



In Touch, In Tune

www.extension.purdue.edu/dearborn



January, 2023

Dear Friends,

Welcome to 2023! January is named for the Roman god Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past, the other into the future. This year has definitely been off to the races for me. I returned to work January 3rd with a program that day and the next day. I am gearing up for Cooking 101 with Purdue Extension via Zoom one time a month January through May. I post the recipes in advance of the events, so participants can gather their supplies. Then, the program is for families to cook at home together, while I demonstrate before them. Tell your nephews, grandchildren, neighbors, whoever wants to learn about cooking to join Cooking 101.

After Cooking 101, I will be demonstrating Healthy Desserts at North Dearborn Public Library. I will also work with Shannon Chipman to present A Matter of Balance for 8 weeks at the North Dearborn Public Library. Please be sure to reserve a space in these activities.

In addition to these activities, I gathered information about finances, the benefits of houseplants, World Introvert Day, Global Belly Laugh Day, Oatmeal Month and Diversity, Equity, Inclusion and Belonging.

Enjoy January!

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

DATES TO REMEMBER

- January 23—Cooking 101 With Purdue Extension, beginning at 6:00 via Zoom.
- February 1, 8, 15 & 22—Do you have concerns about falling? The award winning program, *A Matter Of Balance*, might be for you. Wednesday 10:00-12:00, North Dearborn Library, RSVP early to North Dearborn Public Library at 812-637-0777, space is limited.
- February 6—In The Kitchen-Healthy Desserts, 6:00-7:00pm, North Dearborn Public Library.
- February 9—Health and Human Sciences Advisory meeting, 10:00am, Extension Office meeting room.
- February 27—Cooking 101 With Purdue Extension, beginning at 6:00 via Zoom.
- March 1, 8, 15 & 22—Do you have concerns about falling? The award winning program, *A Matter Of Balance*, might be for you. Wednesday 10:00-12:00, North Dearborn Library, RSVP early to North Dearborn Public Library at 812-637-0777, space is limited.
- March 13—Cooking 101 With Purdue Extension, beginning at 6:00 via Zoom.
- April 3—In The Kitchen-International Meals, 6:00-7:00pm, North Dearborn Public Library.

WINTER WALKIN'

Start your mornings on the right foot with the Library's weekly walking program! Just meet at the library at their designated meeting time! We walk for about 45 minutes to an hour. Every time you walk in January and February, you'll be entered into a drawing for a massage from Summer House Space in Aurora.

Aurora: Fridays at 8:30am
Dillsboro: Wednesdays at 8:30am

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FOUR BENEFITS OF HOUSEPLANTS

Houseplants and succulents are becoming an increasingly popular way to spruce up the home. While indoor plants provide fantastic aesthetics, they also serve many other purposes – recycling carbon dioxide, adding humidity to a dry environment, and psychological benefits. Below are four reasons why it is beneficial to grow plants in your home.

1: AESTHETICS: First, plants are beautiful. Who doesn't love having beautiful flowers and interesting foliage to look at every day? Second, houseplants can add interest to an otherwise human, straight-line dominant environment. Similar to the outdoors, plants are appealing and can serve many functional purposes indoors. When planted and placed correctly, plants can screen, fill space, soften lines, hide views, improve traffic flow, reduce noise, and create space. Without knowing the other beneficial aspects of houseplants, one might choose a houseplant simply based on its appearance. The aesthetics of houseplants is the most common, but there are multiple other benefits as well.

2: CLEANING THE AIR: According to NASA, "House plants scrub indoor air pollutants, making our air fresher and safer... This is especially important as our buildings get more energy efficient and we end up trapping [those] pollutants inside." NASA also states that some plants can even lower levels of carbon monoxide, formaldehyde, benzene and trichloroethylene. These compounds are common in homes and commercial settings from adhesives and other building materials. Benzene, another harmful gas, is found in library settings where books and papers are present.

Another benefit of plants is that they recycle carbon dioxide. Since plants recycle carbon dioxide through the process of photosynthesis, houseplants assist in our breathing. A few plants are especially beneficial – orchids and succulents – which take in carbon dioxide during the day and release oxygen at night. These plants are best suited for bedrooms, as they provide oxygen for us while sleeping.

For plants to be effective in cleaning the air, NASA suggests having one plant per 100 square feet of indoor space.

