



**Elkhart County  
Extension Homemakers**

# *Over The Coffee Cup Newsletter*



*November/December 2022*

## **In This Issue:**

- Letter from Your County President—pg. 2
- Mark Your Calendars—pg. 3
- Extension Homemakers News—pgs. 4-15
- Food & Nutrition—pg. 16
- Leadership Development—pg. 17
- Human Development—pg. 18
- Family Resource Management—pg. 19

---

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its education programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action Institution. This material may be available in alternative formats.



## Letter from your County President

Fall Greetings Extension Homemakers,

I hope you all are enjoying the cooler weather and the beautiful colors. I hope you each are having opportunities to enjoy and reflect on those special moments that only fall can bring like bonfires, cider and donuts, pumpkin spice everything, football, and yes, even the falling leaves.

We have just had our Homemade for the Holidays program and I hope many of you were able to attend. Bea Blosser and her committee worked long and hard at planning the crafts and foods for the program. Thank you Bea for opening up your home for the committee meetings and for your wonderful hospitality.

I would like to remind the club presidents to submit your nominations for Homemaker of the Year from your club. We want to get those applications mailed to them after the first of the year. You can either call them in to the office or email them to me at [djudson1953@aol.com](mailto:djudson1953@aol.com). I look forward to seeing some very worthy homemakers nominated.

The nominating committee will soon be busy putting together a slate of officers for the board and for Home and Family Arts. Please give careful consideration to filling a spot when they call. We need willing hands to help run our organization.

Another area I would like to emphasize is the Home and Family Arts Committee. There is a need for more members to serve with this group. It takes a lot of people to put together the exhibits and events that are held in our building during the fair. We have one of the best, if not the best, open class building in the state. If you can give some time to help, please contact the office or Ramona Huber (listed in your red Yearbook) for more details.

I wish you each joy, peace, and love as you enter the holiday season and remember to Scatter Kindness.

Deb Pepple  
County President



## Mark Your Calendars

### November 2022

8	VCS Sewing Day— 9am to 3pm, HFA Building
11	Holiday—Office Closed
14	County Officer Board Mtg.—4:30pm, Ext. Office
17	Educational Program—Learning to Relax: Techniques for Temperament
24-25	Holiday—Office Closed

### December 2022

13	VCS Sewing Day— 9am to 3pm, HFA Building
26	Holiday—Office Closed



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

**December** — Patsy Berkey, Kathy Case, Lana Evans, Jan Fribley, JoAnne Graber, Doris Hostetler, Sandra Jacobs, Patty Janowski, Helen Koller, Paula LaPlace, Mary Leach, Fern Mast, Ruth Middleton, Theo Outman, LuAnn Sassaman, Madeline Smith, Kathy Stoltzfus, and Vicky Stroman

## Home & Family Arts Needs You!

The Home & Family Arts Committee is looking for homemakers who are willing to lend a hand with helping us plan and implement those plans for the 2023 fair. We need helpers who want to be involved with entry day, setting up and taking down exhibits, assisting with foods, helping with check out, helping with special contests, and many more jobs.

We would love to have new people on our committee and it is not required that you attend every meeting. July is our focus. If you can give us a day, two days, or a week, we can use you! Please contact the office or Ramona Huber to volunteer. Thank you in advance for seeing and meeting our need.



## Extension Homemaker News


### Welcome New Members!

**Rhonda Henderson** recently joined Modern Homemakers. She is from the Elkhart/Goshen area. Rhonda is married and raising four grandchildren ages 9, 13, 16, and 17. She enjoys doing activities with them.

**Kelly Lorenz** recently rejoined the Friends & Neighbors club. She lives in the New Paris area with her husband of 30 years, Jeff. They have 2 daughters and 1 son-in-law who lives in the Lafayette, Indiana area. She is originally from London, Ontario and most of her family still lives there. Kelly moved many times as a child and went to several different schools. She enjoys walking, cooking, reading, camping, and traveling.

**Kim Foy** is a new member of the Four Seasons club. She lives in the Elkhart area with her husband Kevin. They have 2 adult sons. Family is very important to Kim as she has always been very close with her family and her husband's family. She loves to do all kinds of things such as cooking, traveling, cleaning, going for walks, boating, going to the beach, doing crafts, and going to the movies especially with friends and family. Kim is an empty nester and is looking forward to spending time doing fun things with good people.

