

LIVING WELL IN HARRISON COUNTY

A bimonthly newsletter from your Health & Human Sciences and
Community Development Educator



FEBRUARY/MARCH 2026



A Note from Tara..

Hello 2026!

A new year always brings the promise of fresh starts, and this newsletter is no exception! As we step into 2026, I'm excited to introduce a new look and layout that I hope will make it easier (and more enjoyable) to explore what's happening across Health & Human Sciences and Community Development Extension here in Harrison County.

This refreshed format reflects something I'm practicing myself: taking time to reset, simplify, and focus on what matters most. You'll still find upcoming program info, practical tools for healthy living, and updates from Harrison County Homemakers, but with a few new features I hope you'll come to love, like **Table Talk**, **Growing Healthy Minds & Habits**, and our new **Featured Homemaker Club** spotlight.

Between the questions I hear most often, the growing need for practical tools on raising and supporting young people, and the reality that not everyone has time to attend in-person programs we offer, this new format is designed with *you* in mind. I also hear time and time again how people want to know more about the resources and opportunities around them, and I hope this newsletter helps bridge that gap. Whether you're here to learn something new for yourself, support your family and friends, or contribute to a stronger community, I hope each issue offers something meaningful.

Thank you for being here— and for all the ways you're growing, giving, and learning alongside us. Here's to a fresh, focused, and fulfilling start to 2026!

Tara Beckman

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In This Issue

TASTY BITES

Simple, seasonal recipes you can make at home, designed with nutrition, budget, and busy schedules in mind. Look here for meal ideas the whole family can enjoy!

TABLE TALK

Pull up a chair for practical tips and real-life insights on everyday wellness— from food safety and stress to parenting, relationships, and more. Each topic includes conversation starters and resources to keep the discussion (and the learning) going beyond the table, helping you, your family, and friends put wellness into practice, one small step at a time.

LIVING WELL

This space is all about helping you thrive— in your health, home, and daily life. From meal planning to mindfulness, finances to fitness, find quick tips and resources to support your overall well-being.

Did You Know?

NEW YEAR'S RESOLUTIONS

Most New Year's resolutions fade by mid-January. But setting **SMART** goals (**S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound) can help you stick with healthy habits long-term.

💡 Start small. Make it SMART.



Upcoming Programs

****All events listed are open to the public****
Registration may be required, contact office for details.

- **February 11: Train Your Brain**
 - Joe Rhodes Senior Center, 11:30AM
- **February 24: Winter Wellness**
 - SWAG (Palmyra Library Branch), 1:00PM
- **March 11: Grow It, Cook It: Peppers**
 - Harrison Co. Extension Office, 10AM
- **March 12: Extension Board Annual Meeting**
 - Harrison Co. Extension Office, 6:00PM
 - All Welcome! Please RSVP by calling our office
- **April 10: A Matter of Balance 8-session series**
 - Floyd Co. Family YMCA, 10AM - 12PM
 - Then every Thursday starting April 16-May 28
 - See next page for registration details
- **April 14: Love Your Heart**
 - SWAG (Palmyra Library Branch), 1:00PM
- **April 21: Grow It, Cook It: Tomatoes**
 - Harrison Co. Ext. Office, 5:00PM

Upcoming Extension Opportunities

You're Invited!

ANNUAL EXTENSION BOARD MEETING & OPEN HOUSE

Thursday, March 12th, 2026 6pm-8pm

Purdue Extension Harrison County
invites you to our Annual Extension Board Meeting & Open House on
March 12th at 6:00pm at the Extension Office.

A complimentary meal and beverages will be provided.
Thank you to Blackman Farms for sponsoring refreshments at this event.

Join us for:

- Educational Breakout Sessions
- 2025 Extension Educator Reports
- Introduction & Election of Extension Board Members
- Presentation of Awards

**Please kindly RSVP by
Friday, March 6th, 2026
812-738-4236**

Grow It, Cook It: Peppers

Join ANR Educator, Ariel Camm-Wilson, and HHS Educator, Tara Beckman, for their "Grow It, Cook It" presentation to discuss peppers. This event is all about empowering you, the participant, to go from garden to table with featured ingredients.

This program is FREE, but RSVP is encouraged!



March 11, 2026



10am



**Harrison County
Extension Office
247 Atwood St. Corydon**



*Keep an eye out for our April date and tomato topic—coming soon! 

