



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



May/June 2023

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Letter from Your County President

Spring Greetings Extension Homemakers,

As I have contemplated what to put in my last Coffee Cup letter to you all, I have found myself counting my many blessings. I have been so blessed to serve on a board this year with four other very caring and hardworking ladies. I have been blessed with a wonderful Extension Educator who enjoys our organization and has helped us in so many ways. I have been blessed with a super Extension secretary who has kept me on task and works magic for us all the time. I have been blessed with all of you members of our organization who have served on committees, as club officers, and as participants in our lessons and other activities.

I have made new friends, gotten to know old friends better, and learned many things I did not know even though I've been an Extension Homemaker for 39 years. I think it's important when reaching out to others who are not members that you emphasize the lifelong friendships and camaraderie that develop by belonging to a club and participating in the meetings and activities. YOU are the biggest cheerleader for our organization. Don't be afraid to strike up a conversation with someone and invite them to a meeting. Ask church friends, neighbors, the mail carrier, your SHIPT shopper, a nurse in the doctor's office, or the clerk at a store.

We had a wonderful Achievement Night and Sharol Cloud and her committee of Ramona Huber and Cathy VanHuystee did a fantastic job. We have some great cooks in our county. Our salad/dessert buffet rivals any restaurant around!

There are eight ladies going to IEHA State Conference from June 5-7. We would love to have more of you join us. It's always so much fun with lots of great breakout sessions, crafts, heritage skills, games, yummy food, and much more.

Don't forget that Elkhart County is hosting Fall District Meeting on September 20 at The Sailor Center at Hubbard Hill. We hope lots of our ladies will plan to attend since it's so close. We will be asking for help as the time grows closer.

Finally, if you have an hour, two hours, or a couple of days and would like to help out before and during the fair in the Home and Family Arts building, please contact Ramona Huber or the office and ask what you can do and come out to the fair on the first Friday to support our Extension Homemaker candidate for senior queen, Nancy Gleim!

It has been a great honor to serve as your county president and I wish you much happiness, health, and peace in your hearts. Remember to scatter kindness and that we can't become what we want by remaining what we are.

Yours very truly,
Deb Pepple

Mark Your Calendars

May 2023

- | | |
|----|--|
| 8 | County Officer Board Mtg, 4:30 pm, Ext. Office |
| 9 | VCS Sewing Day, 9 am—3 pm, Ext. Office |
| 29 | Memorial Day—Office Closed |

June 2023

- | | |
|-----|--|
| 1 | Club Dues to County Treasurer |
| 5-7 | Home & Family Conference, Noblesville, IN |
| 12 | County Officer Board Mtg, 4:30 pm, Ext. Office |
| 15 | Officer's Training |
| 22 | County Committee Chair Training |

Looking ahead...

- | | |
|------------|---|
| July 10 | Clean Building, 8am until finished, HFA Bldg. |
| July 13 | Fashion Show Judging—7 pm, HFA Bldg. |
| July 17 | HFA General Entries Check-in—11 am-7 pm, HFA Bldg. |
| July 20 | HFA Baking and Cake Decorating Entries Check-in - 7:30-11 am, HFA Bldg. |
| July 20 | Open House and Fashion Show— 7:30 pm, HFA Bldg. |
| July 21-29 | Elkhart County 4-H Fair |
| July 30-31 | Home & Family Arts Exhibit Release |

Happy Birthday!

May—Michelle Dupin, Barbara Fougousse, Jenny Huffman, Ruth Hupp, Jeanne Raska, Rae Rolston, Mary Lou Stine, Judy Taylor, and Mabel Wortinger

June—Joellen Allison, Kathleen Alonzo, Evelyn Buss, Jane Detweiler, Marelda Doss, Sandy Farrell, Susan Garberick, Debra George, Barbara Griffith, Mary Herschberger, Donna Hibschman, Kristine Hochstetler, Karen Honderich, Janet Little, Teresa Mack, Jeannine Martin, Shanan Martin, Linda Nicolai, Georgiana Rhodes, Julie Schrock, Lisa Stephens, Karen Trospen, and Janet Yoder



Extension Homemaker News

Welcome New Members!

