

# Health & Human Sciences Connections

June-July 2025

Volume 25 Issue 3



Extension - Harrison County



Hello Summer!

With the arrival of longer days and warmer weather, summer brings fresh energy and a renewed sense of connection. It's a season that invites us to slow down, spend time with others, and strengthen the foundations which support our everyday well-being—whether that's through relationships, routines, or new learning.

At Purdue Extension Harrison County, we're embracing this spirit by offering programs which help adults build confidence, safety, and stronger community ties. In this edition, you'll find resources to help you stay independent and active, support your leadership in local organizations, enjoy safer summer cookouts, and rediscover the value of gathering around the table.

These offerings reflect our continued mission to meet people where they are—with practical tools, timely education, and opportunities to grow together. Whether you're looking to pick up a new skill, connect with others, or explore a new perspective, there's something in these pages for you.

## As we plan for the future, we'd love your input!

Please take a moment to complete the short survey on the next page. Your feedback will help shape future adult programs in Health & Human Sciences (HHS) and Community Development (CD), ensuring we align with priorities in our community.

Here's to a summer of sunshine, growth, and meaningful connection—we hope to see you soon at one of our upcoming events!

A handwritten signature in cursive script that reads 'Tara Beckman'.



<https://www.facebook.com/HarrisonCoExtension/>



<https://extension.purdue.edu/Harrison>



<https://www.youtube.com/channel/UC41otnw75UqhuBVpSMiWY7w>



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# Your Feedback Matters!

Take our quick survey to guide adult programming in Health & Human Sciences (HHS) and Community Development (CD) in Harrison County.

These areas include food, family, health, finances, leadership, and community growth—your input makes a difference!



OR visit the  
link below

[bit.ly/hhscdsurvey](https://bit.ly/hhscdsurvey)

For questions or to submit responses in an alternative format or with accommodations, please contact Tara Beckman, HHS and CD Educator, at 812-738-4236 or [tdbeckma@purdue.edu](mailto:tdbeckma@purdue.edu)

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## WELCOME TO HARRISON COUNTY PURDUE EXTENSION!



Hello! My name is Sarah Gilmer. I am the new part-time administrative program assistant. I grew up in Harrison County, and went to North Harrison High School. Currently, I live in Depauw with my husband Bill. In my free time, I enjoy gardening, running and reading. I am looking forward to assisting the community.



Hi everyone, my name is Gracelyn Burks, and I am excited to be the Summer Intern. I am currently Miss Harrison County 2024 Fair Queen! I recently finished my first year of college at Western Kentucky University and will be starting the WKU Dental Hygiene Program in August. I am thrilled to be back home this summer and continue my love for Harrison County. I have been involved in 4-H for over 10 years showing livestock, entering projects, and serving my community. I am excited to use the knowledge I have learned to further serve my community.

# Fall Prevention Begins August 1st: Stay Independent, Stay Steady

## DO YOU HAVE **concerns** about falling?



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Classes will be held at:  
The Floyd County YMCA, First  
Floor Multi-Purpose Room**

**from 1:00 PM- 3:00 PM on  
Fridays August 1, 8, 15, 22, 29  
and September 5, 12, and 19**

**This program is FREE, however  
space is limited to a maximum of  
12 participants.**

### **TO REGISTER:**

**Contact the Harrison County Extension  
Office with any questions or to register.  
Space is limited, so be sure to reserve  
your spot today!**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

**A Matter of Balance Lay Leader Model**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*



# Building Stronger Boards: Learn, Lead, Serve

## Building Stronger Boards Crawford County

Join Purdue Extension for a day-long "Building Stronger Boards" workshop designed for community members seeking to enhance their effectiveness in nonprofit board roles and responsibilities.

Through a series of interactive discussions and activities, participants will build their knowledge, skills, and connections with others in the local nonprofit community.

Whether you have just joined your first nonprofit board or have years of experience in serving your Community, this workshop will introduce you to some of the leading best practices in board management.



