Elkhart County
Extension Homemakers

Over The Coffee Cup Newsletter

March/April 2021

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Letter from Your County President

Dear Extension Homemakers,

Time is going by and March is here. I hope you have all found things to do to occupy the long winter days. Just think soon we can be doing things outside.

Our February Council Meeting was a historic event. Some of us met in person and others joined us virtual. That was the first time we tried that and I think it went well.

Another first will be having our Spring District Meeting March 18th virtually. I hope many of you will join us at the Home & Family Arts building for the event. It is a good way to find out about your organization and meet State Officers. Look for further information in your Coffee Cup to see how you can join and take part in the lessons that will be given.

Our last Council Meeting is March 29th. This is a change from what is in your Yearbook due HFA building availability. This is the night that your Cultural Arts items are due and will be judged. The special category is aprons. I encourage you to bring your incoming President with you.

Don't forget to send in all your forms to the office. This makes it easier for Jenn and the Board. Also, be sure to read the Coffee Cup for all the latest news and updates.

Thanks for all your help and comments. If you have any questions, give me a call at 574-875-6914. Stay safe and hope to see some of you at the District Meeting.

Kathy Stoltzfus
County President

Mark Your Calendars

March 2021

1	**Homemaker of the Year Applications** due in office
1	**County Committee Sign-up Sheets** due in office
1	**Program Planning Suggestion Sheets** due in office
1	**County Officer Board Mtg,** 5:30 pm, Ext. Office
9	**VCS Sewing Day,** 9 am—3 pm, HFA Building
15	**IEHA Career Advancement Scholarships** due
15	**Volunteer Hours Sheet due to County Vice President**
18	**IEHA Spring District Meeting**
29	**Club President Council Mtg**, 7:00 pm, HFA Bldg. ***New Date*** (Cultural Arts Entries due)
31	**Educational Program,** Cooking Under Pressure

April 2021

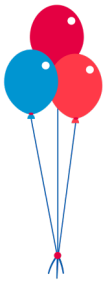
1	**Educational Program,** Cooking Under Pressure (Zoom)
1	**Point System Forms** due in office
5	**County Officer Board Mtg,** 5:30 pm, Ext. Office
13	**VCS Sewing Day,** 9 am—3 pm, HFA Building
20	**Achievement Night**, 7:00 pm, ECCC and Zoom
28	**Educational Program,** Fit to a T

Looking Ahead

June 1	**Club Dues** due to County Treasurer
June 1-3	**Home and Family Conference**, Plainfield
June 17	**Officer Training,** 6:30 pm , HFA Building
June 24	**County Committee Chair Training,** 6:30 pm, Ext. Office

Extension Homemaker News

Happy Birthday!



March— Tammy Bainter, Cinda Beggs, Bea Blosser, Marla Carlson, Carol Denton, Jan Ganger, Mary Gawthrop, Denise Goveia, Jo Harris, Stacy Hartsough, Ramona Huber, Sally Kyle, Peggy Malott, Joan Mathias, Joy Von Blon, and Suzette Yurko

April— Cheryl Baker, Rebecca Buss, Shai Fields, Sherrill Glick, Shari Graber, Brenda McCuddy, Elaine Miller, Susan Rowe, Doris Wall, Teresa Wells, Eleanor Yoder, Pauline Yoder, and Maryann Zerbe

Achievement Night—April 20th

Achievement Night will be held April 20th at 7:00pm in the ECCC. The committee is also planning on offering a Zoom option for the event. Stay tuned for more details!

A Note from HHS Educator Virginia Aparicio

Ladies—I pray that you are all doing well. Earlier this year you received a revised educational program planning survey for 2021-2022. The revision includes potential topics and provides you the opportunity to list any specific ideas you have in regards to future programs. Thank you to those who have completed the survey. I will be reviewing them to get ideas for the upcoming program year. If you haven't already, I encourage you to complete the survey and return it to the office. If you need a survey or for more information, please contact the Elkhart County Extension Office at 574-533-0554. Thank you and take care!