**Sharon Taylor** recently joined Jefferson Homemakers. She is from Monclova, Ohio. Sharon is married to James. They are the parents to six children (5 boys and 1 girl), 13 grandchildren (one in heaven), and eight great grandchildren. Sharon enjoys reading, traveling, and helping others. The family used to camp a lot in their tent. She loves the Lord and wants to serve Him.



### Homemakers of the Year

Extension Homemaker Club Presidents—  
Please submit your nominations for Homemaker of the Year to the office or to Deb Pepple ASAP. You may nominate one person in each of the three categories—young, intermediate, and senior. We plan to send out the applications after the first of the year. Thanks!

### A Note from Barbara Jewett

To Fellow Extension Homemakers and Home & Family Arts Committee—Words can never express my sincere appreciation for the honor you have given me as the Grand Champion Homemaker of Elkhart County. I have enjoyed my 70 years as a member of the Extension Homemakers. I have learned so much and made many friends during that time. So many of you have helped me along the way with your friendship and elbow grease to make it a memorable experience to always treasure. My “get and go” isn’t as strong as in the past to be as involved as years past, however be assured, I am cheering you on to keep a positive attitude and work together to keep the organization strong. Thanks again for your support and kindness over the years.

-Blessings on you, Barbara Jewett

### Ext. Homemakers Council Meeting—September 1, 2022

Submitted by Nancy Gleim, Elkhart Co. Ext Homemakers Secretary

The meeting was called to order by President Deb Pepple. The Pledge of Allegiance was led by Ruth Middleton. Joellen Allison led the Club Creed. Sherry Weaver shared some very inspirational thoughts for all of us to ponder in the coming days. Members responded to the Roll Call “Apple or Pumpkin?” with the apple outnumbering the pumpkin. The minutes were dispensed. Patricia Osborne presented the Treasurer’s Report, and it was accepted.

### Committee Reports

The following reports were given and turned in. Some committees have not yet met, but will do so in the near future.

- **Achievement Night**—Sharol Cloud, Homemakers of Today. Committee has not met yet. Planning for 1st meeting in October. Members will be notified.
- **Auditing**—JoAnne Graber, Four Seasons
- **Cultural Arts & Heritage Skills**—Jenny Huffman, Busy Homemakers
- **Fall Holiday Program**—Bea Blosser, Creative Circle. Theme is “Homemade for the Holidays”. Admission is \$7 to help cover cost of food and craft supplies. Discussion to follow on how to pay for the admission fee. We would like a tear-off portion on the flyer when created if they choose to mail in and pay by check. Sherry Weaver has decided to demonstrate a make and take button cards that will re-

quire fine point markers or pens, cards/envelopes, and tacky glue. Bea Blosser donated 10 ultra fine Sharpie pens. Any one interested in donating items, contact Bea Blosser at 574-312-0216. Brenda Mestach will demonstrate a fabric coaster. All supplies are furnished. For the tasting portion of the program, we will demonstrate and offer samples. Deb Pepple will demonstrate a variety. Sherry Weaver will demonstrate and share her delicious zucchini bread. More info forthcoming in Coffee Cup. Patty Janowski will demonstrate and share/give some background on her famous Kieflies.

