

Extension Edge



An educational publication — DeKalb County



Extension - DeKalb County

May/June 2026

LEARN TO STEWARD HEALTHY WOODLANDS

Purdue Extension in Wabash and Whitley Counties is offering a 3-session course in May entitled, “Stewarding Healthy Woodlands, Controlling Invasive Species.” The series is designed for woodland owners and commercial applicators; all are welcome. The series is an offering of Purdue Extension’s signature program on invasive species. Class sessions will take place on May 4, 11, and 18 from 6:00 – 8:30 p.m.

On May 4, the first class session will be at the Whitley County Ag Museum, on the Whitley County 4-H Fairgrounds, 680 W. Squawbuck Road, Columbia City, IN. Look for the building with the old-fashioned windmill out front. The May 4 session will cover an introduction to invasive species as well as reporting, recording, and tracking invasive species.

The second session on May 11 will be at the Beacon Credit Union Heritage Hall on the Huntington County Fairgrounds, 631 E. Taylor St., Huntington, IN. In this session, we will cover harmful forest insects and pathogens. On May 18, we’ll be at Salamonie Lake Nature/Interpretive Center, 3691 New Holland Road, Andrews, IN. The final class will cover the identification and management of invasive forest plants, as well as taking a look at emerging invasive forest plant species.

The modest class fee of \$45 will cover handouts, extra

resources, and light refreshments. Commercial Applicator CCHs may be available.

Should you have further questions, feel free to contact Geoff Schortgen, gschortg@purdue.edu or 260-563-0661 (x1408); or John Woodmansee, jwoodman@purdue.edu or 260-244-7615. Geoff is in Wabash County; John is in Whitley County.

Register now! Registration must be completed by April 27. Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.

If you are in need of accommodations to attend this program, please contact John E. Woodmansee prior to the meeting at 260-244-7615 or jwoodman@purdue.edu by April 27, 2026.

For special dietary needs contact John E. Woodmansee at 260-244-7615 or jwoodman@purdue.edu by April 27, 2026.

If you need an interpreter or translator, please contact John E. Woodmansee prior to the meeting at 260-244-7615 or jwoodman@purdue.edu by April 27, 2026.

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Dekalb County Extension Homemakers:

Paper Piecing

Thursday, May 14th
2:00pm

County Office Building- Basement
215 E. 9th St. Auburn, IN

Sewing machines will be available, but all are welcome to bring their own!

Please RSVP by Monday,
May 11th to Sarah LeCount:
(260) 499-0848 or
arnetasm789@gmail.com



Happy National Herb Day May 4!

Today we celebrate the fragrant, flavorful, and farm-fresh world of herbs! From basil and parsley to rosemary and thyme, herbs aren't just for cooking—they connect us to the land, farmers, and gardens that grow them.

Herb facts worth savoring:

- Herbs add flavor without extra salt or calories
- Many herbs have natural health benefits
- Herbs can be grown in gardens, containers, or even on your windowsill
- Farmers carefully grow, harvest, and dry herbs for maximum flavor and freshness

Ways to celebrate National Herb Day:

- Plant your favorite herb in a garden or pot
- Try cooking with a new herb you've never used before
- Make a DIY herb bundle or tea
- Share a photo of your fresh herbs with friends

Let's celebrate the green magic that herbs bring to our kitchens and farms!

#NationalHerbDay #FarmToTable
#GrowYourOwn #AgLife #FreshHerbs

2026 IEHA Home & Family Conference

June 15th-June 17th, 2025 - State Board Meeting will take place on June 14th, 2026.

The Home & Family Conference Planning Committee has been diligently preparing for next year's exciting conference. Detailed information will be shared during your Spring District Meetings and in the Spring edition of Homemaker's Hub. Your officers will provide everything you need to know, including registration fees and forms, descriptions of all concurrent sessions—so you'll know what to expect and who will be presenting—along with an overview of available heritage skills and craft workshops. You'll also receive a biography of our inspiring keynote speaker, who we're confident you'll enjoy, plus much more!

The Seasons Lodge in Nashville, IN

560 IN-46

Nashville, IN 47448

(812) 988-2284 or (800) 365-7327

ALL REGISTRATIONS MUST BE RECEIVED NO LATER THAN MAY 15TH!

