



**Elkhart County  
Extension Homemakers**

# *Over The Coffee Cup Newsletter*



*January/February 2022*

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## Letter from Your County President

Happy New Year, Everyone!

2022! It is hard to believe, isn't it? When I look back over the last 50 years of my life, it just doesn't seem possible that I have been married all that time and had children who have had children, and those children have gotten married too! Phew! How time does indeed fly!! I do pray that the present finds you in good health and joyful spirits!

It is, of course, a time for reflection and looking forward to this new year and all that it may hold for us. I was looking through our yearbook just now and was thinking about our committees and how a few of them would still like to include more members, like you! Take a look through them and see if you would be able to get involved in one or two. If you are not sure what each committee does, do not hesitate to contact the chairperson, the office, or one of your county officers.

Another area that bears some contemplation is that of officers for each club, as well as the county board. I met recently with a member of the nominating committee and she said they were having trouble getting people to agree to being nominated. Please do not be content to let those that are in these positions do it all! I have learned so much about our organization since agreeing to first being the county secretary for two years, then the vice president, and now your president. I must admit that the most challenging part of the year has been convincing our members to get involved! Please consider doing just that if you are called! You may also let one of the board members know if you would like to participate in leadership. At the present time we are needing a county secretary, assistant treasurer, and vice president. Thank you for considering any of these positions!

We have been told that Purdue has been looking at two different persons to become our Extension Educator for the county and that they are currently screening resumes to get a perfect "fit" for us. I have to say right here that this year started out quite scary while not having an educator to confer with, however, the Extension Office has been most helpful to your board! A very big THANK YOU goes out to Jenn Fink, our Extension Homemaker office secretary! She has been invaluable to me and I appreciate her so very much! Robert Kelly has also made himself available to me and has been a HUGE encouragement to me, as well as answering all my questions. There has been no time frame given for when an Extension Educator will be hired for our county but we will keep you posted as we get updates!

Please check dates in your yearbook for events coming up and plan to participate in as many as you can. Again, many blessings on this new year to you and yours! Keep warm and safe until Spring flowers bloom!

Brenda Mestach  
Elkhart County Extension Homemakers President

Greeting Extension Homemakers,

A new year is upon us which brings lots of new ideas, new trends, and new goals. As you are aware, at the time of writing this letter, we are still looking for two Health and Human Sciences educators for our office. I stay in constant contact with our Area Director and Purdue Administration to advocate to get our positions filled. As many of you know, candidates are hard to find these days. In the interim, we've been able to work with Area HHS educators to provide your monthly lessons as well as programming to the public through our office. I will do my best to keep you all up-to-date on these positions and continue to provide excellent programming. If you have ideas for future programs or need support as an organization, please reach out.

Robert Kelly  
County Extension Director  
Extension Educator—4-H Youth Development/ANR-Livestock

## Mark Your Calendars

### January 2022

3	<b>New Year's Day (Observed)</b> —Office Closed
10	<b>County Officer Board Mtg.</b> , Ext. Conference Room
11	<b>VCS Sewing Day</b> — 9am to 3pm, HFA Building
17	<b>Martin Luther King Jr. Day</b> —Office Closed
20	<b>Educational Program—No Gym Required: Get Fit at Home</b>

### February 2022

After Feb. Club Mtg.	<b>Club Officers sheets</b> due in office
1	<b>Nickels for Leadership/Coins for Friendship</b> due—mail to County Treasurer ( <i>see pg. 3 of yearbook</i> )
7	<b>County Officers Board Mtg.</b> , Ext. Conference Room
8	<b>VCS Sewing Day</b> —9 am—3 pm, HFA Building
17	<b>Club President Council Mtg.</b> —7:00 pm (HFC 1st Timer Award Applications Due), HFA Building
24	<b>Educational Program</b> —Empower Me to Be Clutter Free
26	<b>Heritage Skills Registrations Due</b>