- **Fashion Show**—Patty Janowski, Creative Homemakers
- **Home & Family Arts**—Ramona Huber, Busy Homemakers (absent). Sharol Cloud, 2022 Director reported the committee met Aug. 30 and summarized the year. Committee made a motion to rescind the offer they had made to County Ext. Homemaker Board to give profit from Silent Auction of this year. This was unanimously approved by all present with quorum achieved. We are unable to give the profits as there was an agreement between the Fair Board and the HFA committee that gave the HFA building special permission to have a Silent Auction during fair time as long as proceeds returned to the building/committee only. Our profit this year was \$4,200. The committee made a motion and was approved by all for a new computer to be purchased by the HFA committee. Purchase was made on Aug. 30 with arrival by Sept. 4. The HFA computer will be kept in the Ext. Office available to HFA committee and the Board members to be signed out and returned within a 72 hr. time frame. These motions were proposed and agreed upon with hoping that this would be the best solution for all.
- **Home & Family Arts Fundraiser**—Lisa Honey, Clinton Clique (absent)
- **Home & Family Arts Landscape**—Sharol Cloud, Homemakers of Today. Ongoing process; will monitor and keep looking nice.
- **Membership**—Brenda Mestach, Friends & Neighbors. Four members of the committee met on Monday, Aug. 22. Items discussed to increase membership and promote Ext. Homemakers in Elkhart County including being more visible on social media and finding places to set up a display at free activities like First Fridays in Goshen or Second Saturdays in Nappanee. Yellow info cards collected in the HFA building during the fair were divided and discussed. Letters will be emailed or mailed to welcome potential new members. A new Extension Homemakers Club, New Moon Crew, has been formed. Crystal Marruffo is President and a member of the Membership committee. Next

meeting is scheduled for Monday, Sept. 26 at 4:30.

- **Nominating**—Kathy Stoltzfus, Creative Circle (absent)
- **Volunteer Community Sewing**—Kris Peterson, Busy Homemakers. All baby, lap, and twin size blankets made since April were on display at the fair. They have been laundered and are still in storage or waiting to be knotted. 127 baby hats have been delivered to Elkhart General. If you are interested in making baby hats, you may use any pattern. Preemie hats should fit an orange and full term hats should fit a grapefruit. Jenny Huffman can answer any questions. Schools and shelters need child and adult hats. The Jail Ministry of Elkhart County was in need of yarn for the Program Ward. They use looms to knit hats that are given to local non-profits. I donated 3 trash bags worth of yarn that had been donated to us. We still have plenty and are always receiving more. If you need yarn for a charity project, ask! If you are needing fabric for “Scatter Kindness” hearts or puppy pillows, there’s no need to buy any. Please feel free to use what has been donated to VCS. Most of it is stored at my house but some is on the top shelf in the back of the kitchen in the HFA Building. Take whatever you can use. Sewing days are every 2nd Tuesday of the month from 9a-3p in the HFA building (Sept-May; May is in Ext. Office). We always need sewers, pinners, and fabric cutters. Come when you can. A delicious free lunch is provided. In a continual process, if you have a seamstress or two in your club or have family and friends that would like to help out, we always have quilt tops and backs that can be made. The instructions are basic. Use the fabric provided to make a quilt top and back ONLY. You do not need to put it together into final form. You may use any quilt pattern, design, or create your own! (Many of the leftover cuts of masks are already precut and ready for sewing.) We’re not asking for perfection. We’re asking for help. We suggest 1/4 inch seams. If there is a piece of fabric that you don’t like, don’t use it. If you want to add something, feel free! If we have any suggestions, they’re on a note inside. Please contact Kris Peterson at 574-238-2065.
- **Yearbook**—Jan Ganger, Clinton Clique

#### New Business/Looking Ahead

- **State Conference Report**—Brenda Mestach shared her experience at the State Conference in Noblesville at Embassy Suites and encouraged all to attend in the future. There is much to learn in helping our clubs grow and flourish!

- **Fall District Meeting**—Elkhart County hosting. More details forthcoming.
- **Exchange-A-Club**—This has been a most enjoyable experience for those clubs participating.
- **Budget Approval**—Because there were several questions on the budget, the passing of it was tabled. Ramona Huber will inform us as to the “ins and outs” of various items.

#### Future Council Meetings

- October 27, 2022
- February 23, 2023
- March 23, 2023

### Camp ELKO Retreat

Fifteen Elkhart County Homemakers were among almost 50 attendees for Camp ELKO on September 12-13, 2022. “A Time for Us” was the theme selected by the committee chaired by Sue Martin of Kosciusko County. Linda Curley, Lake County Educator, presented a lesson on “The Slow Movement” trend. Staying mindful, being focused, and appreciating the moments of our lives increases the quality of our lives in our food, crafts, and culture.

Rachel McNett, Ft. Wayne, shared her love of orchids and tips for their care and propagation. Tammie Davis from Warsaw taught everyone to create a lovely beach scene painting.



