



# In Touch, In Tune

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



September 2023

Dear Friends,

September is going to be a fast month for me! I am writing this the first full week of the month, but we have had a holiday to shorten the week. I will be traveling to Providence, Rhode Island for the National Extension Association of Family and Consumer Sciences Annual Session “Exploring Oceans of Opportunities.” I am excited for the opportunities as I visit Rhode Island for the first time. I am involved in a service project to pick apples at the University of Rhode Island. I will be embarking on developing personally and professionally, sail-a-brating a resilient, thriving me as I networking and dive into oceans of innovative approaches and collaborative opportunities to develop fresh programs to meet the needs of individuals who I serve with programming. This annual session will help with my self-improvement.

September is about self-improvement, mushroom, and whole grains month. I have included information for your self-improvement, recipes to try that might encourage you to try new food items in your diet and some financial wellness ideas too.

Upon my return from annual session, I will have a week to regroup before we invite Dearborn County Third Graders to the 34<sup>th</sup> Annual Ag Day in Dearborn County. Finally, I will close the month with the final Family Passport event at the Lawrenceburg Farmers Market. I look forward to each event as I encourage everyone to improve their lives by making small changes to their lives such as increasing their physical activity or improving their eating habits by consuming more whole grains, mushrooms, fruits, or vegetables. What will you do for self-improvement for yourself and your home? Enjoy your September because it is here to experience for 30 days!

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

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## DATES TO REMEMBER

- September 8—Get Walkin’, Aurora Public Library, 8:30-9:30AM.
- September 9—Walk With A Doc, 8:00am, meet at the trail head restrooms, Lawrenceburg Levee
- September 11—Get Walkin’, North Dearborn Library, 8:00-9:00AM.
- September 11—Get Walkin’, Lawrenceburg Public Library, 6:00-7:00PM.
- September 13—Get Walkin’, Dillsboro Public Library, 8:30-9:30AM.
- September 15—Get Walkin’, Aurora Public Library, 8:30-9:30AM.
- September 18—Get Walkin’, North Dearborn Public Library, 8:00-9:00AM.
- September 18—Get Walkin’, Lawrenceburg Public Library, 6:00-7:00PM.
- September 20—Get Walkin’, Dillsboro Public Library, 8:30-9:30AM.
- September 22—Get Walkin’, Aurora Public Library, 8:30-9:30AM.
- September 23—Walk With A Doc, 8:00am, meet at the trail head restrooms, Lawrenceburg Levee
- September 25—Get Walkin’, North Dearborn Public Library, 8:00-9:00AM.
- September 25—Get Walkin’, Lawrenceburg Public Library, 6:00-7:00PM.
- September 27—Get Walkin’, Dillsboro Public Library, 8:30-9:30AM.
- September 28—Madison District Fall Meeting
- September 29—Get Walkin’, Aurora Public Library, 8:30-9:30AM.



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## SEPTEMBER IS SELF-IMPROVEMENT MONTH

WHAT IS SELF-IMPROVEMENT?

Self-improvement consists of any efforts you make to reach your full potential, such as developing your capabilities, improving your knowledge, and refining your work-life balance. Although the elements of self-improvement are different for all of us, and individual goals can vary widely from person to person, striving toward self-improvement can help people of all ages make positive changes in their lives.

**Self-Improvement Helps People Change Their Behavior by Creating New Habits.** Humans are creatures of habit, and if your current habits, such as eating fast food, smoking, or a tendency toward procrastination, are hindering your personal growth, it may be time to change them. If you set your sights on achieving a goal, this can motivate you to create new habits designed to help you get from point A to point B.

### **Self-Improvement Helps People Focus on Their Goals**

You may have heard the saying that if you don't know where you're going, every road will get you nowhere. When you strive toward self-improvement and self-empowerment, this can help you focus on the steps you'll need to take to reach your goals.

