

The Hearthstone Herald

A NEWSLETTER FOR EXTENSION HOMEMAKERS OF HANCOCK COUNTY, INDIANA

GREETINGS EXTENSION HOMEMAKERS

Hello all—

It's almost October! Are you ready?



The yearly planning books are finished, Thank you Mandy, Bobbie & the office staff.

Please check and let me know of any changes or corrections. The date for our County Christmas Dinner is December 7th, at the fairgrounds and the Spring District Day will be in Boone County on March 20th.

Please offer to help or assist with our many upcoming dates listed in our newsletter.

Looking forward to celebrating Fall and welcoming the holiday season with our homemakers group.

Again, if you have questions or suggestions, let's talk.

- Margie Clark



Use...

- your voice for kindness*
- your ears for compassion*
- your hands for charity*
- your mind for truth*
- and your heart for love.*

Cultivate kindness friends.

Educator Update



Dear Homemakers,

Boost Your Health This October: Tips for Women

October is upon us, and it's a great time to take stock of our health and wellness goals. With the fall season in full swing, now is the perfect time to revamp your routines and prioritize your well-being. Here are some health tips specifically for senior women to keep in mind.

Physical Activity: A Must-Do!

Exercise isn't just for the young—it's vital for individuals of all ages. Ladies, you don't have to run a marathon. Even light activities like walking, swimming, or gentle yoga can provide immense benefits. Regular physical exercise helps maintain bone density, improve balance and coordination, and boost mood.

Nutrition: More Than Just Food

What you eat impacts how you feel. Opt for a balanced diet rich in fruits, vegetables, lean protein, and whole grains. Remember to include calcium and Vitamin D sources to keep those bones strong!

Mental Well-being: Keep That Spark Alive!

Mental health is just as important as physical health. Activities like reading, puzzles, or even simple breathing exercises can help keep your mind sharp. Staying socially active and connected with your loved ones is critical to mental well-being.

Regular Check-ups: Prevention is Better Than Cure

Make sure to schedule regular check-ups with your healthcare providers. Early detection of issues can help in better management and treatment.

Mandy Gray

HHS Extension Educator



Kindness Rocks! Club Updates

Kindness Rocks has our first community rock garden planted in front of Changing Footprints.

We are still collecting new toiletries for shower caddies for the homeless shelter, a box is in the lobby of the Extension Office for your convenience.



WANTED: HOMELESS SHELTER DONATIONS

- SHAMPOO
- CONDITIONER
- SOAP
- RAZORS
- SHAVING CREAM
- FLIP FLOPS
- TOOTHBRUSH
- TOOTH PASTE
- WASHCLOTH
- SMALL TISSUE PACKS
- COMB
- BRUSH
- LIP BALM
- DEODORANT
- FIRST AID KIT



Is There a Leader Inside of You? I-LEaD Can Help!



I-LEaD (Indiana Leadership, Education, and Development) is a program of Indiana Extension Homemakers Association. It is designed to grow the confidence and leadership skills of our members. The program consists of 3 levels that must be taken in order. LEVEL - I is about Personal Leadership and focuses on the individual. During this course, you will develop an understanding of leadership, assess your own skills and develop a personal philosophy of leadership. Levels II and III continue with developing the leadership skills to work with others and to promote our communities.

Interest has been expressed in presenting I-LEaD Level I in our area.

We are putting out “feelers” to see how many are interested in taking the one-day course. If you are interested or would like more information, please contact Debbi Green at djgreen49@gmail.com or 317-249-0781.



COMMUNITY CONNECTIONS DONATIONS

Good morning, ladies!

The Purdue Extension Community Event will be here before we know it- November 11th (see flyer in this newsletter).

We are looking for silent auction items. If you or your club would like to donate a basket or items, please let me know ASAP. All proceeds from the auction will go towards Extension programming and education in Hancock County.

Please contact me with any questions.

Vickie Ramsey, 317-753-4144

fall
VIBES



EXTENSION HOMEMAKERS



WHEN? Tuesday, October 17, 2023
7pm - 9pm, Free Admission

WHERE? H.J. Ricks Center for the Arts
122 W Main St, Greenfield, IN 46140

WHAT? Movies! Titles to TBA
Bring your friends & family



First Books Program 2023-2024



There are still spots for readers at both the Fortville and Greenfield Head Start locations. The books are at the Extension Office and can be picked up any time.

If you would like a spot, please call or email Mandy Gray, 317-462-1113 or gray89@purdue.edu with your name and best contact number so you can be reached in case of a cancellation.

There will be enough books for each student in the classroom. When you arrive, the teacher will request that you fill out a donation form. Feel free to put down my information as the contact. The cost of the books is around \$1.00-\$1.50 each.

