



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



*September/October
2023*

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Letter From Your County President

Early Fall Greetings Extension Homemakers,

One of my hobbies is to make picture albums for my family. I have made many albums over the years. One album that is treasured by all my family is an album remembering "Team G Racing" at Goshen High School. Team G Racing was the beginning of my family's involvement in drag car racing. Team G had made many modifications on a 1957 Chevy. The students donated their time to build a drag-race car, performed all the mechanical work, purchased and financed the car with money they had earned, while developing team work and cooperation during the whole process. The goal in 1991 was to produce a modified drag racing car; but, thanks to a vocational teacher's inspiration, a dream became a reality. Our oldest son, Ryan, became the first race car driver for Team G. Ryan is now an instructor at the Elkhart Area Career Center and he is inspiring his students to earn scholarship money for continuing education.

The **150th Elkhart County 4-H Fair** is in the books, along with many wonderful memories. What a pleasure to see our ladies in the Fair parade, modeling their fashions at the Fashion Show, sharing their talents with a potpourri craft or sharing educational information in a booth. Over 1,000 entries were exhibited this year. Thank you to everyone who made the landscaping in front of the HFA building so beautiful for all to enjoy. Our HFA Fundraiser received over 50 items giving us just under \$3,000. Our "cylinder" donations went to the Center for Healing and Hope. Not only was the cylinder filled, but we had two grocery carts filled as well. If you helped support us before/during/after the fair, then we want to say "Thank You" to everyone! A job, well done ladies! A job, well done!

Camp ELKO is quickly approaching, Sept. 11 and 12. We will be meeting at the Ulrich Lodge, which has just been recently renovated. Don't forget your "Unbirthday" gift and your hat to wear to the tea party. Many fun activities have been planned. I hope to see many of you there.

The **Michigan City Fall District meeting** will be Sept. 20 at the Sailor Center at Hubbard Hill Retirement Community, 28042 Hubbard Hill Lane, Elkhart. Registration begins at 10 and the meeting starts at 10:30. A light breakfast will be offered and lunch provided. The cost is \$15 per person. If you have not sent in your registration, there is still time for you to do so. Registrations must be received by Sept. 6. Please notify Lisa Stephens, County Treasurer, 574-971-1486 or by email at lisamarie06291969@icloud.com with your registration information. We still need auction items and breakfast items donated. Please contact Deb Pepple for more information. We are hoping for good attendance from our county. So, please check your calendar and make plans now to attend. We have several speakers planned for that day, including Peg Peter, our IEHA State President. Peg's theme this year is "Get Connected, Stay Connected." So, "Lego" everyone!

IEHA week is Oct. 22-28. Each Club President received a tool kit at the Council Meeting for ideas on how to promote Extension Homemakers through each club. Please take pictures and share with us on our Facebook page. Send your pictures to Deb Pepple at djudson1953@aol.com.

Oct. 28 is IEHA Make-a-Difference Day, which is also the same day as the **Fall Holiday Program**. Plans are being made to make the Fall Holiday Program a special day for all who attend. What a wonderful way to introduce Extension Homemakers to your family or friends. Check this printing of the Coffee Cup for more information. Make plans now to attend.

Have a blessed Fall everyone.
Vickie Gortney, County President
Elkhart County Extension Homemakers

Mark Your Calendars

Looking Ahead...

- *Enrollment forms due in office ASAP
- *EEO statements due in office after 1st club meeting (if not turned in at Officer's Training)
- *Educational lesson sign-up sheets due in office ASAP

September 2023

- 9 **County Officers Board Meeting**, Vickie's House—1pm to 2pm
(Note: Changes made due to conflicting date with Camp ELKO. Preparations for Fall District Meeting prior to Board Meeting.)
- 11-12 **Camp ELKO Retreat**
- 12 **VCS Sewing Day**, HFA Bldg.—9 am to 3 pm
- 20 **Fall Michigan City District Meeting** (Sailor Ctr., Hubbard Hill)
- 21 **EH Lesson: Apps Can Save You Time & Money** (1pm in-person)
- 28 **Council Meeting**, Ext. Office Conference Room—6:30pm