Spring District Meeting—March 18th @ 9:30 AM EST

The Spring District Meeting will be held virtually this year. We have reserved the HFA Building for March 18th at 9:30am if you'd like to come in-person to watch the Zoom meeting. Please RSVP to Jenn if you'd like to watch it virtually at the HFA Bldg. If you prefer to watch it at home call 533-0554 or email Jenn at fink24@purdue.edu so she can give you the Zoom link or phone information.

9:30am..... Login
9:45am..... District Business Meeting
10:00am..... Introduce Anne Moore, State President
President-Elect Report, Jan Gogle
"Can You Spot It?", Shannon Chipman, CED/HHS Educator Ohio Co.
Ports of Call (Lake, Porter, LaPorte, Starke)
Vice President Report, Michelle Roberts
-Stretcher-
"Fogle Fact", Christopher Fogle, HHS Educator Decatur Co.
Ports of Call (Marshall, Kosciusko, Elkhart, St. Joseph)
"Laughter in Plain Sight", Willa Kay Sprunger
President's Message w/Wrap Up, Anne Moore
12:00pm..... Chuckle of the Day
Closing, Diana Kuhn, DR

Quilt Gardens

Your Extension Homemaker organization works with the Michiana Master Gardeners to plant and maintain the garden on the fairgrounds. The Extension Homemakers have the responsibility every other week of maintaining the garden. This means that we need to pull weeds, sometimes trim the parsley, and just do general maintenance. The weeks we have the responsibility are the 2nd and 4th weeks from June through September. The days can vary but we need to make sure one of the visits is Thursday or Friday so it is nice for the weekend, and the other is earlier in the week. To sign up to help maintain our Quilt Garden, call or email the Extension office at 533-0554 or fink24@purdue.edu

Fair-time Thoughts—July 23-31st, 2021

- **Educational Booth—** If you have an idea for a booth, get with your club members and reserve your spot!
- **Hostessing and Craft & Needlework Demonstrations**—We need volunteers to help greet visitors and answer questions. We also need your crafting/needlework skills for demonstrations. Call 533-0554, email fink24@purdue.edu, or see your Club President to sign up.

2021 Elkhart County 4-H Fair
Honor the Past. Celebrate the Present. Embrace the Future.

Hostessing Schedule— Two hostesses per time slot.

- Opening shift (arrive 8:45 am) from 9:00am—11:00am
- 11:00 am to 1:00 pm
- 1:00 pm to 3:00 pm
- 3:00 pm to 5:00 pm
- 5:00 pm to 7:00 pm
- Closing shift from 7:00 pm to 9:00 pm

Craft & Needlework Demonstration Schedule—Demonstrators are encouraged to participate in both shifts per day.

- Friday, July 23 — 1 to 3pm and 4 to 6pm
- Saturday, July 24 — 1 to 3pm and 4 to 6pm
- Sunday, July 25 — 1 to 3pm and 4 to 6pm
- Monday, July 26 — 1 to 3pm and 4 to 6pm
- Tuesday, July 27 — 1 to 3pm and 4 to 6pm
- Wednesday, July 28 — 1 to 3pm and 4 to 6pm
- Thursday, July 29 — 1 to 3pm and 4 to 6pm
- Friday, July 30 — 1 to 3pm and 4 to 6pm
- Saturday, July 31 — 1 to 3pm and 4 to 6pm

Extension Homemakers Presidents' Council Meeting Minutes
February 11, 2021
Submitted by Patsy Berkey, County Secretary

The meeting was called to order by President Kathy Stoltzfus. There were 14 clubs present; 7 were by Zoom. The Pledge of Allegiance was given by Barb Fougerousse, Pie Gabba Sew. Club Creed was given by Diana Weldy, Progressive Homemakers. Mary Herschberger, York Homemakers, gave the positive thought. Roll call was "What is one new thing you learned during the COVID-19 pandemic?" Jan Ganger gave the treasurer's report ($7,557.98) and minutes were approved. HFA treasurer's report showed a balance of $16,627.87; handed in by Sharon Lemmon. We had a short program by Virginia Aparicio on "Zoom Tips & Tricks". She gave tips on how to download it if you don't have Zoom installed. You don't have to have a Zoom account, but you need to be invited by someone to join the meeting. A sheet was handed out with instructions.

