



Elkhart County  
Extension Homemakers

# *Over The Coffee Cup Newsletter*



*July/August 2022*

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## Letter From Your County President

Greetings Extension Homemakers,

This is my first letter to you as your County President and I am so honored to be serving all of you. I want you to know that I want to be here for all of you, whether it be visiting your club, helping on a committee you are leading, or facilitating for you if a problem arises. For some of you who don't know me, I have been an Extension Homemaker since 1986. During that time I have belonged to the Jim Dandies Club (disbanded) and Creative Homemakers. I have volunteered on the Home & Family Arts Committee, Membership Committee, Fall Holiday Program Committee, and served on the board as treasurer (multiple times) and secretary. I have been retired for five years after a 40 year career in education. Now I consider myself a professional volunteer! I love my work with homemakers, serving on the missions committee and day-care board at my church, volunteering in the general store and Living Wisdom dementia care unit at Hubbard Hill, and serving on the trip committee and as a village advisor also at Hubbard Hill.

Please join me in welcoming Emily Witters to the Extension Office as our new educator. Emily will be our Extension Homemaker liaison. The board looks forward to getting to know Emily and helping her to learn about our organization. If you stop in the office, please introduce yourself to her.

July brings one of our biggest events in Elkhart County—the Elkhart County 4-H Fair! This is such a wonderful opportunity for us to showcase our talents in the Home & Family Arts Building and promote our organization. Check out the HFA Open Class book to see what you might want to enter. Please sign up to hostess in the building and/or showcase a talent you have through craft demos.

Several of us attended the Indiana Extension Homemaker Conference in Noblesville on June 6-8 and we are very excited about our State President's, Michelle Roberts, theme and initiative of Scatter Kindness. Many of you learned about this at officer training and county committee training. I hope that your clubs will all participate in bringing some attention to our organization through the Scatter Kindness campaign. #IEHA

Lastly, there are still a couple of committees that could use extra hands. If you feel it put on your heart to help with Achievement Night, Fashion Show, or Home & Family Arts Landscaping, please let Jenn know in the office. Many hands make light work and make our organization shine! We can't become what we want by remaining what we are. We get many kudos from the state board for our continued programming, our officer trainings, and our variety of committees that provide for our membership. Let's keep up the good work!

Sincerely,  
Deb Pepple  
President  
Elkhart County Extension Homemakers



## Mark Your Calendars

### Looking Ahead...

- \*Enrollment forms due in office after 1st club meeting
- \*EEO statements due in office after 1st club meeting (if not turned in at Officer's Training)
- \*Educational lesson sign-up sheets due in office after 1st club meeting/ASAP

### August 2022

- 15 **County Officers Board Meeting**, Ext. Office Conference Room—4:30pm
- 18 **EH Lesson**: Staying Healthy While Traveling
- 23 **IEHA Fall District Meeting** (LaPorte)

### September 2022

- 1 **Council Meeting**, Ext. Office Conference Room—6:30pm
- 12 **County Officers Board Meeting**, Ext. Office Conference Room—4:30pm
- 12-13 **Camp ELKO Retreat**
- 13 **VCS Sewing Day**, HFA Bldg.—9 am to 3 pm
- 15 **EH Lesson**: Zoom 101



**July**— Diahanna Archer, Lucy Bontrager, Linda Davis, Donna DeVito, Mary Ann Dubash, Georgia Gouin, Eleanor Hawkins, Joanne Holtzinger, Karen Honey, Betty Kern, Barbara Kulesia, Judy Teall, Nancy Thwaites, Kelsey Tubbs, Cindy Westfall, Cansie Witcher

**August** — Shirley Bailey, Jill Cohen, Sarah Downing, Shirley Hershberger, Lauren Hickok, Barbara Jewett, Carla Kelley, Sharon Lemmon, Patricia Osbourne, Kris Peterson, Elaine Sheets, Jeannine Talley, Andrea Ulrich, Cathy Van Huystee, Allison Von Blon, Linda Weltz

## Extension Homemaker News

### Welcome New Members!

Remember to turn in your 2022-23 enrollment form with the questions answered on the back page to be featured in our upcoming Coffee Cup newsletters!

*Welcome!*

### Past County President's Brunch—Submitted by Sheila Cook

We had a great turnout for the annual Past President's Brunch! It was held in the Extension Office Conference Room on April 30th. Everyone was glad to be able to be together again and we had a great time. There were 18 Past Presidents in attendance. Also attending was Mary Ann Lienhart Cross and two guests. A breakfast brunch of egg casseroles, sausage, French toast casseroles, fruit, and muffins was served. Led by committee member Jen Chupp, everyone participated in a couple of fun personality activities.