October 2023

- 9 **County Officers Board Meeting**, Ext. Office—4:30pm
- 10 **VCS Sewing Day**, HFA Bldg.—9 am to 3 pm
- 19 **EH Lesson: Mindful Eating** (1pm in-person)
- 28 **Fall Holiday Program**, HFA Bldg., - 9 am to Noon



September— Barbara Bender, Michelle Blough, Jen Chupp, Phyllis Cooper, Janet Gardner, Nancy Gleim, Vickie Gortney, Charlene Hay, Carol S. Kauffman, Crystal Marrufo, Barbara Ogle, Deb Pepple, Marilyn Potthast, Norma Schrock, Nikki Stump, and Margaret Weybright

October— Kathy Graber, Nancy Hawkins, Karen Hershberger, Judy Hickman, Tena Jakubowicz, Beth Phillips, Marlys Prough, Diana Rohrer, Janet Ryman, Ruby Snyder, and Sherry Weaver

Extension Homemaker News

2023-24 Enrollment Forms

The following clubs need to submit their enrollment forms for this current club year to the Ext. Office:

- Creative Homemakers
- New Moon Crew
- Pie-Gabba-Sew (Honor Club)

2023-24 Lesson Sign-Ups

The following clubs need to submit their lesson sign-up sheet for the current club year to the Ext. Office:

- Friends & Neighbors
- Modern Homemakers
- New Moon Crew
- York Homemakers

2023-24 Yearbook Updates

Please make the following updates in your 2023-24 Yearbook:

- **Pg. 2**—Change Kimberly McCreary’s address to: 909 North Indiana Ave. Lot 21, Goshen, IN 46528
- **Pg. 18**—Add Deb Pepple (574-333-2247) & Lisa Stephens (574-971-1486) as HFA Co-Directors ‘25 (Asst. ‘24)
- **Pg. 18**—Add JoAnne Graber (574-596-7348) and Mary Herschberger (574-326-7071) to HFA Committee

Fair News/Home & Family Arts Results

Fashion Show Highlights

Fifteen local seamstresses entered into the Fashion Show. Judging took place July 13 with the Open House Show held on July 20.

The 1st place winners of each category are:

Non-Professional

Aprons: Hannah Lucas, Goshen

Coats or Suits: Melody Moore, Elkhart

Dresses: Louanne Gressman-Dunn, Goshen

My Choice: Marcia Kay Stewart, Elkhart

Other – Embellished: Deb George, Wakarusa

Sewing for Others (infant to 5): Donna Hibsichman, Syracuse

Sewing for Others (ages 6 to 12): Kay Method, Nappanee

Sewing for Others (ages 13 to 17): Elaine Mast, Nappanee

Sewing for Others (adult): Louanne Gressman-Dunn, Goshen

Bridesmaids or Formals: Karen Meade, Goshen

Professional

Family Outfits: May Beane, Elkhart

Separates: May Beane, Elkhart

Open Class Results

Over 285 exhibitors entered into the Open Class Home & Family Arts Department contests this year. Below are the Grand Champion winners of each category:

- Antiques: Joe Hibsichman, Syracuse
- Aprons: Maryann Zerbe, Goshen
- Creative Arts: Jennifer Quinton, Goshen
- Culinary Arts – Baking: Carolyn Riddle, Goshen
- Cul. Arts – Cake Decorating – Cakes: Amber Schlundt, Goshen
- Cul. Arts – Food Pres., Canning: Carl Lauster, Winona Lake
- Culinary Arts – Food Pres., Misc.: Melinda O’Neil, Lafayette
- Handicrafts: Fiona Denham, Goshen
- Needlework: Penny Conover, Elkhart
- Photography: Jodie Thurston, Connersville
- Quilts – Individual: Rosalyn Cross, Middlebury
- Quilts - Group: Kathy Koch, Middlebury
- Sewing (Wearable): Melody Moore, Elkhart
- Sewing (Non-wearable): Ashley Gardner, Syracuse
- Overall Grand Champion Exhibit: Jennifer Quinton, Goshen

The Special Contest winners are:

