



**Elkhart County  
Extension Homemakers**

# *Over The Coffee Cup Newsletter*



*November/December 2021*

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## Letter from your County President

Happy Holiday season, everyone!

As I write this it is still October and feels like early fall, instead of the latter part of it! It sure is true that you never know what to expect with Indiana's weather!

Enough about the weather! As we all prepare for the holidays that are just about upon us, my thoughts turn to all the things I look forward to during this time. Getting together with family is a big one, however, I love getting the fall decorations out only to find that very soon the Christmas ones will be taken out of storage. I must say that one of the things I have always thought unfortunate is that the retail stores usually go quickly to getting things out for Christmas and don't give much time to Thanksgiving. Most of us have traditions and very clear ideas of how to celebrate Christmas and why we celebrate it, however, I wish to sit on the idea of thankfulness first.

An old song you might know says to "Count your blessings, name them one by one". One of the things I am thankful for is our Extension Homemakers organization. I truly love the lessons we have each month and look forward to learning new things about my world, home, and even my body. One question I was asked a lot at Fair was "what is Home Extension and what do you do in your meetings?" You know, I had to think about that for a minute. The fellowship with our members is a big one for me, however, the learning of new things and getting opportunities to share that with others is another good reason to be part of the organization.

Being in a leadership role for the last few years has also given me a greater appreciation for how our organization "works". We have many good causes that we help including cancer research, Nickels for Leadership and Coins for Friendship, Volunteer Community Sewing, and, hopefully the ones each club chooses to bless. I encourage you all to read the mission statement for our county organization. It is on page 6 of our Yearbook along with the mission of our state organization, which is the same. The next time someone asks me what our organization is all about, I just have to quote this statement.

As always, I encourage you to spread the word that one of the blessings in your life is your membership in the Elkhart County Extension Homemakers and your club! Spread the word and encourage others to join us!

Blessings on your holiday plans and *Peace, goodwill, to all!*

Brenda Mestach  
Elkhart County Extension Homemakers President

## Mark Your Calendars

### December 2021

14 **VCS Sewing Day**— 9am to 3pm, HFA Building

24 **Holiday**—Office Closed

### January 2022

3 **Holiday**—Office Closed

10 **County Officer Board Mtg.** - 4:30pm, Ext. Conference Room

11 **VCS Sewing Day**— 9am to 3pm, HFA Building

17 **Holiday**—Office Closed

20 **Educational Program**—No Gym Required: Get Fit at Home



**November**— Paula Adams, Sandra Bartoe, Sherry Berry, Sharol Cloud, Geraldine Gaydos, Barbara Geiger, Ruth Anne Gray, Carla Hamilton, Lisa Honey, Nancy Jackson, Sonya Miller, Linda Miller, Becky Randolph, Peg Shaum, Shirley Snyder, Sheila Taylor, Gwen Turk, Diana Weldy, Linda Weybright, Susan Williams, and Catherine Yoder

**December**— Patsy Berkey, Kathy Case, Lana Evans, Jan Fribley, Gerry Geyer, JoAnne Graber, Lisa Hernley, Doris Hostetler, Sandra Jacobs, Vivian Kaser, Helen Koller, Paula LaPlace, Mary Leach, Fern Mast, Karen Meade, Ruth Middleton, Sharon Moore, Theo Outman, LuAnn Sassaman, Madeline Smith, Kathy Stoltzfus, and Vicky Stroman



## Extension Homemaker News

### Welcome New Members!

We've had a number of new members turn in enrollment forms or have had their name submitted to the Extension Office. If you'd like to share information about yourself to include in the next Coffee Cup, please fill out the back of your enrollment form or email [fink24@purdue.edu](mailto:fink24@purdue.edu)

### Cookbooks for Sale

Cookbooks with award-winning recipes from the Elkhart County 4-H Fair Open Class dept. are available for sale for \$5. Stock up on presents for your family, friends, and loved ones! Cookbooks are available for purchase in the Extension Office Monday-Friday 8:00am-4:30pm. There are only around 50 still available!