DEKALB CO.
EXTENSION HOMEMAKERS

CARDIO DRUMMING



Exhibit Hall	Wednesday
708 S. Union St.	June 10 th
Auburn, IN	6:00pm

LEARN ABOUT & PARTICIPATE IN A HIGH ENERGY/LOW IMPACT EXERCISE THAT CAN BE DONE AT ANY LEVEL!

RSVP by June 8th:

Sarah LeCount
(260) 499-0848

arnettsm789@gmail.com

Dekalb Co. Extension Homemakers:

BUG SOLAR LIGHT Craft



\$5/PERSON

Thursday | June 25th | 6:00pm

Miller's Merry Manor
1367 S. Randolph St. | Garrett, IN

RSVP by June 22nd:

Sarah LeCount- (260) 499-0848
arnettsm789@gmail.com



- 1 pound asparagus, woody ends removed
- 2 tbsp. olive oil
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 2 cloves garlic, minced
- 1/2 lemon
- 1/2 cup shredded mozzarella cheese
- 1/4 cup shredded Parmesan cheese
- 1/8 tsp. red pepper flakes

EASY CHEESY ASPARAGUS RECIPE

Directions

Step 1

Move top rack to upper third of oven and preheat to 400°F.

Step 2

Line rimmed sheet pan with aluminum foil. Toss asparagus with olive oil, salt, pepper and garlic, and spread across sheet pan.

Step 3

Bake 10 minutes. Remove from oven, then preheat broiler. Squeeze lemon over asparagus, then top with mozzarella followed by Parmesan. Sprinkle with red pepper flakes. Return to oven and broil until cheese is melted and bubbly, about 5 minutes.

Step 4

Serve immediately, refrigerating any leftovers.

Extension Homemakers

Hello Ladies,

We're off to a great spring the flowers are beautiful this time of year. The trees are blooming and everything is coming alive. Soon you will be able to start planting your gardens and summer flowers.

We still have a few months until our new books and programs start. We also have great programs that are happening in May and June. For May if you want to try a new craft sign up for the Paper Piecing class. This June we are offering some new classes Cardio Drumming and the Solar Light Bug craft class.

Don't forget to sign up for the Home & Family Conference at the new location in Nashville Indiana.

They have offered some great programs and lessons that you can go online and sign up for. Conference is June 15-17 I hope many of you are able to go. It sounds like it will be a great conference this year.

I'm looking forward to see some of you for tea at achievement night on May 6.

See you then,

Michelle VanWye

DeKalb County Extension Homemaker's President



Everyone is Welcome

The Sewing Club will be hosting Jessie Strock at our next meeting. Jessie will be showing us MOLAS, a fabric art by the Guna Indians in Panama. EVERYONE is invited to join us on Tuesday, May 26, in the County Office building. The meeting will begin at 2:30 PM and refreshments will be provided.



Molas are hand-made using a reverse appliqué technique. Several layers (usually two to seven) of different-colored cloth (usually cotton) are sewn together; the design is then formed by cutting away parts of each layer. The edges of the layers are then turned under and sewn down. Often, the stitches are nearly invisible. This is achieved by using a thread the same color as the layer being sewn, sewing blind stitches, and sewing tiny stitches. The finest molas have extremely fine stitching, made using tiny needles.

TIMING IS EVERYTHING: USING INDIANA'S VEGETABLE PLANTING CALENDAR FOR GARDEN SUCCESS

One of the most common questions each spring is, **“When should I plant my garden?”** The answer isn't as simple as a date on the calendar. According to the Indiana Vegetable Planting Calendar (HO-186-W) from Purdue Extension, successful planting depends on understanding both soil temperature and plant tolerance to cold.

While many gardeners focus on air temperature, soil temperature is often the deciding factor for seed germination and early growth. Warm-season crops such as tomatoes, beans, peppers, and squash should not be planted until soil temperatures reach at least 60°F. Planting too early in cold, wet soils can lead to poor germination, seed rot, and weak plants.