Upcoming Extension Opportunities



REGISTER
NOW

A MATTER OF BALANCE: A FALL PREVENTION PROGRAM



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

First class: Friday, April 10

All following classes:
Thursdays, April 16, 23, 30 and
May 7, 14, 21, 28

Time: 10:00 AM – 12:00 PM

This program is \$25 per person.
Space is limited to a maximum of 12 participants!

To register visit
cvent.me/0BxVZ or contact Tara Beckman at 812-738-4236



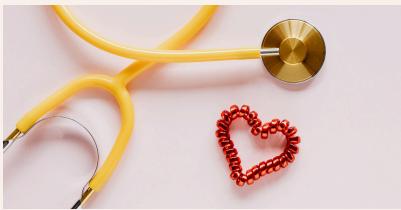
A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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).



CARING FOR YOUR HEART: SMALL STEPS, LASTING IMPACT

Heart health is shaped by everyday habits. While heart disease remains a leading health concern, many risk factors can be managed with small, practical changes.

Simple Ways to Support Heart Health

- Moving more through walking, stretching, gardening, or other activities you enjoy
- Choosing heart-healthy foods like fruits, vegetables, whole grains, and lean proteins
- Managing stress with simple practices such as deep breathing or time outdoors
- Getting enough quality sleep
- Staying socially connected to support overall well-being

Local Programs & Resources to Help

Purdue Extension offers a variety of programs and resources designed to support heart-healthy living at every stage of life. Through Health and Human Sciences programming, community members can access:

- Health & wellness education programs that focus on nutrition, physical activity, stress management, and chronic disease prevention
- Research-based workshops and lessons designed to fit real-life schedules and needs
- Extension Homemakers clubs, which provide education, social connection, and opportunities to learn together
- Online educational resources and bi-monthly newsletters that share practical tips, upcoming events, and research-based information— even if you can't attend a program in person

These offerings are designed to meet people where they are, providing tools that can be used at home, with family, or within the community.

Learning at Your Own Pace

Not everyone has time to attend in-person programs, and that's okay. Purdue Extension resources—including newsletters, fact sheets, and virtual or take-home materials—make it easier to stay informed and engaged on your own schedule. Staying connected to reliable, research-based information is one way to take an active role in your heart health.

Whether you're looking to make small lifestyle changes, support a loved one, or simply learn more, Purdue Extension is here to help you build habits that support a healthier heart and a stronger community.



TASTY BITES

From EatGatherGo.org- eatgathergo.org/recipe/chicken-pepper-bake/

Chicken Pepper Bake

Ingredients:

- 1 pound boneless chicken breast
- 2 red or green bell peppers
- 3 cups small potatoes
- 2 tablespoons oil
- 1 teaspoon Cajun seasoning
- 1 teaspoon dry Italian herbs
- Salt and pepper to taste



1. Cut the chicken, peppers and potatoes into bite size chunks.
2. Place the meat and vegetables into a large bowl. Sprinkle with oil, Cajun seasoning, Italian herbs, salt and black pepper. Toss to coat evenly.
3. Place the chicken and vegetables on a metal baking pan. Roast in a 425 degree oven for 35 to 45 minutes or until potatoes are soft and chicken is no longer pink. Toss a couple times while roasting. Refrigerate leftovers within 2 hours.

LIVING WELL

By: Author

If you're looking to build healthier habits this year, *mindfulness* is a great place to start. MSU Extension's newly updated **Mindfulness for Better Living** site offers easy ways to explore mindfulness through guided practices and practical tools. You can **sort by topic** (like breath, body, thoughts, and emotions) **or by format**, including articles, podcasts, publications, and videos. Whether you're brand-new to mindfulness or ready to deepen your practice, this is a great resource to support your well-being all year long.



Photo: Pexels/Kelvin Valerio

WWW.CANR.MSU.EDU/MINDFULNESSFORBETTERLIVING/INDEX

TABLE TALK

Adapted from *Don't Panic – Take Control*

As the new year begins, many families feel the pinch from holiday spending, unexpected expenses, or changes like job loss, seasonal work, or shifts in household income. When money worries arise, it's easy to feel overwhelmed, but one of the most powerful tools you have is right around the table: your family, friends, and who you consider your support system.

Purdue Extension's Don't Panic – Take Control resource provides a step-by-step guide to managing financial stress with practical strategies like setting spending priorities, taking stock of resources, and working with creditors. But just as important is opening up the conversation at home.

Gathering around the table, whether at mealtime or a special family meeting, creates a safe space to "table talk" your finances together. Sharing worries, setting goals, and planning as a team can reduce stress and build resilience. It's a chance to make financial decisions more collaborative and less isolating.

