



Elkhart County
Extension Homemakers

Over The Coffee Cup Newsletter



July/August 2024

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Letter From Your County President

Hello ladies,

We are at a time in our organization when we need to be accepting change as it happens around us and encouraging well planned change that may provide an opportunity for growth. My theme for the year is “All growth produces change. Often change produces growth”. It sounds like it’s about change when actually, it’s about growth. As our members are getting older and we are not gaining as many members as we are losing, if we don’t take the opportunity to grow now we could actually lose our club in the not too distant future. That would be very unfortunate!

Today I want to write about advertising and marketing as it applies to our organization. Advertising is when a business looks at what it has a lot of in stock and tells people “This is what you need, and we’ll give it to you for a great price.” This is often done without any regard to what people actually need. On the other hand, in marketing a business seeks to understand what people really need and provide that. It is a far more successful model.

My favorite example of an organization marketing itself is Saddleback Community Church in southern California founded by Pastor Rick Warren. Years ago as a pastor myself, I had the opportunity to hear him speak at a pastors’ conference. At the start they had a goal of 20,000 members in 20 years. If I remember correctly, they started with 10 people, and 8 were members of his own family! They began by canvassing the community where they were starting the church and asking how the church could be helpful to members of the community. It was a community of young families and the overwhelming response was “We need help knowing how to potty train our children.” So that was the first class the church offered. They didn’t build a church on potty training, but a class on it gave them a start on which to build their church. And by the way, they far exceeded their 20 year goal!

I believe Extension Homemakers is at a time when we need to market our organization. As I write this, I plan to spend as much time during fair week as I can in the Home and Family Arts building. I want to engage in conversation with as many young women as I can. I will be asking, “What could Extension Homemakers be doing that would make it worth your time and effort to join a club?” Perhaps we can learn some information that will help us start some new clubs in the coming year. I would love your help! Let’s grow together!

Louanne Gressman-Dunn, County President
Elkhart County Extension Homemakers

Mark Your Calendars

Looking Ahead...

- *Enrollment forms due in office ASAP
- *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 ASAP

August 2024

- 12 **County Officers Board Meeting**, Ext. Office Conference Room—4:30pm
- 22 **Council Meeting**, Ext. Office Conference Room—6:30pm
- 29 **EH Lesson: 10 Warning Signs of Alzheimer’s** (1pm & 6pm, both in-person)

September 2024

- 9-10 **Camp ELKO Retreat**
- 10 **VCS Sewing Day**, HFA Bldg.—9 am to 3 pm
- 16 **County Officers Board Meeting**, Ext. Office Conference Room—4:30pm



July— Diahanna Archer, Lucy Bontrager, Linda Davis, Mary Ann Dubash, Beverly Earnhart, Cheryl Gall, Georgia Gouin, Joanne Holtzinger, Karen Honey, Betty Kern, Barbara Kulesia, Darla Lace, Sharon Taylor, Judy Teall, Nancy Thwaites, Kelsey Tubbs, Cindy Westfall, and Cansie Witcher

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

Extension Homemaker News

Updates

- On your 2024-25 Dates at a Glance paper, please change the September County Officer's Board Meeting to September 16th at Louanne Gressman Dunn's home.
- In your 2024-25 Yearbook, please change January's Extension Homemaker Lesson date to Tuesday, January 28, 2025 at 1:00pm & 6:00pm, both in-person. (It has been moved to the new date from Thursday, January 23.)

York Extension Homemakers Club Makes 50 Quilts

On June 19, the York Extension Homemakers club presented 50 quilts and knitted and crocheted blankets to Ribbon of Hope.

Ribbon of Hope gives the quilts and blankets to cancer patients at Elkhart General Hospital. The quilts and blankets represent a year's worth of work for the club. They do this every year.



Silent Auction Update

The Silent Auction Committee will be collecting your donated items this year. Please contact a committee member to schedule/make a plan to have your items/basket collected.



Lisa Honey: 574-849-6463
 Sharol Cloud: 574-849-6948
 Kimberly McCreary: 574-349-7470
 Maryann Zerbe: 574-536-8318



Past President's Brunch

Past County Presidents met for brunch on April 27. Information was shared about the Quilt and Fiber Expo in June. Good conversation and memories were enjoyed. If you are a past president and would like to assist next year, contact Michelle Blough at 574-606-9444.