Cool-season crops, however, can handle lower temperatures and are ideal for early spring planting. Vegetables like lettuce, spinach, peas, and radishes can be planted earlier and often benefit from cooler conditions.

Because Indiana weather varies from year to year—and even from one location to another—the publication emphasizes planting within a recommended date range rather than on a single day. These ranges are based on average last spring frost and first fall frost dates, but gardeners should also consider their specific site conditions,

such as sunlight exposure, soil moisture, and wind protection.

To improve success, gardeners are encouraged to:

- Stagger plantings within the recommended window to reduce risk and extend harvest
- Monitor soil temperatures using a simple soil thermometer
- Adjust for microclimates, such as urban heat or protected garden spaces
- Use season-extending tools like mulches or row covers when appropriate

Making multiple plantings of the same crop can also ensure a longer and more consistent harvest throughout the growing season.

For those looking to get a head start, soil can be warmed using black plastic mulch, allowing for slightly earlier planting—but protection from late frosts may still be necessary.

The key takeaway? Gardening success in Indiana isn't about planting early—it's about planting at the right time for the right crop.

For a complete list of recommended planting dates for vegetables across Indiana, visit the Purdue Extension publication: Indiana Vegetable Planting Calendar (HO-186-W).



UPCOMING EVENTS ANR IMPORTANT DATES 2026

May 4, 11, 18	"Stewarding Healthy Woodlands, Controlling Invasive Species" -6-8:30 PM (See article for more details) (See page 5)
May 6	Composting Workshop 6-7 PM @ Rieke Park Lodge (1600 N Indiana Ave, Auburn, IN) (See below)
May 7	Ag Day at Brand Dairy Farm (0441 County Road 43, Waterloo, IN) 8:30 AM to 2:00 PM; Open to the Public Udderly Tasty Creations Cheese & Yogurt Class -Ligonier Public Library, Ligonier, IN; 6-8 PM (See page 5) Composting Workshop (Repeat of May 6 workshop) 6-7 PM @ Carnegie Public Library (322 S Wayne St, Angola, IN) (See below)
May 9	Master Gardener Plant Sale 7:30 – 10 AM; DeKalb County Fairgrounds Exhibit Hall (See page 6)

2026 COMPOSTING WORKSHOPS

SAVE THE DATE!

Identical workshops, two dates - choose the location most convenient to you!

Wednesday, May 6th

6:00 PM - 7:00 PM

DeKalb County
Rieke Park Lodge
1600 N. Indiana Ave.
Auburn, IN 46706

Thursday, May 7th

6:00 PM - 7:00 PM

Steuben County
Carnegie Public Library
322 S. Wayne St.
Angola, IN 46703



SAVE THE DATE!

MAY 9, 2026

DeKalb County

MASTER GARDENER

PLANT SALE!

EXHIBIT HALL.

Exhibit Hall

708 S Union Street, Auburn, IN

7:30 - 10 AM

UDDERLY TASTY CREATIONS

*Hosted by Purdue Extension in
Elkhart, St. Joseph, and Kosciusko Counties*

May 7th from 6-8pm EST

**Ligonier Public Library
300 S Main St, Ligonier, IN 46767**

This event will be an evening of learning about milk basics, dairy creations, and fellowship.

Cost is \$15 per person and DINNER is included

REGISTER AT:

<https://bit.ly/4kkg12F>

**or contact Kathryn Jennings at 574-533-0554 or email
jennin30@purdue.edu**



Extension

Register by April 27:

<https://cvent.me/AyzLBa>



STEWARDED HEALTHY WOODLANDS



CONTROLLING INVASIVE SPECIES - MAY 4, 11, 18, 2026

MINI 4-H DAY CAMP



COME SPEND THE DAY AT "JURASSIC DINO CAMP"

DAY CAMP WITH DEKALB COUNTY 4-H JUNIOR LEADERS

JUNE 9TH, 2026 TIME: 9:30 AM TO 2:00 PM

LOCATION: EXHIBIT HALL FAIRGROUNDS

COST: \$20.00. MUST BE TURNED INTO THE EXTENSION OFFICE BY MAY 29TH. PAYABLE TO DEKALB CO. JUNIOR LEADERS

YOU WILL NEED TO BRING A SACK LUNCH WITH YOUR NAME ON IT



DONATIONS NEEDED!