Luann Neff is a new member to Creative Circle club and lives in Goshen. She is originally from Kokomo and grew up on a family hog and grain farm which is still in their family. Luann has been married for 34 years to her husband Dave. They live on Dave's family farm. They are the 5th generation in their house. They have one daughter Melony who is married to Sam. They live in Portland, Oregon. Luann and Dave have lived in Illinois and Arkansas. They have met many interesting people. Luann is a runner and has done several half marathons and a few marathons. She loves baking for friends and family and enjoys cross-stitching.

Cylinder Donations During Fair

We will be filling the cylinder with donation items for the Center for Healing and Hope. There will also be a grocery cart for collections from the public. Items requested include first-class stamps, white copy paper, sticky notes, diapers, hygiene products (toothpaste/toothbrushes, deodorant, mouthwash, etc.), feminine products, tissues, blankets, rain ponchos, socks, toilet paper, and tote bags. All items must be new.

ELKO Retreat

The ELKO Retreat will be held September 11 & 12, 2023. The theme is "A Very Merry UnBirthday". More info. will be shared once available.

Quilt Gardens

The 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 we need to pull the 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. More information on the Quilt Garden planting day in May will be emailed/posted on Facebook as soon as its available.

Elkhart County 4-H Fair— July 21-July 29, 2023

Hostessing and Craft & Needlework Demos—We need volunteers to help greet visitors/answer questions and demonstrate their crafting/needlework skills. To schedule a time to Hostessing or Craft & Needlework Demo., email fink24@purdue.edu or call the office at 533-0554

Hostessing Schedule—Two hostesses per time slot. Times are as follows:

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

Educational Booth— If you have an idea for a booth, get with your club members and reserve your spot!

Craft & Needlework Demo Schedule—Demonstrators are encouraged to participate in both shifts per day. Dates and times are as follows:

- Friday, July 21 — 1 to 3pm and 4 to 6pm
- Saturday, July 22 — 1 to 3pm and 4 to 6pm
- Sunday, July 23 — 1 to 3pm and 4 to 6pm
- Monday, July 24 — 1 to 3pm and 4 to 6pm
- Tuesday, July 25 — 1 to 3pm and 4 to 6pm
- Wednesday, July 26 — 1 to 3pm and 4 to 6pm
- Thursday, July 27 — 1 to 3pm and 4 to 6pm
- Friday, July 28 — 1 to 3pm and 4 to 6pm
- Saturday, July 29 — 1 to 3pm and 4 to 6pm



Council Meeting Minutes

March 23, 2023

Submitted by Nancy Gleim, County Secretary

Call to order was given by President Deb Pepple. Pledge of Allegiance was given by Jeannine Martin of Jefferson. Club Creed was given by Kimberly McCreary of Modern Homemakers. Michelle Blough presented a positive thought for the evening.

Emily Christ, HHS Educator, presented an excellent and thought-provoking kindness video:

1. Be a change. Before you say something, you should perhaps not say. Ask yourself—Is it true? Is it helpful? Is it inspiring? Is it necessary? Who knows this person best?
2. Never promise anything when you are happy.
3. Never make a decision when you are sad.

The roll call was “how many people from your club are attending Achievement Night?” and “how many kindness hearts did you club members make?”. Thirteen clubs responded with approximately 103 attending Achievement Night. Busy Homemakers reported making 546 hearts, second only to Hex Rural who created over 622! Great job ladies!

The February minutes were posted in the Coffee Cup and hard copies were handed out by secretary Nancy Gleim. Minutes were approved.

Lisa Stephens shared the treasurer’s report. Each person in attendance received a hard copy. Beginning balance was \$13,501.73. Total income was \$1,822.00. Total expenses was \$3,357.51. Ending balance was \$12,281.97.

Joellen Friend donated several boxes of unsold, new patterns to Extension Homemakers. They were given to her by a friend who had worked at Simplicity Patterns. Thank you Joellen for sharing so many free patterns to all the seamstresses in our various Extension Homemaker clubs.