Past Presidents in attendance included Barbara Jewett, Nancy Hawkins, Jan Fribley, Doris Hostetler, Beverly Earnhart, Maryann Zerbe, Ramona Huber, Margaret Weybright, Sheila Cook, Cheryl Gall, Theo Outman, Debra George, Jennifer Chupp, Donna Hibschan, Michelle Blough, Janet Ryman, Shirley Hershberger, and Kathy Stoltzfus.



### ELKO Retreat

Sarah Major Lodge at Camp Mack on Waubee Lake  
114 East Mack Road, Milford, IN 46542  
(From SR 15 go east on CR 1150N, then south onto Camp Mack Road)  
The ELKO Retreat will be held Sept. 12th-13th at Camp Mack on Waubee Lake. The theme is "A Time For Us".

For more information or to download a registration form, visit <https://extension.purdue.edu/county/elkhart/elkhart-county-extension-homemakers.html> Forms can also be picked up in the Ext. Office. A completed form and check must be turned in no later than August 29th to Ruth Dilling, ELKO Treasurer.

#### **Monday, September 12**

- 9:00 am Registration, light refreshments, ice breaker games
- 9:30 am Opening and recognition of First Timers – Sue Martin
- 10:00 am "The Slow Movement: Trends in Food, Music, Craft, and Culture" - Linda Curley, Lake Co Educator
- 11:15 am "The Care and Propagation of Orchids" - Rachel McNett, Ft Wayne
- 11:45 am Devotions – Elkhart County
- 12:00 pm Lunch
- 1:00 pm Exploring Leisure Activities/Hobbies – try something new!
- 4:30 pm Speaker – Deanna Beckner from Camp Mack
- 4:45 pm Business meeting
- 5:15 pm Devotions – Marshall County
- 5:30 pm Dinner
- 6:30 pm Auction
- 7:30-ish Let's Party!!!!

#### **Tuesday, September 13**

- 7:45 am Devotions – St Joseph County
- 8:00 am Breakfast
- 9:30 am Learn to Paint – Tammie Davis\* (acrylic painting, pictured below)
- 11:45 am Devotions – Kosciusko County
- 12:00 pm Lunch
- 1:00 pm Show & Tell
- 2:00 pm Wrap up and closing

\*Tammie Davis has been painting for 30 years, and teaching for six. You can create this beautiful painting for free—the cost is covered in your registration fee.



## Indiana State Extension Homemakers Conference

Five ladies from Elkhart County, Michelle Blough, Margaret Weybright, Brenda Mestach, Kathy Stoltzfus, and Deb Pepple, attended the 108th Annual Home and Family Conference in Noblesville. It was a fabulous venue at the Embassy Suites and a big plus was having it on the north side of Indianapolis and not having to drive on 465! There were a little over 200 ladies and gentlemen attending.

We were treated to two great keynote speakers, one who spoke on Servant Leadership, and the other who shared about leadership using improv (look for some of this to be used this year). We were treated to a variety of heritage skills, and many breakout sessions including lessons on Wandering Indiana, hospice, book writing, slow movement, membership with multiple generations, and many others that got us ramped up for this coming year.



The cultural arts display was amazing and we are so honored that Martha Weirich won for her crocheted doily in the knitting/crocheting category. Logo sales and silent auction items rounded out a very large room. Our county basket made \$75 for the state organization. We also donated a case of cookbooks for them to sell which netted them \$60.



Michelle and Kathy finished up their I-Lead classes and were presented with certificates. We all got to choose from books decorating our tables as literacy was the theme of the outgoing president, Jan Gogel. The food was amazing at our three plated meals and our reception which had finger foods.

We hope that next year many more of you will join us. Look for the first timer award in the officer packets and fill that out. We would love to choose a person from Elkhart County to join us for the very first time.

## Welcome Extension Educator Emily Witters!

Hello! My name is Emily Witters. I am the new Extension Educator for Elkhart County. I am enthralled to be joining such a strong group of individuals and learn more about the community. I am recently graduated from Indiana University South Bend. My time at IUSB was incredibly special. It was not only a place to learn and grow academically but as an individual as well. I was able to explore my passion of public health and create several learning opportunities for myself. I was able to complete my first needs assessment with young adolescents at a local learning center regarding nutrition and healthy eating habits.