Source: <https://online.maryville.edu/blog/self-improvement-month/>



## **GROWTH MINDSET: A NEW TOOL TO HELP WITH ANXIETY AND DEPRESSION**

In a study from 2017, researchers found that even a 30-minute online lesson on the benefits of a growth mindset can help people suffering from depression and anxiety (Schleider, 2017). The intervention shared information on the brain and neuroplasticity, which is the way our brain continually builds new neural connections based on new experiences. Research findings on how a person's personality can change was also included. The researchers discovered that those who participated in the intervention mindset did better, additionally, when they followed-up, participants reported fewer symptoms of depression and anxiety, suggesting that even this short lesson in growth mindset can have a long-term effect on mental health. (Schleider, 2017)

Developing a growth mindset takes time. But it is possible. Several ways to begin developing a growth mindset include:

1. Viewing challenges as opportunities to learn and try different ways of doing things.
2. See the value in the process. By viewing the process as more important than the outcome, challenges can be embraced, and setback can be worked through.
3. Remember the power of yet. Acknowledge that the skills and knowledge you don't have right now can be learned and gained. Find ways to bridge the difference. You may not know it yet, but you will.

Growth mindset encourages learning new skills and facing challenges. It also can be a new tool to help with depression and anxiety.

Source: Christina Pay, Extension Assistant Professor

## **INVEST IN YOURSELF**

Self-improvement is the improvement of your own knowledge status or character using your own effort. It is important that you take time to improve yourself by setting goals which will help set you on a path to a better you! The month of September serves as *Self Improvement Month* and is the perfect time to focus on you! This is the opportunity to challenge yourself in new ways and that can be done in a variety of ways. Check out the list below to discover the best way to invest in yourself this month.

- Start a new hobby
- Start working out – walking, going to the gym etc.
- Read a new book
- Start waking up early
- Quit a bad habit
- Learn a new language
- Spend time with people who inspire you
  - Go camping
  - Play a game
  - Eat together regularly
- Avoid time-sucking activities like social media
- Take a new class or lesson
- Focus on things that you can control rather than those you cannot
- Eat healthy
- Reflect on your daily routine or your growth each week
- Use positive affirmations or quotes
- Practice gratitude
- Give back by volunteering

Whether you choose to make yourself better or more knowledgeable, you should focus on at least one thing that will make you a better version of yourself. Whether you start working on yourself during Self-Improvement month or not, you can start working on yourself at any time!

Source: by Kristie Popa, University of Florida Blogs

## FINANCE CALENDAR ACTION ITEM FOR SEPTEMBER

- Evaluate homeowners insurance. Has your home value increased recently? Pick a day this week to evaluate your homeowners or renters insurance coverage. Do you need to increase or add to your policy benefits? Check out the PowerPay Money Master Online Course at [powerpay.org](http://powerpay.org) for more insurance best practices.
- Recognize the power of “yet”. For the remainder of the month, whenever you have a negative money thought, add the word “yet” at the end. This small shift will significantly boost your money mindset. Examples: “I don’t have enough emergency savings...yet.” Or “I’m not good at budgeting...yet.”
- Check your credit score. Your credit score is separate from your credit report. There are ways to check your credit score for free. The most common is through your credit card issuer. Your bank or credit union may also provide access.
- Take 5 minutes to do a wallet inventory. Empty the contents of your wallet. Make a list of the details of each card or item. If your wallet is ever stolen or missing, this inventory will help you place a hold, replace cards, or cancel accounts. Password-protect the document or store the list in a locked filing cabinet or safe.