Try asking:

- **What are our top priorities right now?**
- **What resources do we have that can help?**
- **How can each person contribute (big or small) to our plan?**
- **What steps can we take this week to ease financial pressure?**

This simple habit of coming together transforms stress into shared strength. And with Purdue Extension's practical fact sheets as your guide, you can take control with confidence.

Explore the full "Don't Panic – Take Control" series from Purdue Extension.

View All Resources Here:

www.extension.purdue.edu/extmedia/CFS/CFS-704-1-W.pdf



Growing Healthy Minds and Habits

Whether you're a parent, caregiver, educator, or simply someone who cares about kids, this space offers quick, practical tips to help youth, and the adults who support them, thrive. From literacy and life skills to healthy habits and community connections, each issue features simple ways to grow strong minds, routines, and relationships.



WHY IT MATTERS

This is something interesting you might not know — based on research or data.

Children thrive on structure. Predictable habits like shared meals and regular bedtime routines help build emotional well-being and prepare kids for success in school.¹



TRY THIS TODAY

This is something you can do or try today.

Create a “no screen” zone during meals. Even just 15–20 minutes of device-free family time a few nights a week supports stronger relationships and better communication.



FAMILY-FRIENDLY FINDS

Discover a featured resource, seasonal activity, or upcoming opportunity that supports youth, families, and community wellness. Whether it's a program, place, or partner, each issue highlights something worth checking out.



Set a SMART Start to the New Year

Help kids and teens kick off the year with purpose! Purdue Extension's EatGatherGo.org offers a simple guide to setting SMART goals. This template is perfect for families, classrooms, and youth programs.

This quick resource helps young people practice goal setting in a way that's structured, realistic, and rewarding. Whether it's eating more veggies, saving money, or limiting screen time, SMART goals make it easier to turn good intentions into healthy habits.

Explore the free tool at:
eatgathergo.org/eat/planning/goal-setting

1. American Academy of Pediatrics. Getting Back Into the School Routine. HealthyChildren.org. www.healthychildren.org/English/family-life/family-dynamics/Pages/The-Importance-of-Family-Routines.aspx

Harrison County Homemakers: Community, Connection, and Opportunity

What You'll Find In This Section

Get the latest on upcoming programs, service projects, scholarships, and leadership opportunities from the Harrison County Extension Homemakers — plus ways you can get involved.



Whether you're a long-time member or just curious, this section offers a window into how Homemakers serve the community through education, volunteerism, and connection.

This space is led by club members and reflects their voices and initiatives. As your HHS and Community Development Educator, I help coordinate and format the content, but the stories and updates are theirs.

Flip the page to learn more about this welcoming organization — and how to be part of it!

Event Recaps

Step inside recent Extension Homemaker events! This section shares highlights and reflections from community projects, educational programs, social gatherings, and volunteer activities. Get a glimpse of the impact Homemakers are making across Harrison County & beyond.

Stay In The Know

This space keeps members and readers up to date with important announcements — like meeting reminders, due dates, scholarship information, and statewide events. If it's timely or need-to-know, you'll find it here!

Upcoming Programs & Initiatives Spotlight

Looking for ways to learn, serve, or connect? Here you'll find upcoming programs and community initiatives — always open to those interested in learning more. From hands-on workshops to service drives and leadership opportunities, there's something for everyone.

Club Spotlights

Get to know the clubs that make up the Harrison County Extension Homemakers. This section features member stories, club projects, and behind-the-scenes glimpses into how local Homemakers lead, learn, and serve in their communities.

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.

Three Pillars of Focus

EDUCATION

LEADERSHIP

VOLUNTEERISM

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

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

DEPAUW CLUB

Current President: Marcia Dodge

Chartered in 1960, the DePauw Extension Homemakers' Club has been a steady and caring presence in the community for more than six decades. The club meets monthly, most often at the Red Barn Restaurant in Palmyra, where members conduct business, enjoy an engaging lesson, and wrap up each meeting with games, laughter, and prizes. These gatherings reflect the club's strong sense of fellowship and fun.

DePauw members stay active throughout the county, participating in fair projects, handmade craft competitions, and the much-anticipated pie contest that helps support the Harrison County Extension Homemakers' continuing education scholarship fund. The club also contributes to the annual Cookie Walk, benefiting the First Books for Kids program and helping promote literacy for local preschool-aged children.

Service is at the heart of the DePauw Club's mission. Members partner with Todd Dickey Nursing Home to host pizza parties and deliver thoughtful gifts to residents throughout the year. With many members being older adults, the club also takes special pride in caring for one another- regular check-ins and shared support create a warm, close-knit circle of friends in this club.