Membership enrollment forms are due the night of Officer’s Training or anytime before.

Cultural Arts projects were voted on by those in attendance. The winner will be announced at Achievement Night.

Committee Reports

Achievement Night—Sharol Cloud, Homemakers of Today, shared that everything was in place for the evening.

Cultural Arts & Heritage Skills—Ramona Huber reported a profit of \$484.00.

Evaluations were taken in from the 18 participants in attendance. Many good ideas for next year’s classes were shared. Thank you to Rena Humerickhouse for preparing and serving a delicious lunch.

Fall Holiday Program—It has already taken place so there was no report.

Fashion Show—This year’s theme is “150 Years of Sew Much Fabric and Sew Little Time”. Deadline for entry is July 1. Cleanup is at 8:00am and set-up is at 3:00pm on July 10. Judging day is July 13 at 5:00pm. The Open House/Fashion Show is July 20 at 7:30pm. Sharol Cloud has agreed to contact donors for gift awards. Deb Pepple will be supplying goodie bags for children 12 and under.

Home & Family Arts—Chairperson Ramona Huber reiterated that a 3rd director for 2024-2025 is still needed. Co-directors will make the position even more enjoyable. This person will shadow Ramona and Deb George to make the transition to Director much easier. If interested, call Lisa Honey at 574-849-6463 or Kathy Stoltzfus at 574-875-6914.

Volunteers are needed in many areas especially for cleaning day on Monday, July 10 starting at 8:00am. Help is also needed during check-in and check-out days, Open House night, judging days, hostessing during the fair, etc. If you can give us 1, 2, or 3 hours, it would be greatly appreciated. Plus, you get a free ticket to the fair each day you volunteer. What an incentive!

Items for this year’s cylinder will be given to the Center for Healing and Hope. There will also be a grocery cart for collections from the public. Items requested include first-class stamps, white copy paper, sticky notes, diapers, hygiene products (toothpaste/toothbrushes, deodorant, mouthwash, etc.), feminine products, tissues, blankets, rain ponchos, socks, toilet paper, and tote bags. All items must be new.

Clubs interested in an educational booth in the HFA building during fair, please contact Ramona. This is the 150th anniversary of the Elkhart County 4-H Fair, so let’s inform the public who we are, what we stand for, and how we strive to improve life in our homes, our communities, and our country.

Each year the new Fair President gets to pick their favorite baked item. This year’s theme is “Anything Goes with Cherries”. Let’s bake our hearts out! It’s a “Cherry-ished” opportunity!

Attention! Begin now encouraging your friends and neighbors to enter items in the HFA Open Class at the fair! Finish your projects now so that for the 150th anniversary we have more exhibits than we have room for! You are so blessed with talents. Don’t be afraid to show them off. In doing so you will encourage others to do the same.

Home & Family Arts Fundraising—Lisa Honey, Clinton Clique, encouraged clubs to create a wagon, wheel barrow, or a basket filled with fun

and interesting items for the Silent Auction. This is an excellent money maker for your organization. Please turn the basket, etc. in to the office by Monday, July 10 or Tuesday, July 11. What a fun group project! Thank you for participating!

Membership—Marlys Prough, Friends & Neighbors; absent.

Nominating—Kathy Stoltzfus, Creative Circle, still in need of co-directors for Home & Family Arts.

Volunteer Community Support—In Kris Peterson's absence it was reported that 143 lap blankets, 27 stocking caps, 237 baby hats, 3 shawls, and 743 puppy pillow and heart pillows (given to Elkhart and Goshen Hospitals) had been donated within the community. What a marvelous mission effort! Thank you to all who make this possible.