Reading Locations

Fortville Head Start**
125 E. Staat St.
Fortville, IN 46040

Greenfield Head Start
311 Baldwin St.
Greenfield, IN 46140

Open Spots

Fortville
@ 10:30am
October 19th
November 9th
February 13th
March 14th

Greenfield
@ 10:15am
3rd Wed of the Month
October 18th
November 15th
March 20th

**** NEW LOCATION: Please use DOOR 5 to enter Head Start Classroom**

Upcoming Dates and Deadlines

October 6 - Extension Office closed

October 5-8 - Riley Days Festival Home Arts, Downtown Greenfield

October 11 - Heritage Cooking Class, 6pm, HC Public Library

October 17 - Homemakers Movie Night, 7pm-9pm, H.J. Ricks Center for the Arts

October 22-28 - IEHA Make a Difference Week

October 25 - Council Meeting, Club Presidents 6:45pm, Extension Office

October 28 - Make a Difference Day

October 31 - *Happy Halloween!*



November 4 - Country Vintage Market, 9am-3pm, Sarah Burke Exhibit Hall

November 7 - Extension Office closed

November 10 - *Veteran's Day (Observed)*

Blanket Workshop, 5pm-7:30pm, Extension Office

November 11 - Community Connection, 4pm-7pm

November 15 - Council Meeting, Club Presidents, 6:45pm, Extension Office

November 23 - *Happy Thanksgiving!*



Crockpot Apple Dump Cake

Prep Time: 5min. Cook Time: 3 hrs. Total Time: 3hrs. 5 min. Servings: 10

Ingredients

- 15.25 oz yellow cake mix
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup butter 1 stick, melted butter
- 40 oz. apple pie filling
- 1/3 cup chopped pecans
- vanilla ice cream



Instructions

1. In a large mixing bowl, add yellow cake mix, cinnamon and nutmeg. Mix well. Add melted butter and mix well. Set aside.
2. Grease a 6 quart slow cooker with nonstick cooking spray. Spread apple pie filling into the bottom of the slow cooker. Sprinkle crumbled cake mix on top. Top with pecans.
3. Place two layers of paper towel on top of the slow cooker and cover with the lid. Heat on high for 3 hours. Serve warm with vanilla ice cream.

Nutrition: Serving: 1g |Calories: 35kcal |Carbohydrates: 2g |Protein: 1g |Fat: 3g |Saturated Fat: 1g |Polyunsaturated Fat: 1g |Monounsaturated Fat: 2g |Cholesterol: 1mg |Sodium: 7mg |Potassium: 19mg |Fiber: 1g |Sugar: 1g |Vitamin A: 4IU |Vitamin C: 1mg |Calcium: 8mg |Iron: 1mg Author: Trisha Haas - Salty Side Dish



2023 RILEY FESTIVAL OPEN CLASS HOME ARTS & QUILT SHOW

*****Court House Annex*****

111 American Legion Place, Greenfield, Indiana

October 5-8, 2023

Sponsored by

HANCOCK COUNTY EXTENSION HOMEMAKERS

****OPEN CLASS****

GENERAL RULES:

1. This contest is open to any amateur artist, crafter, quilter, etc., male or female, any age and any county of residence.
2. Any professional artist, crafter, etc. may present entries for display only, not to be judged. A professional is defined as anyone who teaches their skill(s) and/or regularly profits from the sale of their artistry, craft and/or skills.
3. Exhibits shall have been made, completed or prepared by exhibitor and never before exhibited at Riley Festival.
4. No foods or food preservation in 2023. We urge everyone to enter the Riley Festival Baker's Best on September 30, 2023. The theme this year is Apples.
5. No entry Fee will be charged.
6. Exhibits will be judged in two categories: JUNIOR: 16 and under and SENIOR: 17 and above; except when there are less than 3 entries in a section, Junior entries could be judged with Seniors.
7. **ALL ENTRIES IN ALL CATEGORIES ARE DUE WEDNESDAY, OCTOBER 4, 2023.**
12 P.M. TO 6 P.M. at the COURT HOUSE ANNEX, 111 American Legion Plaza, Greenfield, IN.
8. **THE SHOW WILL CLOSE ON SUNDAY, OCTOBER 8, 2023 AT 4:00 P.M. EXHIBITS WILL BE RELEASED FROM 4:30 PM. – 5:30 PM. NO EARLY RELEASES!**
9. Each entry will be awarded a ribbon signifying a blue, red, white or participation ribbons. Champion ribbons will be awarded in each section. All judges' decisions will be final.
10. The Hancock County Extension Homemakers will use all diligence to assure the safety of articles after arrival and during the festival. They will in no case be responsible for any loss or damage that may occur.
11. We reserve the right to combine, add or separate sections, according to the number of entries received.
12. Questions concerning rules and entries should be directed to the Co-Directors listed below.
13. Categories will be added or deleted at the Judges' discretion.

For information, contact Co-Directors: Sarah E. Kesterson, 317-448-5757 or 317-467-9711 or Co-Director, Gail Gray, 317-902-4955. Hancock County Extension Office: Mandy Gray, HHS Educator, 317-462-1113 or gray89@purdue.edu. www.rileyfestival.com or [email: jwrileyfestival@outlook.com](mailto:jwrileyfestival@outlook.com) or call: 317-462-2141.