### Looking Ahead

March 1	<b>County Committee Sign-up Sheets, Program Planning Suggestions, &amp; Homemaker of the Year Applications</b> due in office
March 5	<b>Heritage Skills Workshop</b> —HFA Building
March 15	<b>Club Volunteer Hours Sheet</b> due to County Vice President
March 31	<b>Cultural Arts Entries</b> due at 4th Council Meeting

### Happy Birthday!

**January**— Louanne Dunn, Pat Hochstedler, Nan Hummel, Laurie Hund-Schieber, Barbara Johnson, Phyllis Kehr, Holly Leeper, Kimberly McCreary, Brenda Mestach, Patricia Miller, Deb Noffsinger, Ruby Rink, Rebecca Smuts, Sue Stroup, Jan Troyer, and Marsha Wade

**February**— Lori Bontrager, Becky Carrington, Shilda Collins, Sheila Cook, Bonnie Craft, Veryl Elliott, Cheryl Hoffman, Deb Hoffman, Mary Lemmon, Loraine Platz, Debra Scheets, Judy Taylor, Deb Tubbs, and Martha Weirich

## Extension Homemaker News

### Home & Family Conference

Mark your calendars for June 6-8, 2022 for next year's Home & Family Conference at the Embassy Suites Conference Center in Noblesville, IN (13700 Conference Center Dr South, Noblesville, IN 46060).

### Cultural Arts Reminder

The Special Category is a Lawn Ornament (no wider than 12 inches and no taller than 16 inches including the stand).

## Heritage Skills Classes

Saturday, March 5, 2022

The Heritage Skills Classes provide the opportunity to appreciate and learn family heritage and heirloom skills. Information is available on our office website at <https://extension.purdue.edu/county/elkhart/elkhart-county-extension-homemakers.html>

Prepaid registration is required. Registrations will be accepted through February 26. Registration form can be found in the back of this Coffee Cup. Classes will be held in the Home & Family Arts building. Registration requires a check, but this is held until class is completed. If we do not get enough people, we will return your check. Lunch will be from 11:30am to 12:30pm with light pre-packaged items provided. If there are restrictions for serving food due to COVID, we will let participants know.

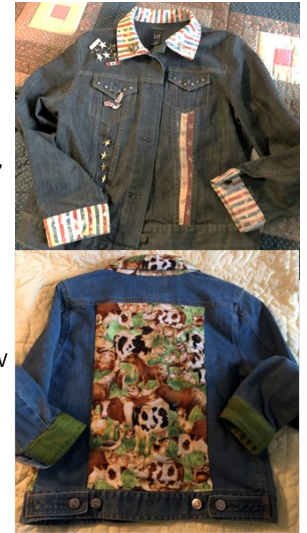
### Full Day Classes

8:30am to 3:00pm

**Woven Basket Lamp** by Lisa Hernley—\$40. Limited to 6 participants. Participants will learn how to make a basket woven over a quart size jar. A lamp kit will be added then participants can add their own lampshade. All materials will be provided other than a lampshade and lightbulb. Pre-requisites: None required.



**Embellish a Blue Jean Jacket** by Mary Ann Lienhart Cross—\$30. Participants will learn a variety of techniques to add fabric to the collar, cuffs, sleeves, yolks, button hole strip, and/or back or front of jacket. Fabric and embellishments can have a theme like animals, gardening, hobbies, music, sports, patriotism, or western. Participants will need to bring a jean jacket or shirt; variety of fabric to use for embellishing; 1/4 inch fusing tape such as Steam-a-Seam®; laces or trim to use for embellishing; buttons or similar item to sew or glue on; sewing machine with cord to plug in with foot control and narrow presser foot or zipper foot; jeans needles of size 90 to 110; scissors; rotary cutter; ruler; mat (if easy to transport); and basic sewing supplies. For the back section, you will need 1/2 yard of fabric or you can also piece the back. Irons can be shared. Pre-requisites: Participants will need to know how to thread and sew with machine, be open to being creative and trying new techniques, and have a positive attitude.