A little bit about me is that I am soon-to-be married this August. My fiancé works in agriculture, which in turn I found my love for public health. I love being outside and spending time with some of my favorite people. We love to travel but the most frequent places I go would be Kentucky and Tennessee to see family. I have a three-year old chocolate lab named Moose who is the highlight of my day. I am incredibly grateful for the start of this new journey with Extension.

Emily Witters  
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# Human Development

Blood Sugar and Insulin at Work  
*American Diabetes Association*

Understanding how sugar (glucose) and insulin work in your body is the foundation for knowing how diabetes works. By knowing what can affect your blood sugar levels, you can better manage it.

## The Basics of High Blood Sugar

Diabetes is a problem with your body that causes blood sugar (also called blood glucose) levels to rise higher than normal. This is also called hyperglycemia.

When you eat, your body breaks food down into sugar and sends it into the blood. Insulin then helps move the sugar from the blood into your cells. When sugar enters your cells, it is either used as fuel for energy right away or stored for later use. In a person with diabetes, there is a problem with insulin. But, not everyone with diabetes has the same problem.

There are different types of diabetes—type 1, type 2 and gestational diabetes. If you have diabetes—type 1, type 2 or gestational—your body either doesn't make enough insulin, can't use the insulin well, or both.

## Type 1

In type 1 diabetes, your immune system mistakenly treats the beta cells in your pancreas that make insulin as foreign invaders and destroys them. This can happen over a few weeks, months, or years.

When enough beta cells are gone, your pancreas stops making insulin or makes so little insulin that you need to take insulin to live. Type 1 diabetes develops most often in young people but can also appear in adults.

## Type 2

If you have type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, the beta cells make extra insulin to make up for it. But, over time your pancreas can't make enough insulin to keep your blood sugar at normal levels. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people.

Some people can manage type 2 diabetes with healthy eating and exercise. However, your doctor may need to prescribe oral medications (pills) and/or insulin to help you meet your target blood sugar levels. Diabetes is a progressive disease. Even if you don't need to treat your diabetes with medications at first, you may need to over time.

## Gestational Diabetes

Gestational diabetes is diabetes that develops during pregnancy. For most women, blood sugar levels will return to normal after giving birth. And if you've had gestational diabetes, you will need to be tested regularly since you are at much higher risk for developing type 2 diabetes later in life.



## So, what affects my blood sugar levels?

It is important to understand what can make your blood sugar rise or fall, so that you can take steps to stay on target.

### Things that can make blood sugar rise include:

- A meal or snack with more food or more carbohydrates than usual
- Inactivity
- Side effects of medications
- Infection or other illness
- Changes in hormone levels, such as during menstrual periods
- Stress

### Things that can make blood sugar fall include:

- A meal or snack with less food or fewer carbohydrates than usual
- Extra activity
- Side effects of other medications
- Missing a meal or snack
- Drinking alcoholic beverages (especially on an empty stomach)

## Food and Nutrition

### What Does Intuitive Eating Mean?

*National Eating Disorders Association*

There are 10 principles of intuitive eating that work together. To fully embrace intuitive eating, means understanding each principle.

- **Reject the Diet Mentality**—Throw out the diet books and magazine articles that offer you the false hope of losing weight quickly, easily, and permanently. Get angry at diet culture that promotes weight loss and the lies that have led you to feel as if you were a failure every time a new diet stopped working and you gained back all of the weight. If you allow even one small hope to linger that a new and better diet or food plan might be lurking around the corner, it will prevent you from being free to rediscover intuitive eating.
- **Honor Your Hunger**—Keep your body biologically fed with adequate energy and carbohydrates. Otherwise you can trigger a primal drive to overeat. Once you reach the moment of excessive hunger, all intentions of moderate, conscious eating are fleeting and irrelevant. Learning to honor this first biological signal sets the stage for rebuilding trust in yourself and in food.
- **Make Peace with Food**—Call a truce; stop the food fight! Give yourself unconditional permission to eat. If you tell yourself that you can't or shouldn't have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, bingeing. When you finally "give in" to your forbidden foods, eating will be experienced with such intensity it usually results in overeating and overwhelming guilt.
- **Challenge the Food Police**—Scream a loud no to thoughts in your head that declare you're "good" for eating minimal calories or "bad" because you ate a piece of chocolate cake. The food police monitor the unreasonable rules that diet culture has created. The police station is housed deep in your psyche, and its loudspeaker shouts negative barbs, hopeless phrases, and guilt-provoking indictments. Chasing the food police away is a critical step in returning to intuitive eating.
- **Discover the Satisfaction Factor**— In our compulsion to comply with diet culture, we often overlook one of the most basic gifts of existence—the pleasure and satisfaction that can be found in the eating



experience. When you eat what you really want, in an environment that is inviting, the pleasure you derive will be a powerful force in helping you feel satisfied and content. By providing this experience for yourself, you will find that it takes just the right amount of food for you to decide you've had "enough."