### New and Improved Elkhart County Extension Homemaker Website!

A new system has allowed the Elkhart County Extension Homemaker website to be revamped! Be sure to check out the more user-friendly and inviting page at <https://extension.purdue.edu/county/elkhart/elkhart-county-extension-homemakers.html>

### Four Seasons Club Visit to the Beehives at Creekside Church of Brethren

Members of the Four Seasons Club recently visited the beehives at Creekside Church of the Brethren. Everyone had an opportunity to suit up, visit the hives, and listen to Scott Harney explain how a hive works. Ron Nicodemus shared information about honeybees and other facts about a hive. He discussed how the bees work in the hive and their behaviors. He also shared lessons we can learn from bees to get along with others.

The National Volunteer Outreach Network (NVON) has chosen pollinators as their project in common for the next three years—January 2022- December 2024. The theme is BEE-CAUSE Pollinators Feed the World. The project is “designed to inform people about all kinds of pollinators and promote the importance of pollinators.” Ideas to participate should be available soon. There is a list of resources on their website, [www.nvon.org](http://www.nvon.org). Information about planting for pollinators is available at the Extension Office and at the Elkhart County Soil and Water Conservation District office on County Road 7. Visit their website at [www.elkcoswcd.org](http://www.elkcoswcd.org) or call 574-523-2030.



During the fair, there is a food category for a honey-baked item and a food preservation category for honey in the Home and Family Arts Building. On the south side of Building A during the fair, there was an exhibit about butterflies and another exhibit about honeybees showcasing a local bee-keeper. I hope they both will return for the 2022 Fair. Everyone should visit these exhibits. Other information about NVON can be found on page 56 of the current homemakers' yearbook.



### Share Your Story!

- Has your club taken any recent trips?
- How has your club been creative meeting during the pandemic?
- What are some community services projects your club has been involved in recently?
- How has your club grown over the last two years?

Want to share about your club? We are looking for entries for our upcoming Coffee Cup newsletters. Pictures are always welcome! If you'd like to submit an article, email [fink24@purdue.edu](mailto:fink24@purdue.edu) or mail a hardcopy to the Extension Office.

### Yearbook Updates

Please update your 2021-22 Yearbooks to reflect the following changes:

- Add the following people to the Cultural Arts/Heritage Skills Committee:
  - Jill Cohen (825-6120)
  - Becky Carrington (529-4293)
  - Veryl Elliott (269-464-9073)
- Edit the current phone number printed to the following phone number on the Cultural Arts/Heritage Skills Committee:
  - Jenny Huffman (370-0699)
- Edit the current phone numbers printed to the following phone numbers on the HFA Committee:
  - Cheryl Baker (202-2279)
  - Nancy Gleim (304-1615)
  - Judy Teall (538-8571)
- Remove the following people from the HFA Committee:
  - Gerry Geyer
  - Marlys Prough
  - Jennifer Tingle

If you see any edits to make in the Yearbook, feel free to call the Ext. Office at 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Thanks!

### Enrollment Sheets

Please make sure to complete your 2021-22 Extension Homemaker Membership Enrollment form and return it to the Extension Office ASAP. These forms need to be filled out **every year** even if no information has changed. They are used by the Extension Office to keep track of your membership years and awards for Achievement Night. Enrollment forms were included in the Treasurer's packet at Officer's Training. If you need more hard copies or would like the form emailed to you, please call the Extension Office at 574-533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu)



## Council Meeting Minutes

October 28, 2021

Submitted by Patsy Berkey, County Secretary

Officers present were President Brenda Mestach, Vice President Deb Pepple, Secretary Patsy Berkey, Treasurer Jan Ganger, and Advisor Kathy Stoltzfus.

The meeting was called to order by President Brenda Mestach. The Pledge was lead by Vicky Stroman of Clinton Clique. Club Creed was lead by Bea Blosser of Creative Circle. The Positive Thought was given by Sarah Downing of Creative Homemakers. The Roll Call was "Has your club discussed the raising of dues?" It was answered by 10 clubs with 9 answering yes. Minutes were approved by Donna Hibschman, seconded by Jenny Huffman, and accepted by all.

Club-to-club report was given by Deb Pepple and all clubs that turned in their card have been paired with another club.