- President’s Baked Item: Danae Bell, Goshen
- Fresh Salsa: Karen Meade, Goshen & Trevor Wendzonka, Goshen
- Dairy Delicious: Karen Meade, Goshen
- Fastest Fingers: Allison Pinton, Goshen
- Year of the Broccoli: Karen Meade, Goshen
- Longest Apple Peel: Patricia Hochstetler, Goshen

- Annual Senior Citizen's Cookies: Carolynn Riddle, Goshen & Karen Meade, Goshen
- Corn Meal: Carolynn Riddle, Goshen
- Lawn Ornament: Dennis Hahn, Goshen
- Bursting with Blueberries: Karen Meade, Goshen; Virginia Mansfield, Middlebury, & Mark Zak, Goshen
- Best of Michiana Ribs: Karen Meade, Goshen
- Ice Cream Crank-Off: Craig Yoder Family, Goshen
- Byler Lienhart Cook Off:
 - ⇒ Pork-Cut: Mark & Neil Slabaugh, Goshen
 - ⇒ Pork-Ground: Mark & Neil Slabaugh, Goshen
 - ⇒ Beef-Cut: Ryan Meade, Syracuse
 - ⇒ Beef-Ground: Mark & Neil Slabaugh, Goshen
 - ⇒ Lamb-Cut: Mark & Neil Slabaugh, Goshen
 - ⇒ Lamb-Ground: Mark & Neil Slabaugh, Goshen

For more results and recipes, visit:

<https://extension.purdue.edu/county/elkhart/open-class-hfa.html>



The HFA building won 2nd place for the First Impressions Award of Excellence at the 2023 Elkhart County 4-H Fair!

EH Council Meeting Minutes—August 24, 2023

Submitted by Deb Pepple, Acting Secretary for Nancy Gleim

The meeting was called to order at 6:30 by president Vickie Gortney. The Pledge of Allegiance was led by Sherry Weaver of Busy Homemakers and the Homemakers Creed was led by Peggy Malott of Clinton Classics. Lisa Honey gave the Positive Thought.

In the absence of county secretary Nancy Gleim, Deb Pepple did the roll call asking how many from each club were going to Camp ELKO and the Fall District Meeting. There were 11 going to Camp and 12 going to District. Some clubs hadn't met so were unsure if anyone from their club was attending either.

Minutes from the last council meeting were distributed and Deb asked for approval, without them being read as they had been published in a Coffee Cup. Suzette Yurko of Creative Homemakers moved to approve the minutes without reading them and Sherry Weaver of Busy Homemakers seconded the motion. Motion was passed by the council.

Lisa Stephens went over the treasurer's report and the budget for 2023-2024. She explained that we were about \$400 over budget last year instead of over \$900 as shown because we had billing from the office for \$500 from 2022 that was included in that. This situation has been corrected so that we will be billed based on our calendar year of July 1-June 30. The budget was emailed to the county presidents a few days early for them to look at. A few had not received it so a list was made for Jenn to double check emails. Kim McCreary of Modern Homemakers moved to approve the reports as presented and Patsy Berkey of Hex Rural seconded. The council passed it.

Louanne Gressman-Dunn discussed Exchange-a-Club and said that 5 clubs had signed up so far. She asked that those clubs who were still thinking about it get their papers in to her ASAP so she can get the pairings out sometime in September.

Deb Pepple gave a report on Fall District Meeting. She said that to go along with the state president's theme of Get Connected-Stay

Connected, LEGOs are being used as the decorations. She reminded the council that reservations and the \$15 per person fees are due to Lisa Stephens by September 6. For Elkhart County ladies there is a little wiggle room of 2-3 days past that date as long as they let Lisa know. Deb doesn't meet with the caterer until September 11. We want to have lots of ladies attend. We need donations of breakfast items and some extra helpers as well as raffle donations. A sign-up sheet was passed around and many spots were filled. An email will go out to members of openings that still exist and they can contact Deb to fill those. Donation items should be brought to the Sailor Center at Hubbard Hill on the 20th by 9:00 AM or make arrangements to get them to Deb on the 19th.