### Half Day Classes

Morning classes: 8:30am to 11:30am  
Afternoon classes: 12:30pm to 3:00pm

**Altered Book (Morning)** by Jenny Huffman—\$25. Limited to 8 participants. Participants will start an altered book and learn the differences in books, kinds of pages, and covers for their book. Participants will need to bring a pair of scissors, ruler, and paper cutter (if you have one). Pre-requisites: None required. Bring your imagination!



**Coiled Fabric Basket (Afternoon)** by Kris Peterson—\$25. Limited to 8 participants. Participants will learn how to make a coiled fabric wrapped basket using t-shirt strips. Participants will need to bring a pair of scissors. Pre-requisites: None required.



### Paper-Pieced Pot Holders (Morning)

by Sue Martin—\$25. Limited to 10 participants. Participants will learn how to make two pot holders using a paper-piecing technique. Participants will need to bring a sewing machine with basic sewing supplies, a ¼" foot, an open-toe foot or other foot that will allow good visibility, rotary cutter, small cutting mat, and neutral sewing thread. (Cotton thread is probably best, but all-purpose thread works too.) Pre-requisites: Participants should be comfortable using a sewing machine.



**Redwork Embroidery (Afternoon)** by Jill Cohen—\$25. Limited to 6 participants. Participants will learn how to combine red floss, a cotton tea towel, and simple embroidery stitches to create a sweet design. Participants should bring a pair of scissors. Pre-requisite: Participants must have previous hand sewing experience and be able to thread a needle.



**Skyline Pendant (Afternoon)** by Sue Martin—\$25. Limited to 10 participants. Participants will create a triangular-shaped pendant using a square stitch and 4mm crystal cube beads. The pendant will be completed by attaching chain to result in an 18" necklace.

**Three color choices will be available—shades of blue; black and silver; or blue zircon AB and white opal.** Participants will need to bring a primary-type (kid's school) scissors for cutting Fireline, a bead mat, and a pair of chain-nose pliers. Some tools can be borrowed from the instructor if needed. Pre-requisites: Prior beading experience is helpful but not necessary.



## Family Resource Management

### General Financial Savings Tips

*Source: Brittney Schori, HHS Educator  
Purdue Extension Whitley County*

**Build an emergency fund.** It can make all the difference.

**Establish your budget.** On the first day of the month, get a receipt for everything you purchase. Stack receipts into categories like restaurants, groceries, and personal care. At the end of the month you will be able to see where your money is going!

**Budget with cash and envelopes.** Try the envelope budget system where you use a set amount of cash for most spending. Once the cash is gone, it's gone.

**Don't just save money, save.** Put money into a savings account to plan for college, retirement, or emergencies that can leave you financially better off.

**Save automatically.** Setting up automatic savings is the easiest and most effective way to save. Every pay period, have your employer deduct some from your paycheck and transfer it to a retirement or savings account.

**Aim for short-term savings goals.** Make a goal such as setting aside \$20 a week or month, rather than a longer-term savings goal. People save more successfully when they keep short-term goals in sight.

**Start saving for your retirement as early as possible.** It's the miracle of compound interest, or earning interest on your interest over many years that builds wealth. Because time is on their side, the youngest workers are in the best position to save for retirement.

**Take full advantage of employer matches to your retirement plan.** Often employers will match a certain amount of what you save in a retirement plan.

**Save your windfalls and tax refunds.** Every time you receive a windfall like a bonus or inheritance, put a portion into your savings account.

**Save your loose change.** Putting aside just 50¢ over a year will get you 40 percent of the way to a \$500 emergency fund.

**Use the 24-hour rule.** Think over each nonessential purchase for at least 24 hours to avoid impulse purchases.

**Treat yourself, but use it as an opportunity to save.** Match the cost of your nonessential indulgences in savings. For example, if you splurge on a smoothie, put the same amount into your savings account. Think of it this way, if you can't afford to save the matching amount, you can't afford the treat either.