The DePauw Extension Homemakers' Club [along with the five other clubs meeting throughout the county] welcomes new members who enjoy learning, creating, community service, and friendly competition. Those seeking connection and camaraderie will find a warm welcome with DePauw.

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

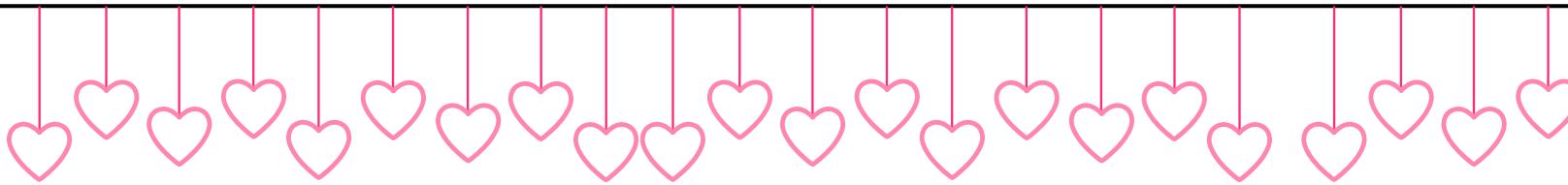


Club President, Marcia Dodge share's a DIY craft idea at IEHA's annual Holiday Workshop Program 2023



Mary Poole leads a demonstration on making reusable dual-sided dish clothes at IEHA's annual Holiday Workshop 2025

Scholarships Available – Harrison County Residents & Extension Homemakers



RUTH B. SAYRE SCHOLARSHIP

A scholarship given by Country Women's Council, USA is for a resident of the US with financial need, who shows potential leadership and carries a minimum of nine credit hours. The Scholarship award of \$500 will be sent to the recipient's educational institution. Applications and more information are available in the Extension Office. Applicant must be an Indiana resident. **The completed application must be returned to the current IEHA State President by the March 1, 2026 deadline.**

See <https://ieha-families.org>

HARRISON CO. EXTENSION HOMEMAKERS SCHOLARSHIPS

Pick-up an application at the Extension Office for the **Harrison County Homemakers Scholarship**. It is open to any Harrison County resident.

Completed applications must be received at the Extension office no later than March 1, 2026.

See application for mailing address.

CAREER ADVANCEMENT SCHOLARSHIP FORM

Eight (8) \$500 Scholarships will be given. One (1) as the Eleanor Arnold Award to an IEHA member, one (1) as the Ann Hancock Award to a degree in the medical profession, and six (6) random scholarships.

Read and follow the instructions for completing the application. Applications that are incomplete or that have missing information will not be considered. Scholarships are usually granted for Undergraduate degrees rather than Masters degrees. Scholarships will be awarded with regard to financial need. Former winners may reapply.

See application and instructions on: <https://ieha-families.org>

Applications must be postmarked by March 15, 2026 & mailed to IEHA Past President. See website for address.

EXTENSION HOMEMAKERS

BEDFORD SPRING DISTRICT MEETING 2026



**Tuesday, April 7, 2026 at Purdue
Extension Harrison County Office
247 Atwood St., Corydon, IN 47112**

Light Breakfast begins at 9AM
Registration 9:30AM, Program 10AM
Lunch Provided

Registration details on next page



REMINDERS

CLUB SECRETARY'S BOOK

Are you a new club Secretary or would like to keep your club's meeting minutes organized and in one place? This book also has space for member information, a club officers list, and even a couple of pages the club Treasurer could use.

Stop by the Extension Office for your copy.

"COINS & NICKELS"

Clubs need to send in their "Coins for Friendship" or "Nickels for Leadership" to Elaine Fischer by March 15, 2026

COUNTY FAIRS

It's time to get out your tried-and-true recipes, crochet hooks, knitting needles, sewing patterns, paint brushes, and seed catalogs because the Fair will be here before you know it! The list of open class projects is available at the Extension office.

4-H Fair: June 20-26, 2026

AG Fair: June 21-27, 2026

COUNTY OFFICERS AND CLUB MEETING DATES & TIMES

We need names of local club Officers. Deadline for officers names and meeting days and times is March 1, 2026, at the Extension office.

THE PRESIDENTS' COUNCIL

Will meet on Monday, March 23, 2026 at 12:30 pm in the Washburn Board Room at the Extension Building.