## GROCERY SAVING

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1. **Be section smart.** A large grocery store might have three or more places it sells cheese (deli counter, gourmet cheese section, dairy case). Same for spices, breads, packaged meats and other foods. Be sure to compare prices in different sections to get the best value.
2. **Get grocery items for half price.** Flashfood is a relatively new app that works with grocery stores to offer deals of up to 50% off items that are nearing their sell-by date. Pay for the items through the app and pick them up at a designated zone in stores including Giant, Stop & Shop and Tops. Learn more at [flashfood.com](http://flashfood.com).
3. **Flip your berries.** Moisture is the main reason berries go bad quickly. To find the freshest ones, flip over the container at the grocery store. If they aren’t sticking to the bottom, they’ll last longer.
4. **Have two grocery shopping lists.** The first is all the items you need for the coming week. The second is a running list of pantry items and household supplies that may run low in the next month or so. Buy those only when items are on sale, then get enough to last for a few months.
5. **Switch to nonorganic for the “Clean Fifteen.”** The Environmental Working Group ([ewg.org](http://ewg.org)) publishes a list of the “Clean Fifteen” on its website, identifying produce on which it found the smallest amount of pesticide residue. The list includes avocados, sweet potatoes and pineapples.
6. **We’ll say it again: Download your grocery store’s app.** The loyalty card has gone virtual. Two-thirds of supermarkets have digital deals accessible only on their app. “Clip” ‘em within the app, and they’ll get applied automatically at checkout.
7. **Look for new store brand to try.** Many name brands have aggressively raised prices on packaged foods this past year. Luckily, grocery chains come out with house-brand products that are almost always cheaper than their more famous counterparts. Compare ingredient lists; often the biggest difference is price.
8. **Mix up your supermarkets.** New discount-grocery chains are showing up widely in many suburban and urban areas. Lidl and Aldi, two fast-growing German chains, keep prices low by selling a selection of largely private-label items. Market Basket, Grocery Outlet, WinCo Foods and Save A Lot are other popular low-cost retailers, surveys show.
9. **Use coupons when ordering online.** The average grocery shopper could save more than \$300 per year by using online coupons for at-home purchases, a CouponFollow survey shows. Install a browser extension such as Hone, Cently or Rakuten to automatically find and apply the codes for you at checkout.

Source: [AARP.ORG/BULLETIN](http://AARP.ORG/BULLETIN)

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## SEPTEMBER IS NATIONAL MUSHROOM MONTH

### WHAT’S IN A MUSHROOM?



Mushrooms contain health-boosting vitamins and minerals, along with protein and fiber. For example, one cup of cremini mushrooms has only 15 calories, but 2 grams of protein and nearly 1 gram of fiber.

Mushrooms also contain compounds (including polysaccharides and sterols) that may help protect your health and prevent disease. Nutrients in mushrooms include:

- **Selenium:** Helps your body make antioxidants to prevent cell damage.
- **Vitamin B6:** Supports your nervous system and helps form red blood cells.
- **Riboflavin, niacin, and pantothenic acid:** Help carry out several metabolic reactions and are involved in the production of energy.
- **Potassium:** Identified in the 2020 Dietary Guidelines for Americans as an under consumed nutrient. Helps muscles contract, assists with fluid balance and maintains normal blood pressure.
- **Zinc:** Supports your immune system and healthy growth in babies and children.

Source: *Cleveland Clinic*

## WHOLE GRAINS-HEALTHY GRAINS

Everybody's talking about whole grains. Since 2015-2020 the Dietary Guidelines recommends that Americans eat half their grain intake as whole grains. For everyone age 9 and up, this means eating 3-5 servings or more of whole grains every day.

### What Is a Whole Grain?

A whole grain contains all three parts of a kernel--the bran, the endosperm, and the germ. The bran is the outside coat and contains B vitamins and fiber. The germ is the embryo, which, if fertilized, will sprout to make a new plant and contains B vitamins, protein, and healthful fats. The endosperm is the germ's food supply and is mainly starchy carbohydrate and some protein. Most grains that are milled, such as wheat, have the germ and the bran removed, and the remaining endosperm is used to make the flour.

### What Are Examples?

Whole wheat, corn, brown rice, wild rice, farro, oats, barley, quinoa, sorghum, spelt, rye, bulgur, millet, and popcorn are whole grains. Whole grains can be whole, cracked, ground, rolled, or flaked kernels, but the mix of endosperm, germ, and bran must match that of the intact grain.