**Calculate purchases by hours worked instead of cost.** If it's a \$50 pair of shoes and you make \$10/hour, ask yourself if those shoes are really worth 5 hours of work.

**Unsubscribe.** Avoid temptation by unsubscribing from marketing emails.

## Human Development

Motivate Young Eaters with Positivity

*Source: University of Nebraska Extension*

What you say matters when it comes to the eating behaviors of young children. For better or worse, eating behaviors formed during childhood often follow a person into adulthood. Eating behaviors play a key role in one's ability to maintain a healthy relationship with food for a lifetime. The messages a child regularly hears regarding food—in both the home and caregiver settings—can either help or hinder this development process.

### Phrases that Hinder

- “I will be sad/mad if you don't eat that” or “You're a good boy for finishing your broccoli.” These phrases teach children to eat for approval, ignoring their own signals of hunger, fullness and personal preference in the process.
- “Eat one more bite before you leave the table.” This phrase teaches children to ignore feelings of fullness. It is better to stop eating when satisfied, rather than when the plate is clean. Over time, children and parents/caregivers will better understand what portion sizes are needed to feel satisfied, meaning less food left uneaten on the plate.
- “You can have dessert if you eat your vegetables” or “If you stop crying, you can have a piece of candy.” Offering dessert as a reward for finishing vegetables teaches children that some foods are better tasting than others are. Using food to resolve upset feelings teaches children to eat to feel better, which can lead to overeating.

### Phrases that Help

- “This strawberry is sweet and juicy” or “These carrots are crunchy.” These phrases teach children to pay close attention to the sensory qualities that make each food unique and can be used to encourage children to try new foods in a mindful way.
- “Are you feeling hungry?” or “Are you feeling full?” These phrases can seem a bit obvious, but it is important to teach children to recognize feelings of hunger and fullness. This can prevent overeating and eating for reasons other than satisfying hunger.
- “Everybody likes different foods” or “Which one is your favorite?” These phrases acknowledge a child's ability to make choices regarding the food they eat. It also shifts the focus toward the taste of food, rather than who was right.
- “I am sorry you were sad. Would a hug help you feel better?” Instead of using food, reward children with your undivided attention and concern. Comfort each unique and individual child in the ways that work best for them.



## Leadership Development

Five Ways to Improve Your Mental Fitness

*Source: Kevin Eikenberry*

### Get More Sleep

Chances are, you need more. In 2016, the CDC reported that 1 in 3 Americans regularly don't get enough sleep. If you are between 18-64, you need 7-9 hours of sleep. Have too much to do to get that much sleep? Maybe but according to a pre-pandemic The American Academy of Sleep Medicine study, 88% of Americans reportedly lose sleep to binge-watching. You know that you are more effective and feel better when you get more sleep.

### Practice Gratitude

When you are grateful for things, people or situations, you feel better. Gratitude releases toxic emotions, reduces pain, improves sleep quality, aids in stress regulation, and reduces anxiety and depression. Using gratitude to build your mental fitness means creating a practice of gratitude where you are intentional about being grateful each day.

### Serve Others

There is a paradox with this one. If we are constantly serving others we can be draining our emotional and mental banks, and causing us to be less mentally fit. If your life roles put you in service all day (as a parent, a caregiver or a health professional as examples), this one might not be where you need to focus. Having said that for many of us, when we look past ourselves to be helpful to others the psychological and emotional benefits we receive are substantial. Choosing to be of service to others (beyond what we “have to” do) can be a powerful way to take the focus off ourselves and become more mentally fit at the same time.

### Start (and Use) a Recharge List

Make a list of things that recharge you in the moment or in short bursts. This could include doing a happy dance, taking a walk, calling a friend, reading a few pages of a book, or working on a hobby – the list is personal and potentially endless. Once you have the list (and you can keep adding to it), when you need a mental fitness break, turn to your recharge list, and do something on it – right then! Yes, a vacation will recharge you, but you can't do that instantly, so it doesn't go on the list. Do take that vacation, but don't put it on this list.