BEDFORD DISTRICT SPRING MEETING 2026

250th Anniversary of the United States
Tuesday, April 7, 2026

Registration & light breakfast starts at 9:00 am

Meeting starts at 10:00 am

Lunch provided- Chicken fettuccine alfredo, garlic bread, hot vegetable, salad w/dressing variety, and red/white/blue dessert trifle.
(Breakfast snacks on hand before meeting.)

The meeting will be hosted by Harrison County Homemakers and held on the 1st floor of the Purdue Extension Harrison County Office. Address: 247 Atwood Street, Corydon, IN 47112

Cost is \$10.00 per person.

Registration must be received by Elaine Fischer by March 20, 2026 deadline.
See address on registration form below

Bedford District Spring Meeting Registration
Tuesday, April 7, 2026

NAME _____

PHONE: _____

AMOUNT ENCLOSED: _____

CHECK # _____

Send registration form and check made out to Harrison Co. Extension Homemakers to:

**Elaine Fischer at 2140 Spring Branch Rd NE,
New Salisbury, IN 47161.**

Deadline: to be received by March 20, 2026

MAY ACHIEVEMENT DAY

Tuesday, May 12, 2026

Purdue Extension Building

Registration 9:00 a.m.-Program 9:30 a.m.

May Achievement Day will be Tuesday, May 12, 2026 at the Purdue Extension building with registration beginning at 9:00 am.

One person from each club should be prepared to give a 5-10 minute talk about their club's 2025 highlights and happenings. Each club is to bring a \$5 door prize, decorate their own table(s) and also make their own name tags.

All those attending should bring a food dish (examples: salad, entrée or dessert) for the pitch-in lunch. Tea and coffee will be served with lunch. Refreshments will not be available in the morning. New club members will be recognized.

Be sure to get names of the 25 and 50-year members to Marcia Dodge by May 1. Give the names of those members who have passed during 2025 to Marcia Dodge (812-568-0893) by May 1 for the Memorial Service. A club member may wish to speak about the person who passed.

Bring your cultural arts items for judging, with the finalist going to the Home and Family Conference for state competition. Homemaker volunteers will be in charge of Cultural Arts and special project items. Voting for the "Children's Book/Toy" and other Cultural Arts category items will only take place during the lunch hour. Check in Cultural Arts items and Fairy Gardens before 9:30 am.

There will be an Iris Flower Show this year.

CULTURAL ARTS & HERITAGE SKILLS

It is hard to believe that the Home and Family Conference will be here in a few short months. For the last several years , participation in the Special Project for Cultural Arts at the Conference has been very successful.

This year, the Committee has chosen a Children's Hand/Home-made Book or Toy. Sizes up to 18" X 18" X 18" is the maximum, however it can be smaller. You can use any medium, for any age. For the books- no commercial printing/publishing, but parts can be printed from a home printer and printed transfers can also be used.

The additional craft categories for 2026

- Quilts: full sized, crib/baby quilts
- Needlework: needlepoint, embroidery, counted cross-stitch, crewel embroidery, etc.
- Knitting/Crocheting
- Crafts/Miscellaneous: items not included in one of the above categories

Each county may enter on one Cultural Arts exhibit PLUS one special project for a total of two projects per county. Entry forms can be found on the IEHA website www.ieha-families.org under the programs/forms tab.

The Cultural Arts Committee looks forward to having many wonderful items to display at the Home and Family Conference on June 15-17.

All Club dues and member's names are due to Elaine Fischer at the May Achievement Day. You will receive your 2026-27 program book at that time.

Dues are \$15.00 per member.
ISSUE CHECKS TO: HARRISON COUNTY EXTENSION
HOMEMAKERS

Purdue Extension
Harrison County
247 Atwood Street
Corydon, IN 47112

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Living Well Newsletter



February & March 2026

HEALTH & HUMAN SCIENCES NEWSLETTER

Accommodations

- If you are in need of accommodations to attend a program, please contact our office prior to the event at 812-738-4236.
- If you need an interpreter or translator, please contact our office prior to the event at 812-738-4236.
- Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.

Connect with Us!

247 Atwood Street
Corydon, IN 47112

812-738-4236

extension.purdue.edu/Harrison

facebook.com/HarrisonCoExtension

bit.ly/harrisoncoyoutube

Harrison County Extension Inclement Weather Policy:

ALL Extension Activities (4-H events, adult workshops, meetings, classes, etc.) are cancelled when schools are closed due to inclement weather. This includes any events at the Extension Building, Harrison County Schools, etc. If the event is on the weekend, please contact the event host, or your club leader to confirm cancellation! We will do our best to share this information through Facebook posts and emails.