THE FOOD STAND COMMITTEE IS LOOKING FOR GENTLY USED KITCHEN TOWELS AND WASH RAGS. PLEASE BRING ANY DONATIONS TO THE EXTENSION OFFICE.



YOU COULD

BE



"TOPS IN

4-H"

and win a \$250 Award
...if you are a High School

Sophomore, Junior or Senior!

Application

Deadline is May 29, 2026

in the Extension Office.
See the

Tops in 4-H folder on the DeKalb

4-H Hub for a list of rules and the application.

Mother's Day is May 10th



WE'RE LOOKING FOR NEW SPONSORS FOR 4-H SUMMER PROJECT AWARDS!

If you've never been a 4-H Award Sponsor, say "YES" and join others who are supporting the 4-H youth in our county. Complete this form and return it with your donation to the address below by **Monday June 15, 2026**.

2024 Sponsors will be receiving a letter asking your intentions for this year.

Sponsorships Needed:

Summer Champion Project Medals @ \$20 ea

Champion & Reserve Goat Doe Awards @ \$25 ea

Champion & Reserve Goat Doe Banners @ \$40 ea

Donor Name _____

Contact Person (If different than Donor) _____

Mailing Address _____

City _____ State _____ Zip Code _____

Phone # (_____) _____

_____ \$20 Champion Medals

_____ \$25 Champion / Reserve Goat Doe Awards

_____ \$40 Champion / Reserve Goat Doe Banners (large)

_____ Use Where Needed

Donation Amount Enclosed \$ _____

Make checks payable: **DEKALB COUNTY 4-H COUNCIL**

Return form and donation by **Monday June 15, 2026** to:

DeKalb County 4-H Council
215 E 9th Street, Suite 300
Auburn IN 46706



Come out to our Backyard Wildlife Bash

Mini 4-H kick off night at the Exhibit Hall
Monday, May 4 @ 6:00

Make your way through backyard wildlife themed activities including **BINGO**, crafts, games, photo booth, and other fun activities!

***Project Manuals available at this meeting with payment of \$5 dues (per child)**

Monday, June 8 (6pm)
Meeting @ Exhibit Hall

Tuesday, June 9 (9:30-2)
Registration due 5/29



Monday, July 6 (6pm)
Meeting @ Exhibit Hall

Monday, Aug 17 (6pm)
Meeting @ Exhibit Hall

Saturday, Sept 19 (10am)
Mini Project Judging @ Exhibit Hall



Interested in other 4-H Trips and Experiences?

Here are some other trips you may be interested in (to register, please contact Effie):

4-H Academy

- June 10-12, Grades 9-12
- Stay in a dorm at Purdue University
- Features a wide variety of different career- based workshops to choose from and focus on during the trip

NEW CREATIVE ARTS workshop this year!!!

• Due by - May 1

4-H Round-Up

- June 10-12, Grades 7-8
- Career Exploration Event
- Stay in a dorm at Purdue University
- Registration due by May 1**

HANDBOOK INFORMATION

The 2026 DeKalb Co. 4-H Handbook is finished!

Every family will receive a printed copy of the Handbook this year. Handbooks can be picked up the Extension Office or at your next club meeting. Please use the QR code for the online Handbook.



Last Call for 4-H Enrollment

All 4-H members and adult volunteers must re-enroll annually. Go to the new v2.4honline.com to re-enroll. The Extension Staff will be happy to assist you with your (re)enrollment process if needed!

VOLUNTEERS—You also MUST register again to be active in 2026.

The Deadline to register and pay is May 15! Don't miss out!



LIVESTOCK NEWS

MAY 15 DEADLINE

ALL Beef Steers, Registered & Unregistered Heifers, Dairy Steers, Horse & Pony, Draft Animals, and STATE FAIR ELIGIBLE ANIMALS' MUST (excluding Poultry and Rabbit) be entered into 4HOnline.

STATE FAIR DNA DEADLINE

DNA hair samples for all Beef, Dairy Cattle, Meat Goats, Sheep, and Swine must be submitted by May 15 to the Extension Office! DNA envelopes are available at the Extension Office.