Deb also passed out a few information cards on ladies who were interested in joining a club.

Vickie Gortney shared a booklet from IEHA about IEHA week which is October 22-28. It was filled with ideas that the clubs could do to promote our organization. Vickie is suggesting that clubs participate in some type of Make-a-Difference activity during this week.

Committee Reports

Achievement Night— Cathy VanHuystee from Four Seasons reported that they haven't met yet for this year but will be meeting in October. The date for Achievement Night is April 16.

- **Auditing**—Vickie reported for this committee in the absence of JoAnne Graber. Audits for both Home and Family Arts and the county organization have been completed and both passed.
- **Camp ELKO**— Cansie Witcher of Homemakers of Today reported that currently they have 21 full-time and 4 part-time registrations. Registrations are due August 25 with a grace period to September 8. After that an additional \$5 per person will be charged. She clarified that the \$10 gift is not mandatory. It's only if you want to participate in the exchange during the party. She is very excited about all of the renovations that have been

done to the lodge including ADA bathrooms, no bunk beds, elevator, and electrical outlets by each bed.

- **Cultural Arts & Heritage Skills**—No report
- **Fall Holiday Program** — Sherry Weaver of Busy Homemakers reported that the committee has met twice so far and the program is called Creative Crafts and Cuisines-Homemade for the Holidays. Admission will be \$10 and so far have 15 crafts and 17 food items. Some of these will be for make-and-take and tasting. The committee is preparing all recipes ahead of time for taste testing and approval at the committee meetings. Sherry plans to promote Heritage Skills at the fall program and also encouraged every club to have 50% of their membership present.
- **Fashion Show**— Deb Pepple gave the report for Patty Janowski of Creative Homemakers who was unable to attend. This year there were 15 different entrants modeling 30 different outfits. Some suggestions were made for improving the experience next year. One was that it was suggested that furniture (tables and chairs) not be moved around and set up until the judge finishes judging and has left the building. It was distracting to her and her helper as they tried to tally the results and a couple of errors were made. It was also suggested meeting with all contestants prior to the start of judging to give each a chance to walk the stage. Also, when photos are taken, they should be wearing their winning item. Some double check measures will be put in place to make sure correct info is recorded and names spelled correctly. Communication with Jenn is essential and cannot be forgotten. More helpers are needed and will be asked for next year. The committee worked well together and had fun putting the event together.
- **Historian**—Cansie Witcher of Homemakers of Today introduced herself and explained that she was new to the job after Martha Weirich's long tenure. The ladies from Clinton Classics were going to get Martha's info to her so they could network. Cansie asked that we keep her in the loop when committees meet and events happen so she can take photographs and get documen-

tation in order to keep up a scrapbook and post on the Facebook page. When contacting her, please make sure she has a phone number and contact person if you are requesting her to attend an event or meeting. She is going to check which news sources she might utilize and also to watch for homemaker news.

- **Home & Family Arts**— Debbie George of Hex Rural reported for Ramona Huber. The HFA committee met for a follow-up meeting last week. It was a great fair and entries were up. There were over 1,000 entries including baked goods. There is still room for entries in all departments. If you have unfinished objects around the house, this winter is the time to finish them for next year's fair.

Next year, 2024, the director will be Debbie George and Deb Pepple and Lisa Stephens will be co-assistants becoming co-directors in 2025. We need others to step up and volunteer to follow them. Even if you've never served on the HFA committee, it's okay. Ask someone to co-chair with you and share the work. You will have a couple of years to shadow current directors to learn the job. The Extension Office is always willing to help you also.

Thank you to everyone who helped with the cleaning of the building. Volunteers from Genesis helped a lot by moving all the heavy items out of display cases and putting up the fencing. Without the homemakers help it couldn't have looked as good as it did. Thanks also to those who were hostesses and crafters. Everyone did a fantastic job.

The cylinder was full of items and overflowed into two grocery carts. The Center for Healing and Hope was so grateful for all that was donated. It's ladies like our homemakers who help to meet the needs of others with warm hearts.

We hope to see lots of entries next year from you ladies to show off all the talent we have in this county.