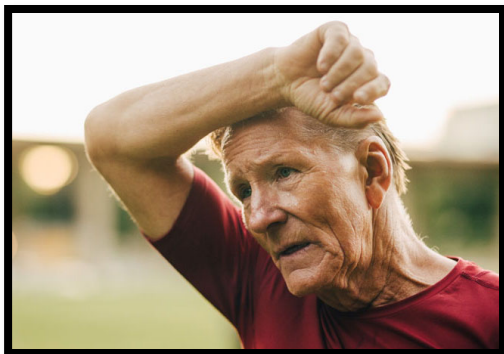


Heat Exhaustion

Heat exhaustion is a heat-related illness that can occur after exposure to high temperatures particularly when combined with high humidity and strenuous physical activity. With fair-time quickly approaching, we want to ensure we can recognize the signs of heat exhaustion and know how to prevent it.

Symptoms of heat exhaustion can develop suddenly or over time and include heavy sweating, weakness or fatigue, dizziness or lightheadedness, nausea or vomiting, headache, muscle cramps,

rapid heartbeat, and cool, moist skin despite the heat. If untreated, heat exhaustion can lead to heat stroke which is a life-threatening condition, making it crucial to take immediate action if symptoms appear.



Preventing heat exhaustion involves several proactive steps. Staying hydrated by drinking plenty of fluids, especially water, is vital. Avoiding alcohol and caffeinated drinks is also important as they can contribute to dehydration. Wearing lightweight, loose-fitting, and light-colored clothing helps keep the body cool and using a wide-brimmed hat and sunglasses can protect you from the sun.

Limiting sun exposure during the hottest parts of the day, typically between 10 a.m. and 4 p.m., is advisable. If outdoor activity is necessary, taking frequent breaks in the shade or a cool place is recommended. Applying a broad-spectrum sunscreen with at least SPF 30 can protect the skin from sunburn which can impede the body's ability to cool down.

If heat exhaustion symptoms appear, it's important to move to a cooler place, drink cool water or sports drinks, remove excess clothing, and apply cool, wet cloths to the skin or take a cool bath. Resting and allowing the body to recover is essential. If symptoms worsen or do not improve within an hour, seeking medical attention immediately is necessary as this may indicate progression to heat stroke. During the upcoming months, keep a close eye on your friends and family. Ensure you are able to recognize the signs and act accordingly.



Camp Elko Retreat September 9-10, 2024

Ulrich Lodge at Camp Mack on Waubee Lake

The theme is "Make Me Laugh". Camp Elko Retreat is a two-day, overnight outing that includes attendees from Elkhart, Kosciusko, Marshall, and St. Joseph counties in Indiana. You do not have to be a member of any Extension Homemakers Club to attend. We are planning to have an educational lesson, a comedian, a storyteller, and many other "fun" activities.



Wear a funny shirt for our parade of shirts. It can be homemade or store bought. It can be cute, crazy, laugh out loud funny or simply bring a smile to your face. We will also have an auction. Please bring quality auction items that you would want to purchase. This year there will be "Mystery Items" to bid on. These items will be wrapped, with the value noted on the outside with a clue as to what it contains. The proceeds from the auction help to keep the cost of the retreat down, help cover the cost of the entertainment, and make it possible for us to donate to Camp Mack.

Ulrich Lodge has an elevator for those who cannot do stairs. Bring your bedding, towels, and your personal items. Don't forget your auction items and maybe a project-in-progress to work on. We hope you enjoy your time at Elko Retreat. Relax, no cooking or dishwashing, nothing to do but learn, visit with old and new friends, have fun, and eat great food. If you have questions, contact Tena Jakubowicz at (574) 535-3427.

join us!

Monday

9:00am Registration/Check-in
 9:30am Opening—Introduction of Committee members—1st Timers
 10:00am Shannon Shepherd—Benefits of Laughter, Exercises & Fall Prevention
 11:30am Songs
 11:50am Devotions
 Noon Lunch
 1:00pm Tour of Camp
 2:00pm Craft—Altered Books—Jenny Huffman
 3:30pm Parade of Funny Shirts
 4:00pm Camp Mack Speaker
 4:30pm Business Meeting
 5:15pm Devotions
 5:30pm Dinner & Door Prizes
 6:30pm Auction
 7:00pm Comedian Jen Chupp
 8:00pm Finish Auction