- **Feel Your Fullness**—In order to honor your fullness, you need to trust that you will give yourself the foods that you desire. Listen for the body signals that tell you that you are no longer hungry. Observe the signs that show that you're comfortably full. Pause in the middle of eating and ask yourself how the food tastes, and what your current hunger level is.
- **Cope with Your Emotions with Kindness**—First, recognize that food restriction, both physically and mentally, can, in and of itself, trigger loss of control, which can feel like emotional eating. Find kind ways to comfort, nurture, distract, and resolve your issues. Anxiety, loneliness, boredom, and anger are emotions we all experience throughout life. Each has its own trigger, and each has its own appeasement. Food won't fix any of these feelings. It may comfort for the short term, distract from the pain, or even numb you. But food won't solve the problem. If anything, eating for an emotional hunger may only make you feel worse in the long run. You'll ultimately have to deal with the source of the emotion.
- **Respect Your Body**—Accept your genetic blueprint. Just as a person with a shoe size of eight would not expect to realistically squeeze into a size six, it is equally futile (and uncomfortable) to have a similar expectation about body size. But mostly, respect your body so you can feel better about who you are.
- **Movement—Feel the Difference**—Forget militant exercise. Just get active and feel the difference. Shift your focus to how it feels to move your body, rather than the calorie-burning effect of exercise. If you focus on how you feel from working out, such as energized, it can make the difference between rolling out of bed for a brisk morning walk or hitting the snooze alarm.
- **Honor Your Health—Gentle Nutrition**—Make food choices that honor your health and taste buds while making you feel good. Remember that you don't have to eat perfectly to be healthy. You will not suddenly get a nutrient deficiency or become unhealthy, from one snack, one meal, or one day of eating. It's what you eat consistently over time that matters. Progress, not perfection, is what counts.



## Family Resource Management

### How Inflation is Influencing The Way We Think and Behave

*phys.org / Northeastern University*

Driven largely by soaring gas prices, inflation reached levels not seen in decades over the last year, according to new Consumer Price Index data. Prices at the pump helped accelerate inflation to 8.6% for the 12 months ending in May, CNN reports—and there seems to be no end in sight.

Such price disruptions are sure to have impacts on consumer behavior. Market-watchers have suggested that an "inflationary psychology" is starting to set in, which describes a situation wherein consumers expect future prices to be higher than they are at present, creating less short-term resistance to spending.

With some consumers willing to spend more to get ahead of inflation, firms are equally willing to raise wages, leading to fears of a "wage-price spiral," or what's referred to as inflation's self-fulfilling prophecy.

"Like anything in the economy—you're dealing with a really complex system," Smead says. "Sometimes economists fixate on one or two aspects of the situation that we can understand; but what might cause inflation in one context might cause deflation in another based on what else might be going on in the background."

Smead says one factor that observers might gloss over as it relates to present economic conditions is just how educated and in-touch with economic news consumers are today compared to decades prior. Social media and the 24/7 news cycle have helped drive information such that consumers develop "generalized inflationary expectations" that in turn influence how they behave, says Bruce Clark, associate professor of marketing at D'Amore-McKim School of Business.

"The first question we might ask is: Do they [consumers] even notice?" Bruce says, "Do they notice that prices have changed, and if so, is it from personal experience, or other people telling them?"

A person's financial situation bears greatly on how they respond, he says.

"If you're fairly well off, inflation might be annoying but it doesn't bother you that much," he says. "You may order a less-expensive meal, spend more out of savings, for example. It may only hang over you on bigger purchases, like when you go to buy a house."

Clark says that research shows that consumers by and large notice price fluctuations on items they've purchased recently, and that they purchase frequently. You're more likely to notice a change in the price of coffee, for example, versus the toothpaste that you buy every six months, he says.



And then there is the price of gas—the most visible marker of inflation—which historically plays an "outsized role in how consumers see prices in the economy," so much so that even many people who do not drive or purchase gasoline are aware of it, Clark says.