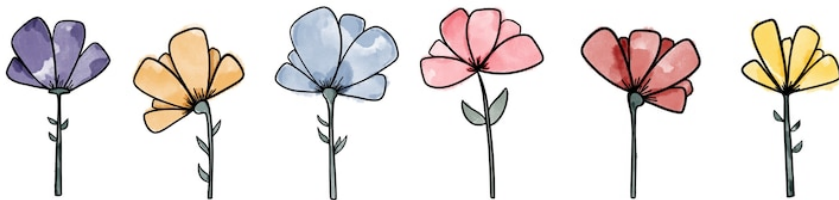
Yearbook—Jan Ganger reported that the Yearbook committee met March 20. Vickie Gortney has been looking for ways to cut costs on the Yearbook and Coffee Cup. Next meeting is April 24 for some final decisions.

New Business

- **2023 4-H Fair**—HFA Open House, Craft Demos and Hostessing, Booth Sign-up
- **Home & Family Conference**—Monday through Wednesday, June 5-7, Embassy Suites, Noblesville, IN
- **Michigan City Spring District Meeting**—March 30, Camp Mack, Milford, IN. We will be carpooling for whoever is interested.
- **Green Day at the Fair**—Friday, July 21, 9:00am-4:00pm. Anyone interested must sign up by May 15 with Jan Robinson.
- **Fall District Meeting**—The date had to be changed because of a district conflict. It will now be held on September 20, 2023. A different venue will need to be found as Maple City Church is not available on that date.

Brenda Mestach volunteered to do a video on Sewing Day, April 11.

Since all business had been concluded, Lisa Stephens moved to adjourn the meeting at 7:47 pm. Nancy Gleim seconded the motion. All were dismissed.



Michigan City Spring District Meeting Minutes

March 30, 2023

Kosciusko County

Written by: Ronda Schafer

Welcome

Sue Martin (Kosciusko) welcomed the attendees to the Spring District meeting held at the Welcome Center at Camp Mack in Milford, IN at 10:40AM (EST). Sue indicated the community service focus of the spring meeting was contributions for Safe Harbor Child Advocacy Center. She also indicated additional chances for the prizes were available for purchase.

Michelle Blough called the meeting to order and introduced the state officers in attendance: State President Michelle Roberts and State Vice President Linda Carunchia. She also recognized former district representatives in attendance. Michelle also thanked Sue Martin, the Kosciusko county president, and their members for hosting the spring district meeting.

Attendees: Total = 98

Elkhart – 15 + educator
 Kosciusko – 41 + educator
 Lake – 6
 LaPorte – 12
 Marshall – 7
 Porter – none
 Starke – 3
 St. Joseph – 10
 State Officers – 2

New District Secretary/Treasurer

Brenda Mestach (Elkhart) was affirmed as the new district secretary/treasurer, replacing outgoing officer Ronda Schafer (St. Joseph). A motion to affirm Brenda was made by Deb Pepple (Elkhart) and seconded by Cyndy Keeling (St. Joseph)

Safe Harbor Child Advocacy – Kelly Bugg (Executive Director)

Kelly Bugg gave a very interesting and informative presentation about

the formation and mission of Safe Harbor. Since opening on Dec 31, 2020, more than 260 forensic interviews have been conducted of children who may have been molested or abused.

Their primary source of funding is through grants (Victims of Crime Act) and a small amount from the county. Safe Harbor is the only child advocacy center in the state of Indiana with an emotional support dog (Wally).

Kelly was very appreciative of the many donations to the center made by attendees and said it they would offer great comfort to the children.

Educational Lesson - "Planting for Pollinators" by Brad Clayton (Clayton Garden Center)

Brad gave a very informative presentation on the main pollinators (hummingbirds, butterflies, bees, moths, and humans/animals) He indicated that by 2050, 60% of the world's population would live in cities.

Brad described several ways to help support pollinators:

- Plant plants with high food value (e.g., agastash over wave petunias)
- Mow less frequently (mowing every 2 weeks increases pollinators by 60%)
- Avoid too much mulch (prevents ground dwellers from reaching soil)

Brad described the ways plants trick pollinators: smell, buzz pollination, appearance, color. The main colors attractive to honey bees are white, blue, and purple.

Reference provided: millionpollinatorgardens.org

iLead Presentation – Michelle Roberts (State President)

Michelle gave the iLead lesson: Leadership with Kindness. This lesson closely ties with the kindness hearts being made and given out.