Jan Ganger gave the treasurer's report with a balance of \$12,577.52 with some checks still to be deposited. The HFA treasurer's report was also given. Both reports were accepted by Jenny Huffman, seconded by Jeannine Martin, and approved by all.

We had District Representative Diana Kuhn explain the state point system for volunteer hours. The points are from April 1st to March 30th and turned in the first of April. There should be new sheets next year. The new form will include local, state, and international (money sent to other causes in other countries) hours.

### Committee Reports

**Achievement Night**— Submitted by Sharol Cloud. The committee met on Tuesday, October 5th and made plans for the theme, colors, decorations, and setup style for Achievement Night which is planned for Tuesday, April 19th at 6:00pm. We will need to know the count of how many people from

each club will be attending to finalize our count for the number of tables needed. Please have this count to County President Brenda Mes-tach by the March County Officer's meeting which will be relayed to Chair Sharol Cloud.

It is requested that each member attending bring either a salad or a dessert to share. Water, tea, and coffee will be provided. We need 6 club members to volunteer to be table runners to take the food items members bring and place them on the food tables. We will have 3 food stations as we have done in the past.

There will be tables for Cultural Arts, and Jenny Huffman will inform the Achievement Night committee what she requires. Two tables have been requested to be placed thus far.

At the end of the night we are asking for people to stay and assist in clean up to make this part of the whole program go more quickly so everyone is able to go home at a decent time.

**Auditing** — No report.

**Cultural Arts & Heritage Skills** — Submitted by Jenny Huffman. The Cultural Arts special category is a lawn ornament (no wider than 12 inches and no taller than 16 inches including the stand).

The Heritage Skills committee had their first meeting on October 6th. We have 3 new committee people to help us. Veryl Elliott, Jill Cohen, and Becky Carrington will be helping Margaret Weybright and I. The date is March 5, 2022 and is in your yearbook. We went over what classes we would like to have at the 2022 workshop. Our hope is to have at least 6 classes (mostly half days), so there are more choices. There are already 3 instructors interested with one signed up. Sue Martin will be

teaching a beginners beaded necklace class and a piecing class (2 pot holders). Lisa Hernley had agreed to do a basket class. A new instructor Judy Atwater is interested in doing a traditional embroidered piece. We are looking for someone to teach sculpture needle felting. If you know anyone, please contact me (Jenny Huffman). Please let us know if there are any crafts or skills you or your members are interested in learning.

**Fall Holiday Program** — No report.

**Home & Family Arts** — Submitted by Sharol Cloud. The Home & Family Arts committee met on October 5th and started its review of the 2022 Open Class booklet. Some corrections are in the making and more will be reviewed at our next meeting. We have started to confirm member's participation in the check-in and judging process as to who will be chairperson and helpers.

We will need other Extension Homemaker members to help be runners for check-in and judging day, especially Thursday on baking day, hostesses for the days of the Fair, and of course cleaning day. The more hands, the faster the works gets done.

We are still in need of someone who can be the chairperson of the Fundraiser portion. I will be working with them to help make the 2022 year a success. We need ideas of some big items that we can auction off along with the baskets that each club is being asked to donate again this year. The baskets were a success, but our income from the auction was not as much as years past. Any idea is welcome.

The committee also recognizes the need for help on the Fashion Show portion of our Open Class. In our meeting we have been exploring options of how we can get the information out to the public better for our Open Class participation. We understand that many people think this is

a 4-H club versus Open Class which is open to everyone. We are hoping to get the books out earlier so that we may present them to area high schools so art teachers and human science teachers can encourage their students to participate.

Our next meeting will be Tuesday, November 30th at 1:00pm in the Extension Office conference room. Please bring your 2021 program booklets and your ideas for improvements.

**Membership** — Submitted by Sarah Downing. The chair has attempted to follow up with all 18 potential members collected at the county fair.

- Two have attended a club meeting.
- Five have been contacted, but have not yet attended a club meeting.
- Five have not been contacted by a club. The chair will continue to work with those potential members to find a good fit for them.
- The chair was unable to contact 6 of the potential members.