During the business meeting, Cansie Witcher from Homemakers of Today volunteered to chair the planning committee for next year. Other committee members and volunteers from the 2022 committee also agreed to serve. Attendees approved using some of the auction proceeds to donate to Camp Mack’s capital campaign and will have a labeled brick in the Peace Garden at Camp. Donations will also be sent to each of the 4 participating counties’ organizations.

Delicious food, enjoyable hobbies and skills, fun, and fellowship were shared and new friendships created. The tentative date for 2023 is the Monday and Tuesday of the week after Labor Day.



**Left-Right:** Donna Hibschman, Kathy Stoltzfus, Lisa Stephens, Lisa Honey, Deb Pepple, Theo Outman, & Bea Blosser



Jill Cohen (foreground) and Tena Jakubowicz (background)



**Back L-R:** Cynthia Witcher, Cansie Witcher, Jeannine Martin, Lisa Stephens, Deb Pepple, Tena Jakubowicz, Bev Earnhart, & Georgia Gouin  
**Front L-R:** Bea Blosser, Kathy Stoltzfus, Theo Outman, Donna Hibschman, Michelle Blough, Jill Cohen, & Lisa Honey



## *Make a Difference Day!*



It has been great hearing from you about the different projects undertaken by our homemakers to support Make-a-Difference Day. Some were done on October 22 which was the official day and some were done throughout the month. Here are a few of them:

- Creative Homemakers hosted Betsy Ayrea the director of Soup of Success, a program through Church Community Services. She gave an overview of the program and the club gave a monetary donation for the program as well as collected non-perishable food for the CCS pantry.
- Cathy Van Huystee of Four Seasons reported—  
"My Make-A-Difference Day involved my husband and I traveling to Hartford City on Friday to visit a childhood friend who is like a brother to me. We picked John up and drove to Ball State, John and I's alma mater. John and I are pictured by Beneficence "Benny". She symbolizes the generosity of the 5 Ball brothers that donated land to Indiana allowing Ball State to flourish! It was a fun day and I'm sure it meant a lot to John that we traveled down to visit him.
- Kim Foy, a new member in our organization sent a donation to the Humane Society. This included wet cat food and dry dog food.



- Michelle Blough contributed to the Blessing Box at her church Goshen City Church of the Brethren.
- Kim McCreary of Modern Homemakers volunteered at a school book fair.
- Homemakers of Today made puppy pillows and heart pillows and donated them to Elkhart General Hospital.
- Deb Pepple and Kris Hochstetler of Creative Homemakers along with Kris Peterson of Busy Homemakers went on a mission trip with Faith United Methodist Church October 9-15 to Henderson Settlement in Frakes, Kentucky. They helped in the thrift shop, helped in the food pantry, power washed, and helped with siding a house and laying new flooring.
- Clinton Clique donated school supplies to a local school to help out the teachers.



**Thank you to all who shared how you made a difference!**

### Exchange-A-Club

Below are the pairings for this year's Exchange-A-Club. If you have any questions, email Vickie Gortney at [vegortney@yahoo.com](mailto:vegortney@yahoo.com) Busy Homemakers & Clinton Clique; Hex Rural & Jefferson; Creative Homemakers & York; Four Seasons & Homemakers of Today

## Fall Holiday Program

After a two-year hiatus, the Elkhart County Extension Homemakers held their event “Homemade for the Holidays” on Saturday, October 29, 2022 at the Home & Family Arts building on the Elkhart County 4-H Fairgrounds in Goshen. The event was held from 9am-12pm. There was a \$7 charge at the door. Becky Carrington, Secretary/Treasurer of the Creative Circle club, and Sherry Weaver of Busy Homemakers welcomed guests with a warm smile and handed out the program booklet. Each guest signed up for door prizes. The booklet included recipes and crafts. All recipes and crafts were approved by the committee. The booklet also explained what Purdue Extension and the Extension Homemakers are and how they tie together for women of all ages and stages in life.



Brenda Mestach, Co-Chair of the Membership Committee, had a table full of informative flyers about Extension Homemakers. Brenda can be contacted at 574-612-2449 or Marlys Prough (Co-Chair) can be contacted at 574-642-3108.

Chairperson Bea Blosser welcomed everyone. She introduced her committee which consisted of Advisor Kim McCreary, Patty Janowski, Sherry Weaver, Ramona Huber (absent), Deb Pepple, Brenda Mestach, and Extension Educator Emily Christ.