Home and Family Conference, June 3-5, 2023

Linda Carunchia (State VP) outlined the agenda for each day of the conference and briefly described activities. Michelle Roberts (State President) indicated registration for the conference and the hotel was now open. Be sure to use code "IEHA" when registering at the hotel for the special rate.

Michelle Roberts (State President) asked attendees to wear purple shirts to the conference. There will be a picture taken.

First Timer Award

Michelle Blough said there were two very qualified candidates for the First Timer Award. After much consideration, Betty Carpenter (LaPorte) was selected. Michelle indicated that the other candidate was going to be sponsored by her county.

Message from State President Michelle Roberts

Michelle said Riley Hospital was accepting homemade items again. Please contact them to arrange a time to drop the items off. Game cards, toys, Legos, etc are especially welcome to entertain patients and their siblings. Games families can play together are good.

Michelle gave a "thank you" recognition certificate to each county president.

Michelle reminded everyone to keep reporting the number of hearts made/distributed. She has been overwhelmed by the positive reception of the "scatter kindness" campaign and the touching stories she's heard about the impact the hearts have made.

Threads of Compassion - Shawls

Della Wittgren (LaPorte) will continue to take any completed shawls. Thank you for your generosity.

Fall District Meeting – September 20, 2023 (note date change)

Deb Pepple (county president) from Elkhart County invited everyone to the fall district meeting September 20, 2023. Plans are still being made and more details are forthcoming.

Other

Coins for Friendship and Nickels for Leadership collected = \$105.05



Leadership with Kindness

i-LEaD—Indiana Leadership, Education and Development

Kindness is not a word or act that we usually associate with leadership. However, kindness is essential to leadership success. Kind leaders act with the best interest of themselves, others, and the organization in mind. They are supportive, honest, treat their members equally, and set clear expectations for their team.

Leaders should be both comforter and counselor. An April 2020 poll found that people value warmth, care, and affection from leaders above strength or competency.

There is always room for kindness in leadership. Kindness doesn't replace other leadership tools such as trust, connection, communication, and cooperation. It simply adds to them. Leading with kindness, treating members with dignity and respect, establishing clear expectations and rewarding behaviors will help take your team to the next level.

Even witnessing other people engage in kind acts can improve health and promote feelings of happiness. Researchers at the University of California Riverside found that when people are recipients of generous acts, not only do they feel happier but are inspired to return the favor. They also found that a chain of kindness fostered a sense of camaraderie and connectedness among members. It led to higher feelings of happiness, competence and control which further inspired participants to spontaneously and voluntarily act kindly toward others.

Now that we know some benefits of being kind:

How can we spread kindness in our life?

How can we spread kindness in our clubs and county EH organizations?

How can we improve our lives and those of others through kindness?

Here are four ways to share your kindness in your club.

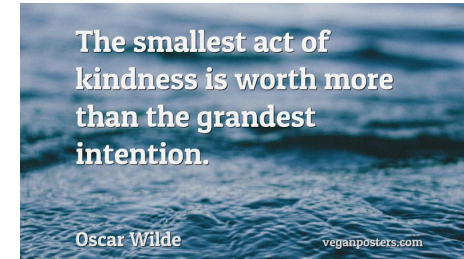
1. Recognize kindness by supporting others and celebrating their kindness.
2. Support kindness by asking "how can I help?"
3. Give feedback that is sincere and genuine.
4. Caring about all people.

Acts of kindness do not have to be planned. They can be random. Helping an elderly person or a young mother with small children carry their groceries to their car would be a random act of kindness. Sending a note or card to an ill club member to cheer them up could be a random or planned kindness. One kind word can change someone's day. Be careful with your words. Once they are said, they can only be forgiven,

not forgotten. You can say something hurtful in 10 seconds, but 10 years later the words are still there.

Kind leaders guide the way with openness and authenticity. They don't have all the answers, but they have great teams.

