help Celebrate this month.

- **Learn**—Learn more about Native American Heritage Month, why it is celebrated, and its history and impact at <https://nativeamericanheritagemonth.gov/>
- **Read**—Check out a book written by a Native American author! Ask for recommendations at your local library. Make it a mini book club and discuss your pick with friends or at your club!
- **Watch**—We can learn a lot through film and cinema. Choose movies to watch that help celebrate the Native American culture and experience. Host a viewing party! Here is a list of films as ideas to get you started: <https://bit.ly/3E9I9PE>
- **Give**—Choose a service project for yourself that benefits a non-profit that serves the Native American community!
- **Cook**—Prepare a traditional Native American recipe for dinner. Make it as authentic as possible by researching the dish's origin and different versions of the recipe. Ask for recipe books or resources at your local library. Incorporate at least one Native American dish into your Thanksgiving Dinner!
- **Experience**—Head to a museum or cultural exhibit in your area to learn more about Native American history and cultures. Don't have a museum close by? Check out an online exhibit and explore it!
- **Support**—Uplift and support Native American businesses by shopping for authentic Native goods at places like <https://shop.beyondbuckskin.com/> which has a list of other businesses you could support this month and year round!

Source: Adapted from Illinois Extension

## 10 INTERESTING FACTS



1. The average person laughs thirteen times a day. Are you average?
2. Men are more likely to be struck by lightning than women.
3. Amateur boxer Joe Flanagan named his two sons Bob and Weave.
4. Drivers kill more deer than hunters.
5. William Semple, a dentist, invented chewing gum to exercise the jaw.
6. Walt Disney was afraid of mice.
7. More people use blue toothbrushes than red.
8. Everybody's tongue print is as unique as their finger print.
9. A hardworking adult will sweat up to four gallons of water per day.
10. Fingernails grow nearly four times faster than toenails.