August 21, 2025

9:00 am - 4:00 pm

<https://cvent.me/1M0Rkl>

### Registration Fee:

The cost of the workshop includes lunch and all materials for \$100.

### Location:

It takes place at the Patoka Lake Winery, Barrel Room, 2900 N Dillard Road, Birdseye, IN 47513-9332



If you are in need of accommodations to attend this program, please contact Tara Beckman prior to the meeting at 812-738-4236 and [tdbeckma@purdue.edu](mailto:tdbeckma@purdue.edu) by August 7, 2025.

For special dietary needs, contact Tara Beckman at 812-738-4236 and [tdbeckma@purdue.edu](mailto:tdbeckma@purdue.edu) by August 7, 2025.

If you need an interpreter or translator, please contact Tara Beckman prior to the meeting at 812-738-4236 and [tdbeckma@purdue.edu](mailto:tdbeckma@purdue.edu) by August 7, 2025.

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**PURDUE**  
UNIVERSITY

Extension - Community  
Development

## **Grill Smart: Safety Tips for a Safe Summer**

### **FREE-June Program at the Harrison County Public Libraries (HCPL)**

We'd love for you to join us! Call 812-738-4110 to reserve your spot

## **Grill Smart: Safety Tips for a Safe Summer**

Join us to learn how to grill safely, reduce foodborne illness risks, and enjoy healthier, flavorful recipes for your summer cookouts!

June 11 @ 11am-Noon  
Corydon Branch

June 11 @ 6-7PM  
Elizabeth Branch



## **NOW OFFERING- Pressure Gauge Canner Testing**

**NOW OFFERING!**

### **PRESSURE CANNER GAUGE TESTING**

To ensure that your food is canned safely and properly, get your gauge tested every year.

- Call our office to schedule an appointment.
- Bring canner lid with gauge to the Extension Office.

**Cost: \$5**



**PURDUE UNIVERSITY**  
Extension - Harrison County

247 Atwood Street  
Corydon, IN 47112  
**812.738.4236**

Purdue University is an equal opportunity institution

Purdue Extension Harrison County now offers Pressure Canner Gauge Testing.

\*Dial gauges only— call our office if you need guidance with weighted gauges\*

To ensure your food is canned safely and properly, get your gauge tested EVERY YEAR.

Call our office to schedule an appointment!

Bring your canner lid with gauge to the Extension Office at 247 Atwood Street, Corydon.

**Testing cost is \$5.00. Call 812-738-4236.**

## **Together at the Table**

Learn about the power of shared meals and join us at the HCPL Branches in July!

**FREE- We'd love for you to join us! Call 812-738-4110 to reserve your spot today.**

# **Together**

## **AT THE TABLE**

### **The Power of Shared Meals**

**WEDNESDAY  
JULY 23  
10:00AM AT  
THE CORYDON  
BRANCH**

**WEDNESDAY  
JULY 23  
6:00PM AT THE  
ELIZABETH  
BRANCH**



## Calling all Harrison County residents!

Got a hobby, craft, or hidden talent you're proud of? The Open Class Exhibit in the Homecomers Hall at the Harrison County Agricultural Fair is your chance to show it off! This is FREE and open to non-professionals only—if it's your passion, but not your paycheck, we want to see it! All entries must be made/grown since last year's Harrison County Fair, with the exception of "Antique" items. There are almost 400 categories to exhibit!

Check-in times are on Saturday, June 21st from 9:00am to 11:00am AND Monday, June 23rd from 9:00am to 12:00pm.

Those interested in an Open Class Rules & Project List can pick up a printed packet at the Extension Office or view the digital version on our Purdue Extension Harrison County website. Entry tags for items are available at the Extension office and at project check-in! Feel free to call our office with questions at 812-738-4236



## Open-Class Exhibits



## 2025 Harrison County Fair Peach Pie Contest & Auction

Bring your homemade peach pie to the Windell Ag Building at the Harrison County Fairgrounds on Thursday, June 26th between 1:00pm and 2:00pm. Judging will begin after, with the auction following. Auction proceeds will be used toward yearly scholarships awarded by the Harrison County Extension Homemakers. This year, FIVE community members were each awarded \$1000 scholarships due to last year's generosity.