- **Home & Family Arts Fundraiser**— Lisa Honey of Clinton Clique

reported that our silent auction during fair week raised just under \$3,000. Home and Family wants to thank each and every club member who helped make this possible. It's amazing what we can do when we pull together. Several clubs donated items and we greatly appreciate the handmade items, collectibles, and creative baskets. There were generous donations from the community and businesses also. Next year there may be some changes as possibly trying to get baskets turned in a little earlier so the process in the office is easier for them. Thanks again for a successful silent auction.

- **Home & Family Arts Landscape**—No report.
- **Nominating**— Kathy Stoltzfus of Creative Circle just spoke briefly and asked council (and club members) to consider volunteering when called to serve in an elected position. This next year we need Assistant Director for Home and Family Arts 2025 (becoming director 2026) and this can be two people. We also need a county vice president, a county secretary, and a county assistant treasurer.
- **Volunteer Community Sewing**— Kris Peterson of Busy Homemakers reported that all baby, lap, and twin sized blankets and pillowcases that were made since April were on display at the fair. All have been laundered and are still in storage.

If you are interested in making baby hats, you may use any pattern. Preemie hats must fit an orange and full term hats must fit a grapefruit. She showed examples. Jenny Huffman can answer questions pertaining to hats. Schools and shelters also need child and adult hats. If you need yarn for one of these projects please ask.

We will meet on Tuesday, September 12 to sew blankets. We always need sewers, pinners, and fabric cutters. Come when you can between 9-3. A delicious free lunch is served.

In a continual process, if you have a seamstress or two in your club or have family and friends who want to help out, there are always quilt tops and backs that need to be made. The instruc-

tions are basic. You use the fabric provided to make only a top and back ONLY. You do not need to put it together into final form. You can use any pattern or design or create your own. Many of the fabric cuts are leftover from mask making and are pre cut and ready to use. We don't need perfection. We need help! If there is fabric you don't like, don't use it. If you want to add something, feel free. We suggest ¼ " seams. Suggestions will be on a note inside the fabric package. Contact Kris Peterson for more information at 574-238-2065. We will need help knotting the blankets after the September sewing day and every month after that. This could be a club activity.

- **Yearbook**— Vickie Gortney of Four Seasons reported that the committee hasn't met yet for the new club year but that they have received good feedback on the new books. She briefly explained how she chose the songs for this book based on her love of racing.

Vickie closed the meeting shortly before 8:00pm.

Volunteer Community Support

Submitted by Michelle Blough

Volunteer Community Support activities cover a wide array of projects and opportunities for donations. Our county committee will resume sewing days in September. Volunteers meet on the 2nd Tuesday of the month 9:00am-3:00pm, with a tasty lunch provided. Kris Peterson is the chair of the committee. The day often focuses on stitching together blankets to be knotted later, lap blankets, and baby blankets. Sometimes pillow cases, bags, and adult and kid hats are also made. If there is a specific need for an item, the sewers meet the need.

Some individual Elkhart County clubs create puppy pillows and heart pillows to offer comfort. An ongoing effort by many individuals is the creation of baby hats in either a grapefruit or orange size. Kris usually has an update in the minutes of the Council meetings which are published in the Coffee Cup. She has supplies

and kits available in the foyer at the Extension Office. There is also yarn available if you contact Kris. The county president's Blue Book has patterns if needed and Kris gives excellent directions.

Besides sewing efforts, VCS projects include First Books for Kids, support for military heroes, Ronald McDonald House, Back Pack Program, IEHA Cancer Research Endowment Fund, and the NVON Project in Common. The current project focuses on bees. Coins for Friendship and Nickels for Leadership come under the VCS umbrella. You or your club can become a member of the Riley Cheer Guild. The fee facilitates art and music therapy for patients. Since COVID, they are accepting toys and other donations. Many shawls are still being created through the Threads of Compassion program of the Indiana Donor Network. There is a specific size, so please check before you stitch. Some of these organizations request a certain form to be included with the donation so a proper acknowledgment can be given. If you have questions about these other opportunities, check with county President Vickie Gortney or District Representative Michelle Blough. Contact information is in the yearbook.