**Give Credit Where Due
Take Blame When It's Yours
Say Please and Thank You**



Cranberry Orange Muffins—Mayo Clinic

- 2 eggs
- 2 T. orange zest
- 2 tsp. vanilla
- 1-3/4 c. all-purpose flour
- 1/4 c. flaxseed meal
- 1 tsp. baking powder
- 1/4 c. canola oil
- 1/2 c. granulated sugar
- 1/4 c. brown sugar
- 1 tsp. baking soda
- 1/8 tsp. salt
- 1/2 tsp. cinnamon
- 2 T. unsweetened orange juice concentrate
- 8 oz. fat-free plain Greek yogurt
- 1-1/2 c. fresh or frozen cranberries



Heat oven to 350 degrees F. Lightly grease muffin tins or place a muffin cup liner in each tin. In a mixing bowl, combine yogurt, eggs, oil, sugars, orange juice concentrate, orange zest, and vanilla. In another bowl, combine flour, flaxseed, baking powder, baking soda, salt, and cinnamon. Turn on mixer to low speed and slowly add dry ingredients to the bowl of wet ingredients. Mix until just incorporated, about 1-2 mins. Fold in cranberries with a spoon or spatula. Scoop 1/4 c. of batter into each muffin well and bake for about 22 mins. or until tops are golden brown and toothpick comes out clean when inserted. (Makes 16)

Achievement Night

Submitted by Sharol Cloud

We had a successful Achievement Night honoring our outgoing president Deb Pepple for her direction in the accomplishments of our county this year with 108 attending. As always, there were multiple dishes of delicious salads and desserts. Our new county officers were installed by Diana Kuhn from St Joe. County Extension Homemakers. Sixteen new members were acknowledged for joining our Extension Homemakers. Margaret Weybright was honored for 65 years of membership, Donna Hibschman was honored for 55 years, Sherry Berry and Michelle Blough were honored for 50 years, and Lisa Honey and Sally Kyle were honored for 25 years. Congratulations ladies! The Club of the Year award was presented to Homemakers of Today. Our Homemakers of the Year are Young—Lauren Hickok; Intermediate— Cheryl Hoffman; and Senior—Rebecca Buss. Our applause goes to you all ladies. Thank you everyone for your achievements in this past year. Looking forward to celebrating again in 2024 with our new County President Vickie Gortney.



Heritage Skills Day

Submitted by Jenny Huffman



On Saturday, March 4th we held Heritage Skills in the HFA building.

We filled all of our classes and everyone had a good time meeting new people who share their interest in learning different arts and crafts. We enjoyed a light lunch made and served by Rena Humerickhouse. Please plan on joining us next year on the first Saturday in March.



Family Resource Management

Tips to Save

Emily Christ, HHS Educator

Americans have many ways they can save money these days. Several attributes go into saving money including credit, debt, entertainment, family and friends, health, food/resources, and transportation. Going into the second half of this year, there are ways to cut costs of everyday expenses that could save you hundreds of dollars a year. While we notice the obvious large expenditures that we spend throughout the week, month and year, we tend to disregard the small expenses we spend that can add up over time.

One of the major everyday expenses that tends to add up quickly is eating out. This ranges from coffee stops on the way to school or work all the way to picking up lunch in between stops or grabbing dinner before heading home. If this becomes an everyday habit or even once every few days, it can add up to be a large expense by the end of the year. Some ways to combat this habit is to actually purchase a coffee machine for your home that you will use every day. It would also be beneficial to purchase a lunch box or other items that will make it easy to take lunch to work. These small steps will help you save a significant amount of money.

Another way to eliminate your expenses and begin to save money is by recording your spending. It starts by finding a creditable source to keep track of your funds. There are many useful apps now available to track budgeting on your smart device or you can use the technology-free option of paper and pencil. This is a good way to see how much you are actually spending versus what you can spend. While this can be time consuming, it will show you how to change habits and grow your savings.



Health & Wellness

Limit Screen Time

Emily Christ, HHS Educator

In this day and age, it's easy to spend hours on end looking at a screen. Between new gaming systems, different streaming tv services, and new trending apps, it's hard to not be looking at a screen. We have a mini screen at the tips of our fingers at every second. For most, it's used for everything we do. Limiting screen time can be difficult especially if you have an office job that requires you to be on the computer most of the day.