Special thanks to Jenn Fink for creating the booklet. Helpers for the day were Kathy Stoltzfus and her daughter Beth. Emily, Devin, and Madelyn Pepple (Deb Pepple’s granddaughters) were very helpful in setting up the night before the event.

Bea Blosser and Patty Janowski also helped in passing out food samples. Kim McCreary helped with craft items. Emily Christ, Extension Educator, presented a mini-lesson on “7 Tips on Reducing Holiday Stress”.

The program was well-attended. There were 40 guests which included committee members and helpers. Door prizes were given at the end of the program. Bea Blosser thanked everyone for coming and is looking forward to next year’s program.

## 2022-23 Yearbook Updates

Please make the following updates to your current Yearbook.

- Pg. 3—Remove Patricia Osborne as County Treasurer. Move Lisa Stephens to Treasurer. Deb Pepple will be acting as Asst. Treasurer for the moment. Start sending any dues, checks, reimbursements, etc. to Lisa. Her address is on pg. 3 of your Yearbook.
- Pg. 20—Add Mary Ann Lienhart Cross (Non-Member) - 574-596-0556 to the Home & Family Arts (2023 Fair) Committee. Remove Lisa Stephens from HFA Committee.
- Pg. 24—The remaining members of the honor club Middlebury Homemakers have joined the Homemakers of Today club. Therefore, Middlebury Homemakers will no longer be a club. Please remove this club from your Yearbook listing.

## Lesson Materials Reminder

As of March 2022, Purdue Extension policy has been changed to reflect that individuals must join educational programs in person or virtually to receive program materials. Club representatives who will be reteaching the program to their club members will continue to receive materials to reteach the lesson. If you are signed up to take a program and cannot attend, please see if another club member can take your place, or we can provide you names of other clubs that attended who may be interested in reteaching it to your club. In addition, the IEHA website posts educational programs that may be beneficial for your club. Their website is: <https://ieha-families.org/about-us/education/>

## Ext. Homemakers Council Meeting—October 27, 2022

Submitted by Nancy Gleim, Elkhart Co. Ext Homemakers Secretary  
The meeting was called to order by President Deb Pepple. The Pledge of Allegiance was led by Lisa Honey, Clinton Clique. Sharol Cloud, Homemakers of Today, led the Club Creed. Sarah Downing, Creative Homemakers, presented a positive thought to the group. The Roll Call, “What

did your club do for Make-A-Difference Day?" was answered by 14 clubs. The minutes of the last meeting were handed out prior to the meeting. The motion was made by Sharol Cloud to accept the corrections to the minutes, Marlys Prough seconded it, and the motion was passed.

With Patricia Osborne's resignation, Assistant Treasurer Lisa Stephens has gracefully moved into the County Treasurer's position. The savings account at Interra has \$5.06 + \$650.00 (Nancy Miller donations) = \$655.06. Lisa asked that all outstanding checks be taken to the bank and cancelled. The proposed budget was discussed. A motion was made by Michelle Blough to accept the budget as corrected, and Lisa Honey seconded it. The motion was passed.

#### Committee Reports

- **Achievement Night**— Reported by Sharol Cloud. The committee met Tuesday, October 11, 2022. The theme will be our President's this year: "We cannot become what we want by remaining what we are." Colors and decorations were decided and the committee members were assigned various duties. The event will be on Tuesday, April 18th at 6:00pm. Doors will open at 5:30pm for those bringing salads, desserts, etc. Beverages and table service will be furnished. Next committee meeting will be on Tuesday, February 21, 2023 at 10:00am in the Extension Conference Room.
- **Cultural Arts**—The Special Project for 2023 is a Fairy Garden no larger than an 18" dimension. For 2024 it will be a table runner no wider than 18" - any length, any medium.
- **Fall Holiday Program**—A committee meeting was held at Bea Blosser's home on October 26, 2022 at 6:00pm. A printed report was provided.
- **Home & Family Arts Fundraising**—The committee will meet in late January.
- **Membership**—The New Moon Crew are meeting on a monthly basis with 7 members in attendance. They are very interested in craft making at their meetings.
- **Nominating**—Election of Officers will be at the February Council meeting.