2026 4-H IMPORTANT DATES

May 1, 8, 15, 22, & 29	Dog Club Meeting , 6:00 pm - Exhibit Hall
May 2	Doubletrees Meeting, Halter / ground drive / wagon meeting / animals required, 1:00 pm - DeKalb County Fairgrounds
May 4	Mini 4-H Meeting & Junior Leaders , 6:00 pm - Exhibit Hall
May 4, 11, & 18	Horse & Pony Club Meeting (Outdoor), 6:00 pm - Arena
May 6	Nevershirk 4-H Club Meeting , 6:30 pm - Butler Elementary
May 8	Academy and Round-Up registration Deadline
May 13	4-H Council Meeting , 7:00 pm - Exhibit Hall
May 14	4-H Power Meeting , 7:00 PM - Riverdale Elementary 6127 State Rd. 1, St. Joe
May 15	Last day to enroll in 4-H for 2026 if you want to exhibit at Summer or Fall Fair! 4HOnline Animal ID for Beef, Registered and Unregistered Heifers, Dairy Steers, Horse & Pony, Draft Animals, and State Fair Animals (excluding rabbits & poultry) State Fair DNA due to the Extension Office
May 16	Doubletrees Meeting, Halter / ground drive / wagon meeting / animals required, 1:00 pm - DeKalb County Fairgrounds
May 17	Smithfield Busy Bees Meeting , 4:00 pm - Exhibit Hall
May 21	Swine Workshop (learning how to select swine for show), 6:00 pm - Mike Smith's Farm (6245 County Rd 64 Saint Joe, IN 46785) Fairfield Farmers Meeting and QLC training, 6:30 pm - Fairfield Community Center (1311 County Rd 12 Corunna)
May 29	TOPS in 4-H Applications Due, Extension office
May 30	Dairy Feeder ID, 8:00-11:00 am - Beef Barn Doubletrees Meeting, Halter / ground drive / wagon meeting / animals required, 1:00 pm - DeKalb County Fairgrounds

Indiana 4-H Quality Livestock Care Program



All 4-H youth enrolled in a LIVESTOCK PROJECT (Beef, Dairy Beef, Dairy, Goat, Poultry, Rabbit, Sheep and Swine) must be QLC certified or have a YQCA online completion certificate.

If you choose to complete the YQCA option, you will register for the online course at <https://yqcaprogram.org/> Cost of the online YQCA course is \$12.

After completing the course, you must email the 4-H Educator your certificate to receive credit.

If you prefer to take the QLC in person (Instructor-Led), the cost is \$3 per child and will be located at the Exhibit Hall (Fairgrounds); Registration is open now in 4-H Online!

Quality Livestock Care training sessions are:

Saturday, May 16, 9:00 AM

Saturday, August 1, 10:00 AM

After attending the course or submitting a YQCA online training certificate, you will be marked complete in the DeKalb 4-H Hub (Fall Fair Checklist)

**This certification does NOT replace the workshop/worksheet requirement.*

Poster Board Backing for Summer Posters

ATTENTION, ALL SUMMER JUDGING PARTICIPANTS!

Starting this year the Extension Office will be selling the STIFF BACKING needed for posters, along with the SLEEVES.

Each BACKING is \$3.00 and SLEEVES are \$2.00

FROM DEKALB COUNTY TO STATEWIDE IMPACT:

ADVANCING PERINATAL MENTAL HEALTH AWARENESS

This May, in recognition of Mental Health Awareness Month, DeKalb County is leading the way in advancing perinatal mental health education across Indiana. What began as a locally funded initiative has grown into a statewide effort, led by Angela Sorg, Health and Human Sciences Educator with Purdue Extension in DeKalb County.

Funded by the DeKalb County Health Department, this project addresses a critical and often overlooked need: helping families and communities better understand and respond to perinatal mental health.

What Is Perinatal Mental Health and Why Does It Matter?

Perinatal mental health refers to emotional well-being during pregnancy and the first year after childbirth. While this time is often expected to be joyful, many individuals experience challenges such as anxiety, depression, overwhelming stress, and other mental health concerns, commonly known as perinatal mood and anxiety disorders (PMADs).