### Why Eat Them?

Whole grains supply B vitamins, protein, fiber, magnesium, iron, phosphorus, and vitamin E (in the germ). The fiber is mostly insoluble and is important for keeping you regular. Current scientific evidence shows that whole grains play an important role in lowering the risk of stroke, heart disease, type 2 diabetes, obesity, and some digestive system cancers, and helps with weight control. It is important to note that fiber varies from grain to grain. For example, rice has 3.5 percent fiber, while barley and bulgur have over 15 percent. Both fiber and whole grains have been shown to have health benefits, but they are not interchangeable. Check the Nutrition Facts label to find out whether the product is a whole grain and how much fiber it contains.

### What Is a Serving of Whole Grain?

The United States Department of Agriculture (USDA) defines a grain serving as a grain product containing at least 16 grams of flour. To be a whole-grain serving, the product you eat has to have at least 16 grams of a whole grain. The Dietary Guidelines recommends that Americans consume at least 3 servings of whole-grain foods daily, which adds up to 48 grams of whole grain. You might get this by eating three 1-ounce equivalents of whole-grain food labeled as 100 percent whole grain or choosing six 1-ounce equivalents made with a mix of whole and refined grains. A slice of bread or 1 cup of ready-to-eat breakfast cereal usually weighs an ounce. Whole-grain foods may contain different amounts of whole-grain ingredients, but they can all count toward getting the recommended number of whole-grain servings each day.

*Tip: Every whole grain in your diet helps, so eat one at every meal!*

## How Do I Find These in the Supermarket?

It's not easy. Current food labeling can make it difficult to find the whole grain in a food product. Whole grain does not appear on the Nutrition Facts panel, and the ingredient list does not clearly indicate the amount of whole grain present in a food. Luckily, there are tools you can use to help you choose whole grains at the supermarket.

First, look at the ingredient label. If the first ingredient says "whole X" (e.g., whole-wheat flour, whole oats, whole rye), then that product is more likely to be a whole-grain product. However, this is not guaranteed. If the whole grain appears farther down the list, the more likely the product does not have enough whole grain to make a USDA serving.

Second, look for the Whole Grain Stamp on the package. The Whole Grain Stamp appeared on grocery store shelves in mid-2005 and is seen on many products today. This stamp makes it easy to find products with whole grains. The 100 percent stamp lets you know that a food contains a full serving (16 grams) or more of whole grains in each labeled serving and that all of the grain is whole grain. There is also a Basic Whole Grain Stamp that you might see on a food product label. This stamp signifies that product contains at least 8 grams, or half a serving, of whole grain per labeled serving but may also contain some refined grain.

Third, you may find food companies stating the amount of whole grains in a serving of their product or using a whole grain symbol to illustrate foods with whole grains. This will be on the front or top of boxes where you can see it as you shop. This is becoming more common on cereal packages.

**Examine Your Choices**

Our most common sources of whole grains are breads, cereals, and crackers. Take a look at the packages in your pantry. How many would qualify as whole grains? If not many, try to replace some of those refined grains with whole grains. Try substituting white rice or pasta with brown rice, wild rice, or whole-wheat pasta. Experiment with the ancient grains that are making a comeback. These include quinoa, farro, bulgur, millet, spelt, and sorghum. You will find that whole grains are delicious as well as healthy!

*Source: PennState Extension*

**BROWN RICE WITH ZUCCHINI & MUSHROOMS**

Serves: 6 (1 cup per serving)

- |   |   |
|---|---|
| 2 cups low-sodium, fat-free broth (chicken, beef, or vegetable) | 8 ounces sliced mushrooms                   |
| 1 cup brown rice  | 3 tablespoons chopped fresh Italian parsley |
| 1 tablespoon olive oil  | ½ teaspoon dried oregano                    |
| ½ cup onion, chopped  | ½ teaspoon ground cumin                     |
| 2 cloves garlic, minced   | ½ teaspoon salt                             |
| 2 medium zucchini, halved lengthwise and sliced, about 3 cups   | ½ teaspoon pepper                           |

Cooked brown rice in broth as directed on the package. Add no salt or butter during cooking of the rice. While rice cooks, heat oil in a large skillet. Sauté onions over medium heat 5 minutes, stirring often, until onions become translucent. Add garlic and stir for 1 minute. Add zucchini and mushrooms. Raise heat to high and continue to sauté until squash just begins to brown in spots. Lower heat and add cooked rice and remaining ingredients. Cook, stirring often, for 3 to 5 minutes.