Tuesday

7:30am Songs
 7:45am Devotions
 8:00am Breakfast
 9:00am Storyteller Dana McAfee
 10:00am Candy bar game
 11:00am Chimes—Margaret Weybright
 11:45am Devotions
 Noon Lunch
 1:00pm Funny Stories, Jokes, Sayings, Parade of Shirts
 2:00pm Wrap up and closing

2024 Planning Committee

Chair: Tena Jakubowicz (Elkhart)

Vice Chair: Beth Wells (Kosciusko)

Secretary: Jill Cohen (Elkhart)

Treasurer: Bev Earnhart (Elkhart/Kosciusko)

Assistant Treasurer: Julie Popenfoose (Kosciusko)

Past Chair: Cansie Witcher

Members at Large: Peggy Beck (Kosciusko)

Deb Howard (Marshall)

Jeannine Martin (Elkhart)

Peggy Parzygnot (Kosciusko)

Eleanor Watkins (Kosciusko)

JoAnn Woollett (St. Joseph)

Camp Elko Retreat**“Make Me Laugh”**

September 9-10, 2024

- Return completed form and check no later than Aug. 22, 2024
- No refunds except for valid reasons (determined by board)
- Please wear a “funny” shirt either/both day(s); cute, crazy; words or pictures
- Please bring a quality item or two for the auction-something nice that you would buy for yourself. The auction supports our retreat.

Send this registration form and check made payable to

ELKO Retreat to:

Beverly Earnhart
 68906 County Road 33
 Goshen, IN 46526
 beverlyearnhart65@gmail.com

Name _____ Phone (____) _____

Address _____

Cell (____) _____ County _____

Is this your first year attending full-time? Yes No

Do you have any dietary restrictions? Yes No

If yes, please list: _____

Emergency Contact Information:

Name: _____ Phone (____) _____

Please check when you plan to attend. Prices include insurance.

_____ Full time: One night and 4 meals, evening program.....\$105.00

_____ Part time: One day 2 meals.....\$41.00

_____ Part time: Monday evening meal and program..... \$28.00

_____ Part time: Monday evening program, no meal.....\$8.00

Total \$ _____

Indiana Extension Homemakers Home & Family Conference

On June 10th, nine ladies from Elkhart County traveled to Noblesville to the IEHA State Conference. Monday included a tour called A Day on the Town which was a tour and lunch in Noblesville. Most of us stayed at the hotel as there were many craft break-out sessions in the afternoon which included Charcuterie boards, holiday wreaths, crossbody bags, trinket dishes, cookie decorating, weaving, tin punch, pressed flowers, and slow stitching. Deb Pepple taught an Iris Paper Folding class to twenty ladies. She had great help from Kris Peterson, Vickie Gortney, Margaret Weybright, and Kathy Stoltzfus.



Monday evening there was a plated dinner and games such as Scream-O played. Logo sales, silent auction, and cultural arts voting were all happening also. Elkhart County contributed a pottery bowl for the silent auction and Jenny Huffman created a table display showcasing our Volunteer Community Support work.



Tuesday morning was the annual state business meeting and election of state officers. There were many vendors set up in the hallways promoting things like Tupperware, Mary Kay, Norwex, Pampered Chef, and other individual small businesses. We had a plated lunch and listened to the keynote speaker, Julie Buchtenkirch, who told us how to get happy-ier. Her main idea was that human connection is our superpower and it helps us live longer and be happier if we employ it face-to-face. Her motto is PUG standing for Positive Mindset, Understanding Yourself, and Go. You can read more at Juliespeaks.com.

Tuesday afternoon was devoted to breakout sessions that included classes for our county officers to learn more about their jobs, container gardening, chair-based exercise, this isn't your typical

homemaker club, air fryers, IEHA fair toolkit, succession planning, dining in, and organ and tissue donation. There were several others also. An hors d'oeuvre smorgasbord was available for dinner and some attended the Melody Makers concert. The rest played cards.

Wednesday morning our keynote speaker was Phil Anderson who spoke on Cultivating Leaders When Nostalgia is not Enough. He focused on how many traditional organizations are struggling to find new members and new leaders. He put us through some thought-provoking exercises which we hope give us some new insight in growing our organization.

After the keynote speech, we were served a plated lunch, had installation of officers, and the awards ceremonies at which Kris Peterson was named winner of the cultural arts awards in both miscellaneous crafts and table runners! We believe she is the first person to ever win two categories at state conference. We welcome our new state president, Linda Carunchia, and her motto: Discover the Magic of IEHA. Be looking for her to attend some of our local events.