#### New Business/Looking Ahead

- **Nominations of club members for Homemaker of the Year are encouraged to be in by January 1, 2023.**

- Brenda Mestach encouraged members to check out the website for the Elkhart County Extension Homemakers (pg. 12 of Yearbook).
- The Spring District Meeting will be held at Camp Mack in Milford, IN on March 30, 2023.
- Home & Family Conference will be June 5-7, 2023 at the Embassy Suites in Noblesville.
- Vickie Gortney collected the surveys as to the items to keep in our Yearbook and those items that could be eliminated. There were sample yearbooks from other counties for a comparison.

Kim McCreary made the motion to adjourn the meeting. Sharol Cloud seconded the motion. The meeting was adjourned.

Next Meetings: February 23, 2023 & March 23, 2023

Questions about food storage, food safety, or food preservation? We're here to help!

Emily Christ  
Health & Human Sciences Educator  
Purdue Extension Elkhart County  
(574) 533-0554  
ewitters@purdue.edu

To purchase a printed  
USDA Canning Guide, visit  
[www.extension.purdue.edu/  
usdacanning/](http://www.extension.purdue.edu/usdacanning/)

To view, download, or print a  
USDA Canning Guide, visit  
<https://bit.ly/USDAcanning>





## Food and Nutrition

### Reading the Nutrition Label

*Emily Christ, HHS Educator*

When you are standing in the middle of the grocery store, it can be overwhelming to stop and read the label on a food item. Many individuals have to look at the nutrition label for some reason or another including weight loss, health reasons, or allergies. The five main areas to look at are the serving size, total calories, nutrient list, daily value percentage, and ingredient list. Sometimes you won't find the ingredient list on the nutrition label. It may be located below or off to the side. Knowing where to find that list is especially important for those who have allergies. Ingredients are listed in order from the greatest amount used to the smallest amount used.

The next thing you will notice on a label is how many calories the food item has. This can be found at the top of the nutrition label in bold. Calories are used to measure how much energy someone will get from a serving size. Depending on how the item is packaged, there may be one serving or multiple. This is something to look for when determining how many calories you should eat in a day. For instance, if a bag of popcorn contains two servings at 140 calories per serving and you eat the whole bag, then you have consumed 280 calories total towards your daily calorie intake.

The nutrient list is usually where people can get a bit confused. In this list, you will usually find the total amount of fat, protein, sugar, sodium, etc. in a food product. One of the items that individuals may get confused on is the added sugar on the nutrient list. Because sugar can disguise itself in many forms, there may be section titled added sugar to show there were additives included rather than just natural sugars.

The last section you will see is the % daily value. This indicates the daily value for each nutrient in a serving of the food. This can be represented in many ways, but it is intended to instruct individuals on the amount of nutrients to either consume or not to exceed for the day. Overall, it is important to read nutrition labels for your health and to understand what you are putting in your body.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Leadership Development

### The Importance of Diversity

*Emily Christ, HHS Educator*

In the 21st century, there is a great need for acceptance. We find ourselves wanting to be heard and seen for who we really are. As a society, we are continuing to become more diverse, which in turn causes further conversation to push a diverse mindset in our daily tasks. Diversity is the practice of including all individuals no matter their demographics including (but not limited to) race, ethnicity, and gender. While most companies and organizations have achieved a true diverse and inclusive environment, there may still be individuals who are working on changing the way they think, act, and speak.



Diversity is looked at in a way of showing the uniqueness and difference that each individual encompasses. This is beneficial in many situations, especially in a group situation when trying to configure new ideas and various perspectives. This allows a broader way of thinking and can help with creating new experiences that you would have never had the opportunity to experience before. While everyone has their own way of completing a task or handling an issue, having a different perspective can be incredibly useful. When we are able to see something through a different lens, we begin to see what others might struggle with, create accommodations, and diminish any sense of discrimination.

There are several areas of our lives where we can begin to look inward to make a daily change towards diversity. One part of diversity includes individuals having equal access to opportunities including housing, employment, schooling, and health care. For instance, having employees of diverse backgrounds in leadership roles in an organization will hopefully continue that flow throughout the organization. Not only in these places do we need to come together to diversify but we need to as a society. Ensure that everyone is treated fairly - your neighbor, customers, employees, and even the person you sat next to on the bus. Everyone deserves the same level of opportunity.