*My Oh My! It's Peach Pie!*



The Harrison County Extension Homemakers will be hosting the annual Pie Contest and Auction during the County Fair. Bring your homemade peach pie to the Windell Ag Building at the Fairgrounds on Thursday, June 26 between 1:00 pm and 2:00 pm. Late entries will not be accepted.

Judging will begin at 2:30. After judging, the pies will be auctioned with the proceeds going to the Harrison County Extension Homemakers Scholarship Fund. These funds are given as scholarships in the spring. This Spring, FIVE people were each awarded a \$1000 scholarship due to your generosity!

Bring a pie or just stop by and join in the bidding for a scrumptious peach pie and a good cause. More information is available at the Harrison County Purdue Extension Office or call 812-738-4236.



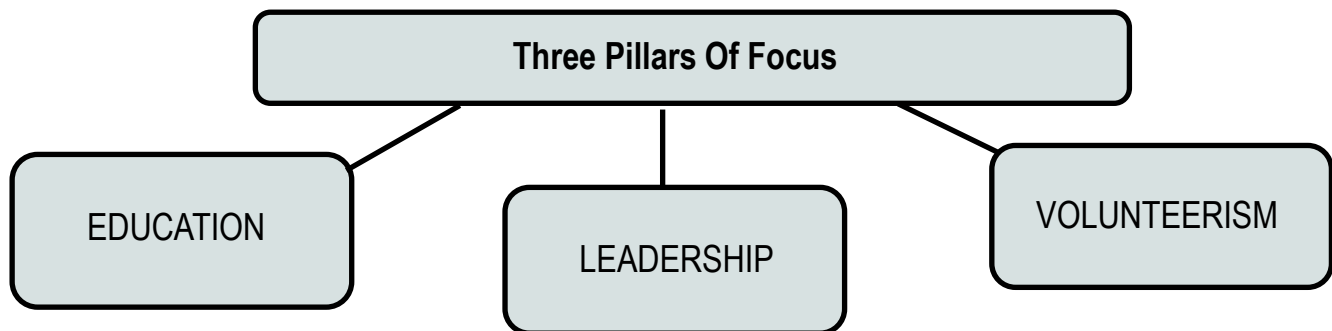
Harrison County  
Indiana Extension Homemakers Association

# What is Indiana Extension Homemakers Association?



**IEHA Mission Statement:** The mission of the Indiana Extension Homemakers is to strengthen families through continuing education, leadership development, and volunteer community support.

Through cooperation with the Purdue University Cooperative Extension Service, IEHA offers a wide range of lessons at no charge.



**Who?** Any resident of Harrison County

**What?** Regularly scheduled club meetings and county-wide events hosted by IEHA Harrison County

**When?** County-wide events, Area-wide events, and regular club meetings at various times throughout the month/year

**Where?** Monthly Club meetings happen in Depauw, Elizabeth, New Salisbury, Laconia, and Corydon

**Why?** With the common goal to do and uphold IEHA's mission statement within Harrison County and beyond



**Indiana Extension  
Homemakers Association**



**IEHA**



**[www.ieha-families.org](http://www.ieha-families.org)**

For more information about IEHA Clubs in your part of Harrison County, contact membership coordinator Marcia Gliottone 812-267-5573 or the Harrison County Purdue Extension Office 812-738-4236.



# Harrison County Happenings & Updates

## May Achievement Day

### *Rooted in Service: Extension Homemakers Gather for Annual May Celebration*

On May 13, 2025, the Harrison County Extension Homemakers held their annual May Achievement Day with the theme "Back Home Again in Harrison County." The event welcomed 42 attendees for a day of remembrance, recognition, and community celebration.