*Source: OSU Extension*

**BENEFITS OF PHYSICAL ACTIVITY AND EXERCISE**

There is a widespread agreement that exercise is beneficial to many areas of life. One-third (34%) of adults are aware that they need 150 minutes or more of regular exercise per week but fewer (23%) achieve this weekly recommendation. Despite this, nearly all adults aged 50 and older agree with what the benefits of regular exercise would be to them. Nine in 10 or more adults said it would improve their general health (95%), improve their physical fitness (94%), help them to live a longer and healthier life (93%), and improve their overall appearance (90%).



Adults who get the recommended 150 minutes or more regular exercise in a week are more likely to rate their brain health, emotional/spiritual health, mental health, overall health, and physical health as excellent or good compared to adults who get less than 30-minutes per week. Additionally, those who get the recommended amount of exercise per week have higher average mental wellbeing scores. The most notable difference in the average mental well-being score is between those who get the most exercise compared to those who get the least (28.2 vs 26.3)

Adults who get more minutes of regular exercise also engage in other healthy behaviors. A higher proportion of adults who report at least 150 minutes of regular exercise per week say they manage stress effectively, are well-rested, eat nutritious and well-balanced meals, and socialize with family and friends 5 to 7 days per week. The most notable differences were managing stress effectively and eating nutritious and well-balanced meals.

Precent who engaged in the following 5 to 7 days in the past week					
Type of activity	Overall	0 to <30	30 to <90	90 to <150	150+



Managed stress	46%	38%	44%	46%	61%
Socialized	43%	38%	41%	47%	50%
Was well-rested	37%	27%	40%	41%	46%
Ate Nutritious meals	37%	22%	26%	39%	54%

Adults who log the most exercise per week are significantly more satisfied with various aspects of their lives compared to adults who get the least amount of exercise. Most adults aged 50 and older are very or somewhat satisfied with their mental health (87%), emotional/spiritual well-being (87%), their ability to handle stress (83%), their overall health (78%), their sleep (70%), physical appearance (70%), and their eating habits (70%). However, significantly more adults who get 150 minutes or more exercise in a typical week compared to those who get less than 30 minutes, are satisfied with those aspects of their lives.

Implications—Adults aged 50 and older who say they get the recommended 150 minutes or more per week of regular exercise are significantly more likely to highly rate selected aspects of their lives, engage in healthy behaviors more often, and highly rate their level of satisfaction in key areas of their lives. The relationship between exercise is an important ingredient to health.

Source: AARP, August 2023

**DIVERSITY, EQUITY, INCLUSION AND BELONGING**

**Month-long observances:**

- Hispanic Heritage Month
- National Guide Dog Month
- Suicide Prevention Month

**Important September DE&I calendar dates:**

- September 11 – Patriot Day (U.S.A.)
- September 15 – International Day of Democracy
- September 15 – Rosh Hashanah begins (Jewish)
- September 16 – Mexican Independence Day
- September 21 – International Day of Peace
- September 21 – World Gratitude Day
- September 22 – National Native American Day
- September 24 – Yom Kippur (Jewish)
- September 29 – Sukkot (Jewish)
- September 30 – National Day for Truth & Reconciliation (Canada)

**FUN THOUGHT**

- Why is lemon juice made with artificial flavor, while dishwashing liquid is made with real lemons?
- Why is the man who invests all your money called a ‘Broker’?
- Why do they call the airport ‘the terminal’ if flying is so safe?
- If people from Poland are called ‘Poles’, why aren’t people from Holland called ‘Holes’?
- You can discover more about a person in an hour of play than in a year of conversation.
- Why are a wise man and wise guy opposites?
- Why do overlook and oversee mean opposite things?
- Why isn’t 11 pronounced onety one?
- Why is it that if someone tells you that there are 1 billion stars in the universe you will believe them, but if they tell you a wall has wet paint you will have to touch it to be sure?