These conditions are **common, treatable, and often underrecognized**:

- About **1 in 5 individuals** experience a PMAD during pregnancy or postpartum (Postpartum

Support International, n.d.).

- In Indiana, **maternal mental health conditions are among the leading causes of pregnancy-related deaths** (Indiana Department of Health, 2022).

• Many Indiana communities, especially rural areas, face **limited access to both maternity care and mental health services**, making education and early support even more important (Indiana University Public Policy Institute, 2025).

These realities highlight the need to increase awareness, not just among healthcare providers, but within communities themselves.

A First-of-Its-Kind Program Right Here in DeKalb County

To address this need, DeKalb County became the **first in Indiana to pilot a newly developed perinatal mental health education program** for the general public: *Understanding Perinatal Mood and Anxiety Disorders (PMADs)*.

This curriculum was created through a unique collaboration between:

- Purdue Extension Health and Human Sciences
- Purdue University School of Nursing
- DeKalb County Health Department



Continued from page 15

- Postpartum Support International Indiana Chapter

Designed for **families, partners, healthcare providers, and community members**, this program equips participants with practical, research-informed tools to:

- Recognize signs and symptoms of perinatal mental health concerns
- Support loved ones with confidence and compassion
- Reduce stigma and encourage open conversations
- Connect individuals to trusted, evidence-based resources

This type of accessible, community-based curriculum **did not previously exist at this level in Indiana**, positioning DeKalb County as a leader in innovation and prevention-focused education.

Research in Action: From Local Pilot to Statewide Reach

This initiative is also the foundation of Angela Sorg's doctoral dissertation, which examines how trusted community organizations such as Purdue Extension can effectively deliver mental health education in ways that are accessible, practical, and community-centered.

Following a local needs assessment, a successful pilot, and statewide implementation, Angela completed data collection at the end of April 2026. She is now analyzing results to better understand the extent to which participants **report increased knowledge, reduced stigma-related attitudes, and greater awareness of available resources** after attending the program. Early insights are expected to highlight how Extension can **increase mental health literacy, reduce stigma, and help individuals connect to resources**.

A key focus of this work is how Extension can serve as a bridge, connecting individuals and families to **trusted, local resources**. In communities where services exist, this means increasing awareness and access. In areas where resources are limited, this research is helping answer an important question: **How can communities better work together to close the gap?**

Moving forward, this work will help inform how communities can:

- Strengthen partnerships between healthcare, public health, and community organizations
- Expand outreach in underserved areas



- Build clearer pathways to care and support
- Explore innovative solutions when local resources are limited

The ultimate goal is to use these findings to guide **statewide dissemination through Purdue Extension**, equipping educators across Indiana to bring this program to their own communities while strengthening systems of support where gaps exist.

Why This Work Matters for DeKalb County

This effort reflects the power of local leadership and community investment. By starting in DeKalb County, this initiative demonstrates how **trusted, community-based education can fill critical gaps in awareness, reduce stigma, and improve access to support**.

Perinatal mental health impacts not only individuals but also families, children, and long-term community well-being. Increasing awareness can lead to earlier support, stronger families, and healthier communities.

As this work expands across Indiana, DeKalb County remains at its foundation—a **place where innovation began, partnerships formed, and meaningful change is taking root**.

References

- Indiana Department of Health. (2022). Indiana maternal mortality review committee annual report. <https://www.in.gov/health/safesleep/files/MMR-Report-September-2022.pdf>
- Indiana University Public Policy Institute. (2025). Maternal mortality in Indiana: Contributing factors and progress. <https://policyinstitute.iu.edu/research-analysis/research-findings/maternal-mortality.html>
- Postpartum Support International. (n.d.). Statistics on perinatal mental health. <https://www.postpartum.net/learn-more/>

2026 MENTAL HEALTH AWARENESS MONTH

Overall Theme: See the Person. Support the Journey.

Mental health is part of everyday life. It shapes how we think, feel, connect with others, and move through the world. This year's theme highlights the importance of:

- Noticing early signs of mental health concerns
- Strengthening the support around us
- Responding with care and compassion during challenging moments

Mental health touches every part of life — from housing and work to relationships and community. When mental health challenges arise, they often intersect with substance use, and whole person care that addresses both is essential to lasting recovery and well-being.