Achievement Night—The committee has been corresponding by text and email planning the event on Tuesday, April 20th at 7:00pm. The event will be starting later this year due to COVID restrictions and no food is allowed at the meetings so we can abide by COVID rules. The committee has decided there will be a complimentary dessert and bottle of water to take home after the meeting. A big change this year is going to be limits on how many people are allowed to attend. Currently, it is 50 or less which is from Purdue and Elkhart County Board of Health. There will be a date posted by which you need to sign up if you want to come; most likely by April 10th. Updates will be announced. Next meeting is March 15th at 10:00am. Report given by Sharol Cloud.

Cultural Arts/Heritage Skills—Cultural Arts items are due by 4th Council Meeting and Heritage Skills is Saturday, March 6th in the HFA Building.

Fall Holiday Program—They have not met yet.

Fashion Show—They hope to meet in April.

Home & Family Arts—We have had 2 meetings and the book is almost ready to go out at the end of March. We discussed the silent auction and came up with the idea of having each club do a theme basket (ex. cooking, sport, or any they choose) and we will auction them off. Clubs are encouraged to have a booth to show off the things that their club does to make people want to join. For check-in on Monday, we'd like people to bring items related to COVID to put in the bin for people to guess the number (tissues, hand sanitizer, wipes, etc). They will be donated to schools or whoever could use them. The next meeting is March 23 at 4:00pm. Report given by Lisa Honey.

Volunteer Community Sewing—By November, we met our goal of 34,000 masks for Elkhart County Public Schools. That was the equivalent of one mask per student. Since the middle of October, Guidance Ministries has received 45 blankets and 59 winter hats. The Window has received 6 blankets, 69 adult hats, and 44 kids hats. Local schools have had available on my porch or picked up 172 student mittens and 89 hats. Interfaith Hospitality Network has received 25 blankets and 100 masks. There were 33 blankets sewn this week that are in the hands of knotters and hope to be delivered to agencies next week. We will meet again on Tuesday, March 9 to sew blankets. We need sewers, pinners, and fabric cutters. Come when you can. Due to COVID restrictions from Purdue and the budget, no lunch will be provided so please bring your own. In a continual process, if you have a seamstress or two in your club or family/friends that would like to help out, we always have quilt tops and racks that can be made. The instructions are basic. Use fabric provided to make a quilt top and back only. You do not need to put it together into final form. You may use a quilt patterns, design, or create your own! We're not asking for perfection; we're asking for help. We suggest 1/4 inch seam. If there is a piece of fabric you don't like, don't use it. If you want to add something, feel free. If we have suggestions, they are on a note inside. There are skeins of yarn in the Extension Office foyer and HFA building that can be used for shawls, baby hats, or charitable projects. Contact Kris Peterson at 574-238-2065.

Old Business

- Club–to-Club—Vice President Brenda Mestach will contact all clubs who sent in forms.

New Business

- Committee Sign-up Sheets—Due March 1st
- ELKO Retreat—September 13 and 14, 2021
- Home & Family Conference 2021—June 1-3 at Embassy Suites in Plainfield. Hope to have in-person.
- Homemaker of the Year—Please submit forms.
- Michigan City Spring District Meeting—March 18 at 9:30am in HFA Building via Zoom. Or you can view on Zoom at home. Call Extension Office to register (533-0554).
- New Proposal in Regards to Point System—To honor those clubs who turned in their Point System for 2019-20, the bronze, silver, and gold status as well as Club of the Year will be recognized. Clubs who went ahead and earned points for 2020-21 will receive a participation honor. No bronze, silver, or gold status and no Club of the Year will be recognized. The motion was presented and Sharol Cloud motioned to accept and Patti Rheinheimer-Osbourne seconded it. It was approved and passed.

Next Council meeting is March 29 at 7:00pm (new date).