Highlights included a memorial service for members lost over the past year and reflections from each club on their annual achievements. Scholarships were awarded to **Camille Coffman, Gracelyn Burks, Frankie Wilkerson, Isabelle Abner, and Brady Sieg**, funded by the annual Pie Contest and Auction at the Harrison County Fair.

A special moment came when Shepherd of the Hills presented a \$500 donation to support the Extension Homemakers' First Books program, which provides free books to local Harrison County youth. Their contribution helps ensure continued access to early literacy resources for children in the community.

Guest speaker Lee King, of Repair Affair of Harrison County, shared about efforts to assist elderly and disabled residents with critical home repairs—an effort supported by Extension Homemakers through homemade cookie donations. The next volunteer day is set for September 27; interested participants can email [repairaffairofharrisoncounty@gmail.com](mailto:repairaffairofharrisoncounty@gmail.com)

Tara Beckman presented on spring superfoods, highlighting the health benefits of eating locally grown, seasonal produce. The event concluded with the installation of 2025–26 officers, milestone member recognition, and the announcement of Cultural Arts and State Project winners, Marcia Gliottone and Lydia Robertson, who will be showcased at the upcoming IEHA Home and Family State Conference in June.

The day highlighted the Homemakers' continued commitment to leadership, education, and service throughout Harrison County.



**Harrison County**

Indiana Extension Homemakers Association



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# Harrison County Homemaker News

**IMPORTANT  
DATES**

## Dates to Remember

### JUNE

Wed, June 18 Prepare the Homecomers Hall for Fair 9:00 am  
Sat, June 21 Project check-in 9:00 -11:00 am Homecomers Hall  
Sun, June 22 Harrison Co Fair Parade & Fair opening  
Mon, June 23-Project check-in 9:00-Noon Homecomers Hall  
Sat, June 28 Project check-out 9:00-11:00 am Homecomers Hall

### JULY

Friday, July 4-Extension Office Closed  
Mon, July 28-Extension Presidents' Meeting-12:30pm

### AUGUST

Aug 1-17 IN State Fair; closed Mondays

## INTERNATIONAL DAY September 9, 2025

Registration begins at 9:30 am.  
Program begins at 10:00 am

Blue River will be hosting this event at the Purdue Extension office building.

A special speaker, Janet Powers will discuss her travels to the Nordic States of Denmark, Finland, Iceland, Norway, and Sweden!

## FALL BEDFORD DISTRICT MEETING

The Fall District meeting will be in Jackson County this year. More information, date, time and place will be in upcoming newsletter.

## Extension Homemakers Presidents Council

The Presidents Council will meet on  
Monday, July 28, 2025  
at 12:30 pm in the  
Washburn Room at the Extension Office

## NEW MEMBERS

Do you have a new member in your club?

Presidents, please be sure you get their information to Mary at the Extension office so they will get their program book and receive their Health & Human Sciences Newsletters.

Would you like to join Harrison County Extension Homemakers? Call Marcia Gliottone at 812-267-5573 for

## Holiday Workshop

Mark your calendars for  
Tuesday, November 18.

It's never too early to  
start thinking about  
Holiday Crafts!!



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HHS Newsletter



# Health and Human Sciences Newsletter

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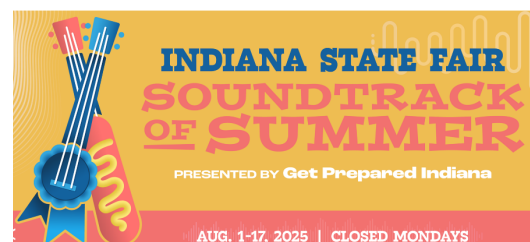
Extension - Harrison County

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## INDIANA STATE FAIR

Aug 1-17, 2025  
Closed Mondays

Celebrating  
“The Soundtrack of Summer”



Going to the Fair? Plan your trip  
today at [https://  
www.indianastatefair.com/](https://www.indianastatefair.com/)