These key messages and weekly themes are your starting point. Sample social media shareables are also included. Please feel free to use them as-is or adapt for your audience.

Week 1 (May 1 – 8): Understanding Mental Illness, Including Serious Mental Illness: Awareness Leads to Compassion.

- Mental illnesses are medical conditions involving changes in emotion, appetite, thinking, or behavior that can affect daily functioning.
- Serious mental illness can substantially interfere with major life activities, including work, school, relationships, and self-care.
- Economic instability, housing insecurity, unemployment, and limited access to healthcare can increase stress and worsen mental health conditions.
- Chronic stress related to financial hardship or unstable housing can contribute to the development or worsening of serious mental illness.
- Early support, including access to stable housing, employment assistance, healthcare, and community programs, improves long-term stability and well-being.
- When people feel respected and understood, they are more likely to seek care and remain connected to services.

Week 2 (May 11 – 15): Early Support Matters: Recognizing Signs in Children and Youth

- Parents and caregivers are often the first to notice changes. Paying attention to patterns, having



open conversations, and connecting children and teens to support early can make a meaningful difference.

- Changes in mood, sleep, appetite, thinking, or behavior may signal the need for support.
- Most serious mental illnesses begin in young adulthood.
- Exposure to trauma can affect long-term mental health.
- Timely assessment and access to services improve outcomes.
- Community awareness strengthens early identification and support.

- Young people thrive when support comes early. Asking for help on behalf of a child, teen, or young adult is an act of protection and advocacy.

Week 3 (May 18 – 22): Words Matter and Words Can Heal

- Language that recognizes the whole person helps people feel respected and valued.
- When we choose our words thoughtfully, we create space for connection to care.
- Respectful communication is especially important during times of transition, including housing instability or reentry into the community.
- Coordinated, compassionate support helps reduce disruptions in care.
- Trust grows through clear and thoughtful conversation.

Week 4 (May 25 – 29): Supporting Loved Ones: Connection Is a Powerful Form of Care

- Understanding serious mental illness helps you respond with empathy and confidence.
- Feeling heard and respected can be deeply supportive. Listening with compassion makes a difference.
- When someone you love is living with a serious mental illness, steady presence and compassion matter most.
- Maintaining healthy, clear boundaries protects both you and your loved one.
- Caring for yourself matters. Seeking support when you need it helps you show up with steadiness and compassion.

Source: <https://www.samhsa.gov/about/digital-toolkits/mental-health-awareness-month/toolkit>

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DeKalb 4-H Hub

Your go-to resource for everything Dekalb 4-H!



WHAT IS ON THE HUB?

- FALL FAIR CHECKLIST- SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- SUMMER JUDGING CHECKLIST - SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- 10 YEAR MEMBER TO-DO LIST!
- LIST OF IMPORTANT DATES/WORKSHOPS
- MONTHLY NEWSLETTER
- GENERAL RECORD SHEET
- 4-H HANDBOOK
- APPLICATIONS FOR EVENTS/TRIPS
- 4-H FAMILY GUIDE, 4-H PROJECT MAGAZINE
- INSTRUCTIONS FOR 4-H ONLINE AND FAIR ENTRY
- LIST OF IMPORTANT WEBSITES
- ALL LIVESTOCK WORKSHEETS!



USE THE LINK OR SCAN THE QR CODE WITH YOUR PHONE CAMERA

[HTTPS://BIT.LY/DEKALB4HHUB](https://bit.ly/DeKalb4HHub)

Purdue University Cooperative Extension Service is an Affirmative Action, Equal Access/Equal Opportunity institution. If you are in need of accommodations or a translator or interpreter to attend any DeKalb County Extension program, please contact our office prior to the meeting at 260-925-2562 or email eberry@purdue.edu.

4-H DEADLINE
May 15



RETURN SERVICE REQUESTED

Non-Profit Org
U S Postage Paid
Auburn in 46706
Permit No. 80

County Office Building
215 East 9th Street—Ste. 300
Auburn, IN 46706