Family Resource Management

Social Media is No Place for COVID-19 Vaccination Cards

Source: Federal Trade Commission Consumer Information

Some of you are celebrating your second COVID-19 vaccination with the giddy enthusiasm that's usually reserved for weddings, new babies, and other life events. You're posting a photo of your vaccination card on social media. Please — don't do that! You could be inviting identity theft.

Your vaccination card has information on it including your full name, date of birth, where you got your vaccine, and the dates you got it. When you post it to Facebook, Instagram, or to some other social media platform, you may be handing valuable information over to someone who could use it for identity theft.

Think of it this way — identity theft works like a puzzle, made up of pieces of personal information. You don't want to give identity thieves the pieces they need to finish the picture. One of those pieces is your date of birth. For example, just by knowing your date and place of birth, scammers sometimes can guess most of the digits of your Social Security number. Once identity thieves have the pieces they need, they can use the information to open new accounts in your name, claim your tax refund for themselves, and engage in other identity theft.

Want to share the news about your vaccination? How about a photo of a nifty adhesive bandage on the injection site? (You can show off your tattoos and deltoids at the same time.) Or, post a photo of your white or orange vaccine sticker. The stickers are really cool.

As for your social media networks, be sure that you're not oversharing information that can serve as a key to your PIN number or answer a security question. And, while you're checking, check your privacy settings too. If you want to limit access to a small group of family and friends, make sure the settings are configured to avoid sharing information with strangers.

Human Development

March is Colorectal Cancer Awareness Month

Source: Fight Colorectal Cancer

1 in 23 men and 1 in 25 women will be diagnosed.

- In 2021, the American Cancer Society estimates that there will be 104,270 new cases of colon cancer and 45,230 cases of rectal cancer.
- There are over one million colorectal cancer survivors in the U.S.

Colorectal cancer (CRC) is the second-leading cause of cancer deaths among men and women combined in the U.S.

- 52,980 deaths from colorectal cancer are expected in 2021.
- At its most treatable (stage I), it's 90% curable. But only 38% of CRCs are diagnosed at stage I.
- For those diagnosed before age 50, around 10% have late-stage disease (stages III and IV).

CRC is preventable with screening and affordable take-home options exist.

- 68% of deaths could be prevented with screening.
- The American Cancer Society Guidelines recommend screening starting at 45 years old.
- Always consult your doctor about which screening method is right for you.

Family history of CRC = Higher risk = Get screened earlier!

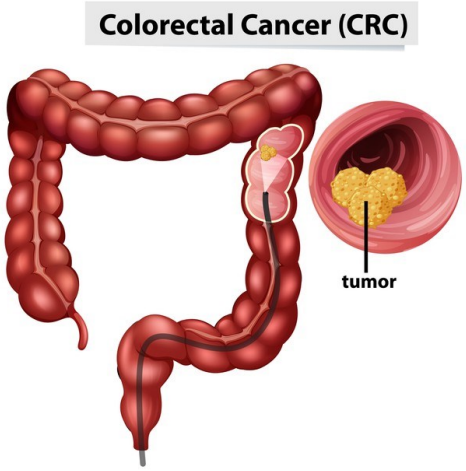
- Between 25-30% of CRC patients have a family history of the disease.

By knowing the risk factors and signs and symptoms, you can catch it at its earliest stage.

- If you are 45 or older, you should talk to your doctor about screening. But:
  - ⇒ Anyone, at any age, can get colorectal cancer.
  - ⇒ Those experiencing signs and symptoms need a diagnostic exam.

<u>Signs and Symptoms</u>

- An ongoing change in bowel habits
- Stools that are narrower than usual
- Blood in the stool
- Rectal bleeding
- Frequent gas, pains, bloating, fullness, or cramping
- Weight loss for no known reason
- Feel very tired (weakness and fatigue)



Leadership Development

Can I Give You Some Feedback?

Source: kevineikenberry.com

"Can I give you some feedback?" is a question filled with emotion, for both parties. When and how should you ask it? And how should you respond to it?