3: ADDING HUMIDITY: Plants release moisture from tiny pores in their leaves through the process of transpiration, in turn increasing the humidity of the air around them. It is estimated that plants release nearly 97% of the moisture they consume. While it may not seem desirable to increase the humidity in the home during the hot and humid months, it can be extremely beneficial in the dry winter months. A study done by the Agricultural University of Norway, showed that houseplants, when grouped together, decrease the likelihood of dry skin, common colds, and sore throats.

4: PSYCHOLOGICAL: One of the great impacts of houseplants is that they generate happiness. Keeping flowers and plants throughout the home and the workplace vastly increases happiness and lowers the likelihood of depression. Another great psychological benefit of plants is that they help us work better. A University of Michigan study showed that studying and working in the presence of plants increases concentration and memory and productivity. The study goes on to show that being "under the influence of plants" increases memory retention by up to 20%. A study done by Texas A&M University proves that working and studying around plants is completed with better quality and higher accuracy. Like any plant, houseplants must be placed in the proper growing conditions unique to each plant.

Source: <https://extension.sdstate.edu>



FINANCE CALENDAR ACTION ITEM FOR JANUARY

Reconnect to your spending. Use only cash for your discretionary spending for a week. Research shows paying with a card entices users to spend up to 80% more! Give the cards a break and notice if you become more connected with your spending decisions.

Adopt a money mantra. Choose a positive money phrase that acts like a mini rule of thumb for how you'd like to approach spending and saving money this year. Examples: "I have what I need, what I have is enough," "Does this purchase help or hinder my vacation savings goal?" or "I choose to spend less than I make."

Shred old financial paperwork. Set a timer for 30 minutes to sort, organize, and shred. Schedule additional time on your calendar to minimize future paper piles.

Finance Take 5 Task—Take 5 minutes and open an online savings account. Online-only banks often pay higher savings account interest rates compared to "brick and mortar" institutions. Take advantage of interest rates rising and move the

bulk of your short-term, liquid savings to an online savings account. Access funds easily through electronic-funds transfer and/or debit or credit card. Online-only bank accounts are great options for emergency funds, vacation funds, holiday funds and more!

JANUARY 2 WAS WORLD INTROVERT DAY

I identify as an introvert, but I believe that I am an omnivert. How about you?

What are the four types of introverts? In 2011, introversion was broken into four main types based on research by three psychologists, Jennifer Grimes, Jonathan Cheek, and Julie Norem. The four types of introverts are the social introvert, the thinking introvert, the anxious introvert, and the restrained introvert.

What percentage of humans are introverts? It is hard to give an absolute percentage of introverts because introversion and extroversion exist on a spectrum, and most people are not fully extroverts or introverts. However, research from the MBTI global sample reveals that 56.8% of people in the world lean toward introversion.

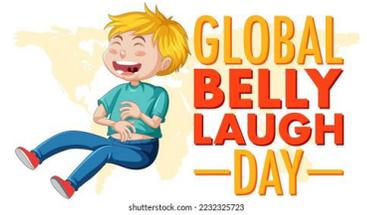
What is an omnivert? An omnivert is someone who exhibits traits of both introversion and extroversion, depending on the specific situation.

Source: <https://nationaltoday.com/world-introvert-day/>

JANUARY 24 IS GLOBAL BELLY LAUGH DAY (Source: <https://nationaltoday.com/belly-laugh-day/>)

When did you last have a good laugh? Here are 5 facts about laughter that will blow your mind:

1. **It boosts immunity.** People who laugh more are less likely to fall sick.
2. **It fights stress.** Laughing releases endorphins that elevate your mood and make you feel good.
3. **It burns a lot of calories.** Studies have shown that laughing for 10 minutes can burn up to 40 calories.
4. **Gelotology is a science.** The study of laughter and its effect on the body is called Gelotology.
5. **Three hours of laughter.** Belachew Girma from Ethiopia holds the world record for the longest laughing session, which lasted for 3 hours and 6 minutes. Do you wonder what was laughed about for 3 hours and 6 minutes? I do. It must have been tremendously funny.



I have to chuckle at days such as Fruitcake Toss Day (January 3rd). I would love to hear about a belly laugh that you have experienced. Send me an email at mparcell@purdue.edu. The best email will win you a prize!