Please remember the many groups and organizations in Elkhart County that need contributions of items and cash, as well as support and volunteers.



Get Connected - Stay Connected!

**Fall District Meeting
September 20, 2023**

Join us at the Sailor Center at Hubbard Hill and hear 3 excellent speakers, meet our state officers, participate in a fun raffle, and enjoy a continental breakfast and catered light lunch. Registration due to Lisa Stephens by Sept. 6 or call her (574-971-1486) to let her know if you can't meet that deadline. \$15/person. Doors open at 9:45am on Sept. 20.

Ways to Spice Up Your Meetings & Attract New Members

Elkhart County Extension Homemakers,

We have had many ladies indicate interest in our organization and in wanting to be part of one of our clubs. Brainstorming has been done with some clubs and also some clubs have shared things they do. We want to share this with all of our clubs in the hope that you will find some ways to make your meetings a real time of fun as well as learning.

- Come to the meeting dressed in clothing beginning with the first letter of your first name (or first letter of last name). Extra: You can “fine” those not doing so \$1 which will go into your club treasury.
- Have a game night. Play cards, dominoes, board games, mixer games, etc.
- Have a game night to raise money for your club treasury. Play LRC only use quarters instead of chips. Winner gets to keep half and half goes to treasury. Use two combined games (6 dice) if a larger group. Have raffle tickets for sale \$1 or 6 for \$5 and use them to bid on gift bags provided by party planners. Auction off an item many people might want to receive.
- Have a cookie walk. Each member brings a predetermined number of cookies and then each member is given a container and gets to take some of each of the cookies that are brought.
- Have a guest speaker. Many organizations like to visit and do presentations.
 - ⇒ ADEC
 - ⇒ RETA
 - ⇒ Hospice (there are several different ones)
 - ⇒ Elkhart County Parks (recycling, activities at parks, etc.)
 - ⇒ Ribbons of Hope
 - ⇒ Invite a local elected official to discuss issues of interest
 - ⇒ Council on Aging
 - ⇒ Emily Christ
 - ⇒ Elkhart County Historical Museum Staff

- Participate in service projects
 - ⇒ Sponsor a family at Christmas
 - ⇒ Decorate luminaries for Relay for Life
 - ⇒ Collect for a local food pantry
 - ⇒ Work the production line at Soup of Success (at the same time ask for a tour of the facilities)
 - ⇒ Make kindness hearts
 - ⇒ Participate in Volunteer Community Sewing Days
 - ⇒ Collect for Humane Society
 - ⇒ Pack backpacks for school children in your local district
 - ⇒ Serve at Faith Mission
 - ⇒ Others?
- Have a carry-in and have each member bring the recipe of their dish to share
- Have someone teach the club how to make a particular dish/snack/dessert
- Teach a craft (Pinterest has wonderful ideas)
- Teach knitting, crocheting, or simple sewing to younger members who want to learn
- Teach a county lesson (always try to do this and if not always possible, maybe one meeting have two lessons)
- Practice compacting the business part of your meeting to allow time for more activities. Minutes could be sent out ahead of time so they wouldn't have to be read at meeting but just corrected/approved. Agenda could be sent out ahead for all to see. New business kept to the point. Announcements typed up for each member to read themselves and allow for questions if any.
- Ideas for quick and fun fundraisers if needed
 - ⇒ Pound sale (everyone bring a pound of anything wrapped to auction)
 - ⇒ Weigh purses (have a scale and each person weighs their purse and is charged a set amount per pound-this works best if it's not announced ahead of time)
 - ⇒ Mystery bags (officers place white elephant items in

bags and members buy raffle tickets to place in containers in front of ones they think they want-draw a ticket for each one to determine winners)

⇒ Dirty Bingo (everyone brings a small wrapped gift, a fee is charged to play the game, and then gifts can be stolen until a predetermined time/end happens.)

Be sure that you are kind and welcoming to all potential members. Include them in your conversations and interactions. May be offer to pick them up for meetings the first couple of times until they become more comfortable with your group.

If your club meets in the afternoon, please remember that younger potential members are most likely working and will not be able to attend. Consider moving to an evening time. You could do as early as 6:00. Offer rides to those who don't drive in the evening.