RILEY FESTIVAL OPEN CLASS HOME ARTS & QUILT SHOW

COURT HOUSE ANNEX, 111 American Legion Plaza, Greenfield, IN 46140

2023 ENTRY FORM

ENTRIES RECEIVED: WEDNESDAY, OCTOBER 4, 2023, 12:00 NOON – 6:00 P.M.
ENTRIES RELEASED FOR PICK-UP: SUNDAY, OCTOBER 8TH, 4:30 P.M. – 5:30 P.M.

Name: _____ Phone: _____

Address: _____ Email: _____

Check One: _____ Junior (16 and under) _____ Senior (Age 17 and above) _____ Professional

Division	Section	Cat. #	Category	Item Description

IF YOU WANT TO PRE-REGISTER, MAIL TO:

RILEY FESTIVAL

Hancock County Extension Office
972 E. Park Avenue, Greenfield, IN 46140

Use this form for multiple entries by the same exhibitor. A separate form is not necessary for each item.

Heritage Cooking Class

PROVIDED BY THE
HANCOCK COUNTY EXTENSION HOMEMAKERS ASSOCIATION

**Wednesday, October 11, 2023
6:00pm - 7:30pm EST**



Local homemakers will be demonstrating how to make roasted turkey, mashed potatoes, cranberry sauce and pumpkin. Samples and light refreshments will be provided.

**Admission is Free,
Registration is limited.**

CLASS WILL BE HELD AT:
HANCOCK COUNTY PUBLIC LIBRARY
900 W. MCKENZIE RD.
GREENFIELD, IN 46140

REGISTER AT: HCPLIBRARY.ORG
BY: FRIDAY, OCTOBER 6, 2023



Purdue University is an equal opportunity/equal access/affirmative action institution.

Patricia Elmore Greenfield Senior Center

CRAFT CLASSES

Please sign up at the front desk to ensure we have adequate supplies.

Partnership with
"Kindness Rocks" Group



The third
Wednesday of
the month
beginning
August 16th
2pm

There may be a nominal
supply fee
for some crafts.

**Patricia Elmore Center
Senior Center
280 N. Apple
317-477-4343**



Greenfield Senior Center



*HANCOCK CO. EXTENSION HOMEMAKER'S COUNTRY
VINTAGE MARKET*

**HANCOCK CO. 4-H FAIRGROUNDS
EXHIBIT HALL & SHEEP BARN**

**SATURDAY, NOVEMBER 4, 2023
9:00 A.M. – 3:00 P.M.**

**FREE PARKING
FREE ADMISSION**

Food Trucks will be available

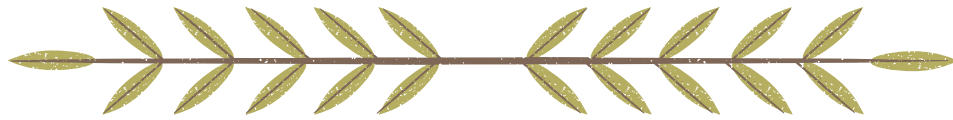
**START YOUR HOLIDAY SHOPPING EARLY BY ATTENDING!!
Something for everyone on your shopping list!**

Tell your friends and family

Hope to see you there!

Inquiries-Vickie Ramsey, 317-753-4144 or Margie Clark, 317-498-1549

PURDUE EXTENSION'S



COMMUNITY CONNECTIONS

NOVEMBER 11TH FROM 4-7 PM

**SARAH BURKE BUILDING
620 APPLE ST. GREENFIELD, IN**

**CHICKEN NOODLE DINNER
PREPARED BY HANCOCK HEALTH CATERING
BENEFITING PURDUE EXTENSION PROGRAMMING
(CASH OR CHECK ONLY)**

Carry out or Dine-in available while supplies last
Adult Meal/ All Carry Out \$15
Youth Meal- under 8 years of age- Dine-in only \$8
Homemade Ice Cream \$4

Silent Auction from 4:00 pm-6:30 pm

Free Kids Activities and Door Prize Entry

**Learn more about Health and Human Sciences, Agriculture
and Natural Resources, and 4-H!**



HOLIDAY FEST

Friday, December 1, 2023

9:00 a.m. – 3:00 p.m.

**Hendricks County Conference Center
4-H Fairgrounds
1900 East Main Street
Danville, IN 46122**



FREE ADMISSION

Cookie Walk

*Homemade cookies for sale.
Sales begin at 9:00 a.m.*

Craft Booths and Entertainment

*Select unique holiday gifts from many vendors.
Enjoy holiday music from local children and adults.*

Lunch Served 11a.m – 1p.m.

For more information contact the Extension Office at 317-745-9260.



**Sponsored by
Hendricks County Extension Homemakers and
Hendricks Power Cooperative**



Your Touchstone Energy® Partner 