# Human Development

## Mental Health Stigma

*Emily Christ, HHS Educator*

The prevalence of mental illness in the USA is at an all-time high. In fact, 1 in 5 adults are living with a mental illness. These mental illnesses include anxiety, depression, post-traumatic stress disorder (PTSD), and more. Given how frequent individuals experience mental health symptoms, society's reactions and treatments are contradicting. In today's society, a stigma has been created surrounding mental health to place shame on those who have a perceived difference or non-existent outlet. So, what is stigma? Stigma is when someone views you negatively due to specific characteristics or personal traits that are considered to them to be a disadvantage.

For many people, when we think of stigma, we immediately think of discrimination. Sometimes, stigma can be direct in the form of making a negative comment to someone about their mental illness or the treatment they are pursuing, or conveying their beliefs behind the illness. In some cases, it can be indirect and the individual may not even notice. Someone could be avoiding them or assuming the worst about them and the condition they're in. Both direct and indirect stigma can negatively impact someone and can cause further harmful effects.

The reason this could be harmful for someone struggling with their mental health is because they are less likely to seek help or treatment. Stigma can also lead to less opportunities in the workplace, school, or other social situations. In some cases, stigma can lead to further bullying and harassment. Unfortunately, the main reason why there is a huge stigma around mental health is due to the lack of awareness, perception, and overall education. Most importantly, the scariest part of stigma or discrimination is that it can make the illness worse in many cases.

In order to avoid isolation and shame, it is important to create awareness of the issue. There are many ways to overcome stigma and it begins with joining a support group or surrounding yourself with people who are supportive. Do your best not to isolate yourself or characterize yourself with the illness. Just because an individual has a mental illness does not mean it defines them. While other people's judgements can be hard to overcome, you are the one who lives with the condition. You have the opportunity to educate others on how to make a difference surrounding mental health stigma.

# Family Resource Management

## SMART Goals

*Emily Christ, HHS Educator*

We all have specific goals that we want to reach. Sometimes they seem unattainable or difficult to start working towards. These could be a broad range of goals such as a new job, applying for schools, or wanting to lose weight. It may have been something you have already tried before and you were unsuccessful because you got too busy or life got in the way. Creating a SMART goal is designed to give intention and action to what is being completed. The acronym SMART stands for specific, measurable, achievable, relevant, and time-bound.

Many of the goals we make are too broad or vague. Think about what you specifically need to do to complete your goal. Does it involve a specific person, place, or thing? A lot of people ask themselves the five w's (who, what, where, when, why) when looking at the specific portion of a SMART goal. This helps cover all the areas when looking at specifics.

When it comes to determining if a goal is measurable, the key is finding a metric unit to consider the goal attainable. Specifically, when it comes to weight loss or learning a new hobby, these goals tend to be more easily measured than others because of the use of specific numbers or dates. An example of a measurable goal would be to lose 10 lbs. by Dec. 25, 2022.

Determining if a goal is achievable or not comes with looking inward and at the challenges that may fall ahead. This involves being able to adapt and stretch one's capabilities to challenge the idea of achieving the goal. By determining if a goal is achievable or not, this will adhere to one's success rate. An example of an achievable goal would be wanting to move up to the next level in your company. What would not be considered achievable is winning an Oscar if you have never acted before. Your goal should be achievable within your capabilities and within a realistic time frame.

Ask yourself if the goal is relevant to you. Is it relevant to the aspects in your life such as your career, family, health, etc.? When creating a SMART goal, it should be meaningful and valuable to you. It should inhibit all aspects of your life while considering the time and effort/skills needed.

Lastly, the SMART goal should be achievable in a timely and orderly fashion. This could look like setting a date of completion or giving yourself small deadlines up until the overall goal is completed. This will help with motivation and with completing the goal successfully.

It is easy to make goals for ourselves but not always easy to follow through with them. We get into the same routines which can cause a lack of ambition. SMART goals are created to help push individuals to achieve their goals in a way that makes sense scientifically and can increase the ability of completion.