Consider having one particular meeting place like a church or community center. This makes it easier for potential members to find the meeting each month and eliminates people having to clean their houses for a meeting (win-win). Many clubs already do this. You can still have hostesses who bring refreshments. Possibly consider having members bring their own drinks.

If a potential member indicates that your group isn't a good fit for them, don't be offended as each club is different with different personalities. Instead offer to help them find a different club or refer them back to the board so we can plug them in with a different group.

Each new club year, officers could meet ahead of the first meeting and plan out their agenda for the year as far as when lessons will be given, when crafts or other activities will be done, etc. Perhaps even fill out the yearbooks ahead of time so that all that needs to be added is hostesses. This is a great time saver.

Most of all be creative! Think outside the box!



Creative Crafts and Cuisine

HOMEMADE FOR THE HOLIDAYS

Saturday, October 28, 2023

9am-12pm

\$10 Admission (Cash/Check)

Home & Family Arts Building
Elkhart County 4-H Fairgrounds

The committee is hard at work planning an enjoyable experience for you with many opportunities for tasting, make-and-take, and networking. There will be demonstrations and a lesson from educator Emily Christ. Your fee covers samples and items you get as well as a great booklet with all the directions and recipes. Additional handouts will also be available. We will cover Halloween, Thanksgiving, and winter holidays.

Please register in advance so that we have the materials needed for you. Send/drop off your form with your cash/check (made out to Elkhart County Extension Homemakers) to the Ext. Office by October 15.



Registration

Name(s): _____

Phone: _____ Amount Enclosed: _____

Send to: HHS Department
Purdue Extension Elkhart County
17746 County Road 34 Ste. E
Goshen, IN 46528

OR
 Pay at the door



Human Development

The Importance of Self Care
Emily Christ, HHS Educator

Mental health includes our emotional, psychological and social well-being. It is pivotal to our overall health and quality of life. Mental health can affect how someone thinks, feels, acts and responds to different situations. An important way to manage our mental health is by implementing self-care techniques. The act of self-care can help you manage stress, lower your risk of illness and increase your energy level. Self-care can look different for different people. So, how do you go about incorporating self-care into your daily life?

In some cases, the act of self-care can be seen as a luxury instead of a necessity. As busy adults, we often push self-care off until we feel stressed and completely burnt out. Many researchers actually recommend making self-care a part of your routine and intentionally setting aside time for these activities. This could be scheduling specific time on the calendar for self-care or setting standing dates with friends, family members and partners to connect. While it's encouraged to take time for self-care, it isn't always easy to disengage from distractions like your cell phone/media devices or common stressors in your environment.

When days begin to run together and you are feeling burnt out, evaluate which areas of your life are in need of some attention and self-care. As life situations change, priorities change. Don't attempt to tackle everything at once. Do it in small steps that can be sustained long-term. Schedule time to focus on your needs. Even when you don't think you can squeeze anything else in, make self-care your priority. Always be kind to yourself and your basic human needs.



Health & Wellness

Body Image
Emily Christ, HHS Educator

Body image is how people think and feel about their own body. Body image perception is different with each person. In today's society with the growing sense of an ideal body image, individuals will try to lose or gain body weight to receive the "perfect body".

In recent years, the use of social media has increased tremendously resulting in an increased number of those who struggle with mental health, body image issues, and eating disorders. On average, youth spend anywhere between 6 to 10 hours a day scrolling through social media. During these hours on the internet, youth can see thousands of photos, posts, and images of celebrities and models that they can compare themselves to resulting in dissatisfaction with their own bodies.

Significant research has shown a correlation between lack of body image and increased social media use. While having body image dissatisfaction is a relatively common experience, it can be a risk factor for mental health problems later on. It's important to seek help when needed and to understand that you are not alone.

There are ways to diminish the negative feelings of body image which include limiting screen time, practicing healthy conversation, and knowing you are unique in your own way. Understand that nobody is the same. In our daily lives, we can all be more aware of how we speak about our own and other people's bodies in casual conversations with friends and family.