**Nominating** — Will meet in March.

**Volunteer Community Support** — No report.

**Yearbook** — No report.

### Old Business

- **Scrapbooks**—Two pages were turned in. The rest are working on them.
- **Camp Elko**—Kathy Stoltzfus reported they had good food and nice ladies. There was a program about apples and a weather person talked about weather and made a metal plaque with the four sea-

sons on it. The turn out was small and they are hoping more clubs will participate next year.

### New Business

- **Raising Dues**—Took a vote to take the idea of raising dues to \$20.00 back to clubs to see if they agree. It was approved by Donna Hirschman, seconded by Jenny Huffman, and accepted by all. The final vote on raising dues will be at the February Council Meeting. We need 2/3 of clubs present to pass.
- **Committee Needs**— If any committee has problems getting help or needs questions answered, please contact the Board members. We are here to help.

Next Council Meeting will be on Thursday, February 17th, 2022.



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Elkhart County IN  
Extension Homemakers

## Human Development

### When It's Time to Leave Home

*Source: National Institute on Aging*

The decision about whether your parents should move is often tricky and emotional. Each family will have its own reasons for wanting (or not wanting) to take such a step. One family may decide a move is right because the parents can no longer manage the home. For another family, the need for hands-on care in a long-term care facility motivates a change. In the case of long-distance caregivers, the notion of moving can seem like a solution to the problem of not being close enough to help. For some caregivers, moving a sick or aging parent to their own home or community can be a viable alternative. Some families decide to have an adult child move back to the parent's home to become the primary caregiver.

Keep in mind that leaving a home, community, and familiar medical care can be very disruptive and difficult for the older parent, especially if they are not enthusiastic about the change. You might first want to explore what services are available in your parents' community to help them in their home—including home health care, housekeeping, personal care, and transportation services. Older adults and their families have some options when it comes to deciding where to live, but these choices can be limited by factors such as illness, ability to perform activities of daily living (for example, eating, bathing, using the toilet, dressing, walking, and moving from bed to chair), financial resources, and personal preferences.

Making a decision that is best for your parent (and making that decision with your parent) can be difficult. Try to learn as much as you can about possible housing options. Older adults or those with serious illness can choose to:

- Stay in their own home or move to a smaller one
- Move to an assisted-living facility
- Move to a long-term care facility
- Move in with a family member

Some families find a conference call is a good way to talk together about the pros and cons of each option. The goal of this call is to come up with a plan that works for everyone, especially your parent. If the decision involves a move for your parent, you could, even from a distance, offer to arrange tours of some places for their consideration. Experts advise families to think carefully before moving an aging adult into an adult child's home. There are a lot of questions to consider, for example:

- Is there space in your home?
- Is someone around to help the older person during the whole day?
- What are your parents able to do for themselves?
- What personal care are you willing and able to provide—moving your parent from a chair to a bed or toilet, changing adult diapers, or using a feeding tube, for example?
- What kinds of home care services are available in your community?
- What kind of specialized medical care is available nearby?

## Food and Nutrition

### Caffeine: How Much is Too Much?

*Source: Mayo Clinic*

If you rely on caffeine to wake you up and keep you going, you aren't alone. Millions of people rely on caffeine every day to stay alert and improve concentration. But, how much is too much? Up to 400 milligrams (mg) of caffeine a day appears to be safe for most healthy adults. That's roughly the amount of caffeine in four cups of brewed coffee, 10 cans of cola or two "energy shot" drinks. Keep in mind that the actual caffeine content in beverages varies widely, especially among energy drinks.

Caffeine in powder or liquid form can provide toxic levels of caffeine. Just one teaspoon of powdered caffeine is equivalent to about 28 cups of coffee. Such high levels of caffeine can cause serious health problems and possibly death.



Although caffeine may be safe for adults, it's not a good idea for children. Adolescents and young adults need to be cautioned about excessive caffeine intake and mixing caffeine with alcohol and other drugs. Women who are pregnant or who are trying to become pregnant and those who are breast-feeding should talk with their doctors about limiting caffeine use to less than 200 mg daily. Even among adults, heavy caffeine use can cause unpleasant side effects. Caffeine may not be a good choice for people who are highly sensitive to its effects or who take certain medications such as ephedrine, theophylline, and echinacea.