A wonderful time was had by all who attended and our one day attendee said she is signing up for the whole thing next year. We all hope many more of you will consider going to the 2025 conference June 2-4, 2025.

Food and Nutrition

Gut Health & Digestion

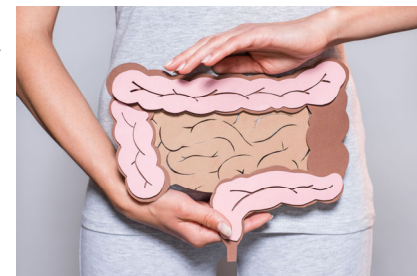
Emily Christ, HHS Educator

Digestion is a fundamental process that influences our overall health and well-being more than we may realize. At the center of it all is the gut, often referred to as our "second brain." The gastrointestinal system, or the gut, is responsible for breaking down food, absorbing nutrients, and eliminating waste.

There are multiple strategies to promote optimal gut health and digestion. Fiber-rich foods, such as fruits, vegetables, whole grains, and legumes, are essential for healthy digestion. They help maintain regular bowel movements and support a diverse gut microbiome. Probiotics are beneficial bacteria that support gut health. You can find them in yogurt, kefir, sauerkraut, kimchi, and other fermented foods. Prebiotics are non-digestible fibers that nourish the good bacteria in your gut. Foods like garlic, onions, leeks, and asparagus are rich in prebiotics.

Processed foods often lack fiber and are high in unhealthy fats and sugars which can negatively impact gut health. Reducing your intake of such foods can benefit your digestive system as well as mindful eating practices. Eating in a relaxed and mindful manner can reduce stress on the digestive system. Avoid eating in a rush or while distracted.

Gut health and digestion are integral to overall well-being. By nurturing your gut, you can support your immune system, boost nutrient absorption, and even promote better mental health. Incorporate these strategies into your daily routine, and remember that a balanced diet, regular physical activity, and stress management are the cornerstones of a healthy gut.



Human Development

Mind to Body Connection
Emily Christ, HHS Educator

The mind-body connection is a profound and intricate relationship between our mental and physical well-being. It suggests that our thoughts, emotions, and mental state can significantly influence our physical health. The concept of the mind-body connection has been recognized for centuries and is deeply rooted in ancient healing traditions like Ayurveda and traditional Chinese medicine. Modern science is also beginning to acknowledge the powerful influence of the mind on the body.

One of the most well-documented aspects of the mind-body connection is the impact of stress. When we experience stress, our bodies release hormones like cortisol and adrenaline, which can have both short-term and long-term effects on our physical health. Chronic stress has been linked to various health issues including high blood pressure, weakened immune function, and digestive problems.

The mind-body connection is a dynamic and intricate relationship that underscores the profound impact our thoughts, emotions, and mental well-being have on our physical health. By recognizing and nurturing this connection, you can make positive changes in your life that lead to better overall health and well-being. Embracing practices like mindfulness, positive visualization, and cognitive-behavioral therapy can help you harness the incredible power of the mind to promote physical health and enhance your quality of life. Remember, the mind-body connection is a pathway to holistic well-being, offering the potential for greater happiness, vitality, and resilience.



Health & Wellness

Ease Your Anxiety
Emily Christ, HHS Educator

Anxiety is a common and natural response to life's challenges, but when it becomes overwhelming and all-encompassing, it can have a significant impact on your well-being. It often manifests as feelings of worry, fear, restlessness, and physical symptoms such as increased heart rate and muscle tension. The good news is that there are various strategies and techniques to help ease anxiety and regain a sense of calm.

Mindfulness involves being fully present in the moment without judgment. Deep breathing exercises can help anchor you to the present and alleviate anxiety.

Try the 4-7-8 technique where you inhale for four seconds, hold for seven seconds, and exhale for eight seconds. Anxiety often involves negative and irrational thoughts. Challenge these thoughts by asking your-



self if they are based on facts or assumptions. Practice replacing irrational thoughts with more rational ones. Recognize the specific situations or thoughts that trigger your anxiety. Once you know your triggers, you can work on addressing them more effectively.

Anxiety is a challenging and common experience, but it doesn't have to control your life. By incorporating these strategies into your daily routine and seeking support when necessary, you can effectively manage and ease anxiety. Remember, easing anxiety is a journey that requires patience and self-compassion, and there is no one-size-fits-all approach. Find the strategies that work best for you and take small, consistent steps toward a calmer and more balanced life.