A couple of years ago, the average screen time for adults in the U.S. was around 11 hours per day. During the pandemic, it skyrocketed to around 19 hours a day. That's more than half of the day! Around 30 percent of adults say they are online all of the time. It is extra difficult for individuals who work from home to get away from a screen. Too much screen time affects us in more ways than people think. It can cause physical effects such as insomnia, poor sleep habits, neck/back pain, eye strain, and headaches. Too much screen time can also affect us cognitively and mentally. We can begin to see changes in cognition, addictive behavior, and mental health disorders.

While experts know you can't change the nature of your work environment, you may be able to make some changes outside of your work environment. Research says you should limit screen time to around 2 hours or less a day outside of work. The other time spent looking at a screen whether it is a phone, tv, tablet, computer, etc. should be spent participating in physical activity at a feasible level.

Take small steps to minimize your screen time instead of cutting yourself off cold turkey. You will be more successful this way. You can start by being intentional and turning on timers or turning off notifications. You could even go as far as leaving devices in a completely separate room. This will help with kicking a habit that has become like second nature to us.

Food and Nutrition

Build a Balanced Breakfast

Emily Christ, HHS Educator

Making healthier choices can be difficult, overwhelming, or even frustrating. However, it doesn't have to be. If we find something we like and it is easy to follow, we are more likely to stick to it. For some people, they don't like to eat breakfast. On the other hand, some people rely on breakfast to get them through the day. Research has shown that you are not fueling your body when you are depriving it. The goal is to fuel your body to improve your mental and physical health throughout the day. This usually means combining a multitude of things in your daily morning routine including breakfast.

Sometimes it just takes a bit of intentional planning for something to stick long term. Eating a toaster pastry or donut won't fuel your body or your brain until lunch. The key is to include all 5 food groups in your breakfast (or any meal). By including complex carbohydrates, proteins, and whole grains, you increase your chances of staying fuller longer. If you eliminate heavily processed foods such as items with a lot of sugar, you decrease the risk of excessive hunger, heart disease, and more. By balancing your breakfast in the morning, you are helping regulate and reduce the urge to snack throughout the day.

One example of a healthier breakfast option could be whole wheat toast, peanut butter, and a banana. Another option could be oatmeal, blueberries, and chia seeds. You can incorporate foods you like



but that don't take a lot of time to prepare. In many cases, there is an option to make certain foods overnight so they are readily available in the morning such as overnight oats. These can be prepared the night before and stuck in the fridge with no cooking needed. It doesn't always need to be complex. It needs to work for you and your lifestyle.

Human Development

Virtual Fitness

Emily Christ, HHS Educator

Sometimes fitting exercise into our busy schedules can be difficult. For some it may come easy and for others it may be more difficult to get to a gym or to even set aside 30 minutes alone. With advances in technology, we have seen a large shift in individuals who workout at home. Technology has broken down the barriers in finding various ways to exercise. Guided exercise has opened the door to a whole new realm of physical possibilities that will help individuals become more active and in a more sufficient way.

There are many different apps, websites, and programs to tune into to follow along to the workouts provided. They can range anywhere from a follow-along video to specific step-by-step programs. Some are even customizable depending on the program chosen. You can pick what your goals are and maybe your limits so you are able to work at your own pace. There are thousands of health and wellness apps available for download that are made to provide self-efficacy and to help engage with physical activity in a way that best suits your lifestyle.

Many of the exercises are interchangeable and can be switched up from time to time. Some of the apps will allow you to track your progress, monitor your health goals, and watch demonstrations. Typically, the apps that provide the most features are the ones that come with some kind of cost. It could be an initial sign-up cost or a weekly, monthly, or yearly fee. Due to there being so many options for apps, there is competitive pricing to reel you into the best deal. They want to entice you to select their program as much as possible. Some details to look for is the ability to do exercises without equipment, the different levels to each exercise, and if the app provides motivation affirmations. Having virtual fitness apps is a great option because it allows you to remain active on your schedule.