You may want to cut back if you're drinking more than 4 cups of caffeinated coffee a day (or the equivalent) and you have side effects such as headache, insomnia, nervousness, irritability, frequent urination, fast heart-beat, and/or muscle tremors. If you're susceptible to the effects of caffeine, even small amounts may prompt unwanted effects such as restlessness and sleep problems. How you react to caffeine may be determined in part by how much caffeine you're used to drinking.

Cutting back on caffeine can be challenging. An abrupt decrease may cause withdrawal symptoms such as headaches, fatigue, irritability and difficulty focusing on tasks. These symptoms are usually mild and get better after a few days. Read labels carefully and start paying attention to how much caffeine you're getting from foods and beverages. Cut back gradually and think about going decaf.

## Leadership Development

The Future is Now

Source: [kevineikenberry.com](http://kevineikenberry.com)

The world has changed a lot in the last 20 months. All of this change has rightly gotten everyone thinking and talking about the future of work. Where will we work, when we will work, how will we work, and will it all work? There is understandable uncertainty about those questions. But now isn't the time to hesitate and stare motionless into the future, waiting. The future is now. The questions are real but waiting for 100% certainty is folly. It is time to stop waiting and start moving.

Too often people look to the future with a blank stare at a blank sheet of paper. The future will be different, but human nature changes little. We can learn much about the future by looking at history first. Ask yourself questions like:

- What do humans do in times of change?
- What do they want?
- How do they interact with each other?

By considering the past, we set ourselves up to better see into the future. The big point is that while context and tools might change, not everything will change. Look for past patterns to help you determine the direction of the future.

In our personal lives we often hear the advice to focus more on the journey than the destination. I'd give you the same advice now. The exact end state of the future of work is unknown. Besides, when are you defining the end? Are you trying to determine for your organization or team, or make some more global prediction? Rather than focusing on a fantasy end-point, look at the trends and where they are pointing you. That is a more productive and helpful way to move into the future. Remember the future is now.



Here is what you shouldn't do now – nothing. Now is the time to be proactive about the future of work. That action can include:

- Looking for lessons from the past 20 months that might be useful.
- Looking and observing what people are doing today.
- Talking with your team and clients about what they want or need in the future.
- Moving forward, making decisions that can be adjusted as needed, rather than assuming or acting as if the decisions must be final, forever.

## Family Resource Management

### My Emergency Preparedness Stockpile Checklist

Source: [Mayo Clinic Health System](http://Mayo Clinic Health System)

Every American should have at least a three-day supply of food and water stored in their home, with at least one gallon of water per person per day. If you have the space, experts recommend a week's supply of food and water. Choose foods that don't require refrigeration and are not high in salt. Your stockpile should also contain flashlights, a radio, manual can opener, batteries and copies of important documents. Depending on your family's needs, you may also need medical supplies, pet food, contact lens solution or diapers.

If it's too expensive for you to buy everything for your stockpile at once, pick up one or two items every time you go to the grocery store. Stock up on canned vegetables or batteries when there is a sale. Bulk stores can also help you save money on your supplies, especially if you split with a friend or neighbor, who can serve as your "preparedness buddy".

#### "Get Ready" Grocery Shopping List

- Bottled water
- Canned juice
- Canned or boxed milk
- Canned fruits and vegetables
- Peanut butter and jelly
- Canned pasta or spaghetti
- Crackers (look for low-sodium)
- Canned meat and fish
- Chicken/Turkey
- Tuna
- Vienna sausages
- Salmon
- Soups (look for low-sodium)
- Dried fruit
- Protein drinks
- Granola bars
- Dried cereal
- Nuts (unsalted, preferably)
- Cookies, candy bars, hard candy



For more tips on creating your own emergency preparedness stockpile, see [www.getreadyforflu.org/clocksstocks](http://www.getreadyforflu.org/clocksstocks)



PURDUE UNIVERSITY COOPERATIVE EXTENSION SERVICE

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