Your Intent—We can assume that if you are asking the question, "Can I give you some feedback?" that you have something you want the other person to know about what they did. But beyond the assumption, what is your intent in wanting to share that information? Is your intent to help them and make them aware, or do you want to correct them and feel bad? When you ask the question, the other person is assessing your intent before they answer your question. Hopefully, our intent is positive and helpful, and even so, recognize that the other person may be making a different assessment. If, when you honestly assess your intention you can say it isn't fully positive, reframe your intention, and probably the message itself, before you ask.

Why This is Important—If you hear this statement at work: "I need to give Jose some feedback about that," what are you thinking? The first, and often prevailing answer is that people wonder what Jose did wrong. In other words when we hear the word "feedback," we hear something "negative." So that means, when you ask, "Can I give you some feedback?" they hear "This person wants to tell me something I did wrong." Most people, most of the time, aren't going to jump at the chance to hear this information. Also, if you are a peer, people may not be used to getting feedback from you. Perhaps, "I noticed something you might not be aware of yesterday, can I give you some feedback on what I saw?" might have a better chance for acceptance, and would likely make the conversation more comfortable for both of you.

If They Say No—But what if you ask, and they don't want the feedback? First of all, don't be surprised. Now you have more context as to why they might decline. Maybe you ask again, clarifying your intention, or ask again later, but ultimately, if they decline, it is best for you to let it go.

Improving Your Odds—If you get more declines to your offer of feedback, what can you do, long term to improve the acceptance of your insights? **Build trust with them**. You are far more open to accepting (corrective) feedback from those you trust – and so are others. Peer feedback is easier to give and receive when the trust between the parties is high. **Give them more positive feedback**. Chances are when it is positive, you don't ask for permission. Share encouragement and authentic positive feedback, and people will come to be more open to any observations that might not be all positive. **Ask for feedback**. Start asking them for their observations about how you are doing. When you ask for and accept their feedback, over time they will be more open to hearing yours.

Food and Nutrition

Peanut Nutrition 101

Source: National Peanut Board

Not only tasty and versatile, peanuts have a variety of vitamins and minerals in every bite, giving you more energy to live a vibrant life. The Dietary Guidelines recommend a plant-forward way of eating, which definitely includes peanuts, a great plant-based protein option. Some people worry about the fat in peanuts, but most of the fat is good fat – 12 grams of the 14 grams total fat are unsaturated – the kind that we should eat more often.

Most often thought of as a nutrient in animal foods like meat, eggs, and dairy, protein is also in plant-based foods. Eating a variety of protein sources, including plant-based foods like peanuts, can help provide needed nutrients and reduce the amount of cholesterol in the diet. For vegetarians, it's important to eat a variety of plant-based protein to help provide all essential amino acids, since most vegetable sources are deficient in one or more.

Peanuts are a good source of (10% of the Daily Value):

- Vitamin E: Vitamin E is a dietary antioxidant that helps to protect cells from oxidative stress, a normal, yet damaging, physiological process.
- Magnesium: Magnesium is important for muscle function including the heart, enzyme function and energy production.
- Folate: Folate is needed for cell division, which means that adequate folate intake is especially important during pregnancy and childhood when tissues are growing rapidly.
- Copper: Copper is essential for red blood cell formation and for healthy blood vessels, nerves, immune system and bones.
- Phosphorus: Phosphorus is important for the formation of teeth and bones, cell growth and muscle function, as well as helping the body use vitamins to create energy for cells.
- Fiber: Fiber adds bulk to your diet and helps you feel full longer, while aiding in digestion. In fact, the Dietary Guidelines for Americans urge Americans to consume more fiber-rich plant foods for better health.

Peanuts are an excellent source of (20% of the Daily Value):

- Niacin: Niacin is an important B vitamin that helps to convert food to energy, aids with the digestive and nervous system, and helps the skin.
- Manganese: Manganese is important for processing cholesterol, and nutrients like carbohydrates and protein.

Peanuts also contain other nutrients, including arginine, phytosterols such as beta-sitosterol, potassium, resveratrol, selenium, and zinc.

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