DIVERSITY, EQUITY, INCLUSION AND BELONGING

Here are steps that I am taking to increase my awareness of diversity, equity, inclusion, and belonging.

In celebration of Martin Luther King, Jr., I had the opportunity to hear Terrell Strayhorn speak about sense of belonging. This young man shared insights from research and practices. Some points that resounded with me were to know people's names. Our names give us belonging. I also liked that he encouraged us to get to know others outside of our friendship. I know that I love to connect with people wherever I go. I am amazed at the common connections that are found when meeting people. Have you met anyone new lately?

Hidden Figures is a movie that we enjoyed at our house. This movie increased my knowledge of history regarding NASA. I am thankful to increase my awareness of true events that may have been hidden from history that I learned.

JANUARY IS NATIONAL OATMEAL MONTH

I put oatmeal in many recipes at my house such as meatloaf, peanut butter oatmeal cookies, crisps of all kinds, waffles, muffins, and pancakes. Oatmeal—YUM! Did you know that oatmeal is cholesterol-free, low-fat, and a good source of

fiber? The fiber in oatmeal can help lower your LDL (or lousy cholesterol) levels. Make sure you check the ingredients of your favorite oatmeal for any added sugar or fat.

ORANGE OATMEAL PANCAKES

Servings: 6

½ cup all-purpose flour	1 large egg
½ cup whole wheat flour	¾ cup orange juice
½ cup quick oats	½ cup nonfat milk
1 tablespoon baking powder	2 tablespoons canola oil
¼ teaspoon salt	Non-stick cooking spray

In a large bowl, combine flours, oats, baking powder and salt. Mix well. In another large bowl, crack egg. Beat lightly with a fork. Add orange juice, milk and canola oil to egg. Mix well. Coat large skillet with non-stick cooking spray. Heat over medium-high heat. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Do not overmix. Pour ¼ cup batter into hot pan for each pancake. Adjust heat as needed to avoid burning. Flip pancakes when bubbles appear on top of the batter and the edges are slightly browned, about 3-4 minutes. Cook until second side is slightly browned, about 2-3 minutes more

NOTES:

- If using an electric griddle instead of a skillet, preheat to 375 degrees F before using.
- Chop and add 3 tablespoons of your favorite nuts if no one is allergic to them.
- Make a double batch, cool, and then freeze the cooked leftovers. To prevent the pancakes from sticking together, layer waxed paper between each pancake. Place the stack in an airtight container or zip-top plastic bag. Freeze for no more than 6 weeks. Warm pancakes in a microwave or toaster oven for a quick breakfast.

Source: <https://cookingmatters.org/recipes/>

FROZEN GREEK YOGURT BARK WITH POMEGRANATE AND DARK CHOCOLATE

Servings: 8

2 cups Greek yogurt, plain or vanilla	½ cup bittersweet chocolate chips or a dark chocolate bar broken into chunks
1 tablespoon sugar (if using plain yogurt)	
½ cup pomegranate seeds	2 tablespoons shredded coconut, sweetened or unsweetened

Use a paring knife to remove the core of the pomegranate. Make 6 to 8 slices halfway down the pomegranate, then pull the sliced edges apart but do not break them off. Turn the pomegranate upside in a bowl and tap the top with a wooden spoon to release the seeds into the bowl. Into the yogurt, mix about half of the pomegranate and chocolate. Pour onto a parchment paper lined, rimmed baking sheet, spreading it out to be about ¼ inch thick. Sprinkle with remaining pomegranate, chocolate, and shredded coconut. Freeze for a few hours, until hard. Using a knife or hard spatula, break the bark into chunks. Transfer to an airtight container and store in freezer.

Source: <https://extension.psu.edu/>

THE MEANING OF A MIRACLE

Having preached a sermon on miracles, a priest in Ireland, while walking homeward, was asked by one of his congregation to explain a little more clearly what a miracle meant.

“It’s a miracle you want to understand?” asked the clergyman. “Then walk on ahead a little and I’ll try to think of how I can explain it to you.”

After the man had walked on a little, the priest came after him and gave him a tremendous kick.

“Ow-w-w!” roared the man. “What did you do that for?”

“Did you feel it?” asked the priest.

“To be sure, I did,” replied the man.

“Well, then, it would have been a miracle if you had not.”