### Talk it Out

Another under-appreciated way for improving your mental fitness is by sharing your thoughts and feelings with others. Keeping our emotions “bottled up” isn't healthy. While you might have a therapist, coach or mentor, the talk it out strategy doesn't require them. All it requires is someone who will let you vocalize your feelings as a way to clarify them and get them out of your head. Ask for ears, not advice! If you don't have a person around, use your pet or even talk to yourself. The goal is to put the negative or challenging thoughts into words as a way to help you process them.

## Food and Nutrition

### Eating Right: Keeping a Strong Immune System

*Source: Purdue University Dietetics & Nutrition*

One of the best things a person can do for their immune system is to have healthy eating habits. A strong immune system is better at fighting off infection from bacteria and viruses. There are many immune system supporting nutrients.

- **Beta Carotene:** People often associate this nutrient with carrots, but it is also found in sweet potatoes, spinach, carrots, mango, broccoli, and tomatoes.
- **Vitamin C:** This vitamin is common in citrus fruits such as oranges and limes. It is also found in berries, melons, tomatoes, bell peppers, and broccoli.
- **Vitamin D:** Meat, such as fatty fish and eggs, and dairy products are common sources of vitamin D. Milk and juice are commonly fortified with vitamin D.
- **Zinc:** This nutrient is found in both meat and vegetables. Examples include beef, seafood, wheat germ, beans, nuts, and tofu. Keep in mind that zinc from animal sources is better absorbed than zinc from plant sources.
- **Probiotics:** They are considered a "good" bacteria for the body and are mostly found in cultured dairy products like yogurt.
- **Protein:** This essential macronutrient can be found in animal and plant sources such as milk, yogurt, eggs, seafood, nuts, seeds, beans, and lentils.



Make a goal to eat at least 5 servings of fruits and vegetables per day. Overall, it is important to focus on balance and eating foods from all food groups.

For those with autoimmune diseases such as HIV, make sure to consume adequate calories to maintain a healthy weight, add protein to every meal, eat a variety of fruits and vegetables, talk with your doctor about potential supplements, and take food safety seriously. Eating a healthy diet has been shown to lessen disease symptoms and the side effects of medications, increase quality of life and improve the ability to fight off infections.



## Registration Form – Heritage Skills 2022

Registration will be accepted through February 26, 2022. All classes will be held in the Home & Family Arts building. Prepaid registration is required. Checks will be held until after the event. Questions can be directed to Jenny Huffman at 574-370-0699.

*Please print all information clearly. Thank you.*

**Participant 1:**

Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City, ST, Zip \_\_\_\_\_

Email: \_\_\_\_\_ *(for future events)*

**Participant 2:**

Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City, ST, Zip \_\_\_\_\_

Email: \_\_\_\_\_ *(for future events)*

**Select classes and circle preferred time for participant 1 (and participant 2 if applicable).**

Part. 1	Part. 2	Time	Class	Cost	x # of Part.	= Total
		Full Day	Woven Basket Lamp	\$40		\$
		Full Day	Embellish a Blue Jean Jacket	\$30		\$
		AM	Altered Book	\$25		\$
		AM	Paper-Pieced Pot Holders	\$25		\$
		PM	Coiled Fabric Basket	\$25		\$
		PM	Redwork Embroidery	\$25		\$
		PM	Skyline Pendant Color Options (Please Choose One) <input type="checkbox"/> Shades of Blue <input type="checkbox"/> Black and Silver <input type="checkbox"/> Blue Zircon AB and White Opal	\$25		\$

Total amount enclosed: \$ \_\_\_\_\_

**Make checks payable to: Elkhart County Extension Homemakers**

**Mail check and completed registration form to:**

Jenny Huffman · 4 The Willows · Goshen, IN 46526

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