The so-called "forward-buying" that characterizes the wage-price spiral is seen mostly in items that can be stockpiled, such as certain kinds of food items. But just how much do consumers accelerate their purchasing during inflationary periods?

"One of the arguments against this is that the other we see in an inflationary environment is that certain people may become more uncertain," Clark says.

Concerns that the U.S. economy may be headed into a recession may also factor into consumers' thinking about the future. Some consumers may respond by curbing spending over worries that they could lose their job, or their hours reduced, Clark says.

But one thing is certain: Once the cycle of inflationary psychology begins, it's hard for economic policymakers to stop it.

"Even figuring out how to correct or design policy around these disruptions can be really, maddeningly complicated," Smead says.

# Leadership Development

## Developing Effective Communication Skills

*National Library of Medicine*

### Be an Active Listener

Create a setting in which listening can be accommodating. For example, don't have a conversation when one person is standing and one person is sitting—make sure your eyes are at the same level. Eliminate physical barriers, such as a desk, between you and the other party. Acknowledge the speaker with your own body language: lean forward slightly and maintain eye contact. Avoid crossing your arms, which conveys a guarded stance and may suggest arrogance, dislike, or disagreement.

When someone is speaking, put a premium on “being present.” Take a deep breath (or drink some water to keep from speaking) and create a mental and emotional connection between you and the speaker. This is not a time for multitasking, but to devote all the time to that one person. If you are thinking about the next thing you have to do or, worse, the next thing you plan to say, you aren't actively listening.

Suspending judgment is also part of active listening. Encourage the speaker to fully express herself or himself—free of interruption, criticism, or direction. Show your interest by inviting the speaker to say more with expressions such as “Can you tell me more about it?” or “I'd like to hear about that.”

Finally, reflect back to the speaker your understanding of what has been said, and invite elaboration and clarification. Responding is an integral part of active listening and is especially important in situations involving conflict.

### Communication is a Process

Effective communication requires paying attention to an entire process, not just the content of the message. When you are the messenger in this process, you should consider potential barriers at several stages that can keep your intended audience from receiving your message.

Be aware of how your own attitudes, emotions, knowledge, and credibility with the receiver might impede or alter whether and how your message is received. Be aware of your own body language when speaking. Consider the attitudes and knowledge of your intended audience as well. Diversity in age, sex, and ethnicity or race adds to the communication challenges, as do different training backgrounds.

Individuals from different cultures may assign very different meanings to facial expressions, use of space, and, especially, gestures. For example, in some Asian cultures women learn that it is disrespectful to look people in the eye and so they tend to have downcast eyes during a conversation. But in the U.S., this body language could be misinterpreted as a lack of interest or attention.

Choose the right medium for the message you want to communicate. E-mail or phone call? Personal visit? Group discussion at a meeting? For one-on-one communication, the setting and timing can be critical to communicating effectively. Is a chat in a public setting OK, or should this be a closed-door discussion? Consider the mindset of the communication receiver. Defer giving complex information on someone's first day back from vacation or if you are aware of situations that may be anxiety-producing for that individual. When calling someone on the phone, ask initially if this is a convenient time to talk.

### Be Attuned to Body Language—Your Own and Others

Many nonverbal cues such as laughing, gasping, shoulder shrugging, and scowling have meanings that are well understood in our culture. But the meaning of some of these other more subtle behaviors may not be as well known.

Hand movements—Our hands are our most expressive body parts, conveying even more than our faces. Moving your hand behind your head usually reflects negative thoughts, feelings, and moods. It may be a sign of uncertainty, conflict, disagreement, frustration, anger, or dislike. Leaning back and clasping both hands behind the neck is often a sign of dominance.

Blank face—Though theoretically expressionless, a blank face sends a strong do not disturb message and is a subtle sign to others to keep a distance. Moreover, many faces have naturally down turned lips and creases of frown lines, making an otherwise blank face appear angry or disapproving.

Smiling—Although a smile may show happiness, it is subject to conscious control. In the U.S. and other societies, for example, we are taught to smile whether or not we actually feel happy, such as in giving a courteous greeting.

Tilting the head back—Lifting the chin and looking down the nose are used throughout the world as nonverbal signs of superiority, arrogance, and disdain.

Parting the lips—Suddenly parting one's lips signals mild surprise, uncertainty, or unvoiced disagreement.

Lip compression—Pressing the lips together into a thin line may signal the onset of anger, dislike, grief, sadness, or uncertainty.

