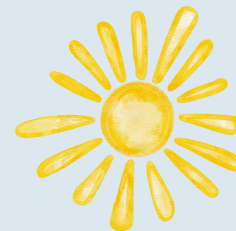


LIVING WELL IN HARRISON COUNTY

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



JUNE/JULY 2026



A Note from Tara..

Hello Summer! As we move into the warmth and energy of summer, this season invites us to stay active, connected, and engaged in the moments that matter most. Longer days and a change of pace offer new opportunities to build healthy habits, spend time with family and friends, and enjoy all that our communities have to offer.

June also brings one of our community's favorite traditions—the Harrison County Fair! I encourage you to stop by and explore the Open Class exhibits and consider showcasing your own talents and projects. Take time to visit the 4-H exhibits to see the creativity, skills, and passions of our local youth, and enjoy the livestock shows and many other events and activities the fair has to offer. It's a wonderful opportunity to celebrate community, agriculture, and the hard work of so many residents.

Here at Extension, we continue to focus on practical tools and programs that support healthy living, strong families, and connected communities. In this issue, you'll find upcoming program opportunities, helpful resources, and updates from Harrison County Homemakers, along with features designed to inspire learning and engagement throughout the summer months. Whether you're trying something new, staying involved locally, or simply enjoying the season, I hope you'll find something meaningful and useful in these pages.

Thank you for being part of our Extension community and for the many ways you contribute to making it strong. Wishing you a safe, active, and enjoyable summer!



Tara Beckman

Purdue Extension Harrison County Staff:

Tara Beckman

Health & Human Services &
Community Development Educator

Ariel Camm-Wilson

County Extension Director
Agriculture & Natural Resources
Educator

Cindy Finerfrock

Nutrition Education Program Advisor
(NEPA)

Mary Eve

Office Manager

Sallie Carter

Program Assistant

Tammy Alcorn

Administrative Assistant

Sarah Gilmer

Administrative Program Assistant

Purdue University Cooperative Extension Harrison County

247 Atwood Street

Corydon, IN 47112

Phone: 812-738-4236

Fax: 812-738-2259



Extension - Harrison County



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?

COMMUNITY & WELL-BEING

Did you know research shows that community involvement and time outdoors can improve well-being, reduce stress, and strengthen social connections?

☀️ Summer is a great time to get outside, attend local events like the county fair, and connect with others in your community.



Upcoming Programs

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

- **June 5: ServSafe Manager Training & Exam**
 - Harrison Co. Lifelong Learning, 8AM
 - *Registration Required*
- **June 11: Cooking With Confidence**
 - Harrison County Public Library
 - Corydon Branch, 10AM
 - Elizabeth Branch, 2PM
- **June 20: Open Class Project Check-in**
 - Harrison County Fairgrounds, 9AM - 11AM
- **June 22: Open Class Project Check-in**
 - Harrison County Fairgrounds, 9AM - 12PM
- **June 23-26: Open Class Project Viewing**
 - Harrison County Fairgrounds, 5PM - 9PM each night in the Homecomers Hall
- **June 25: Extension Homemakers' Annual Pie Contest and Auction (Cherry Pie)**
 - Harrison County Fairgrounds in the Windell Ag Building
 - Pie check-in 1PM - 2PM (*no late entries*)
 - Judging begins immediately after check-in closes
 - Auction will follow, and benefits Extension Homemakers' annual Scholarship Fund

TASTY BITES

From FoodHero.org- [foodhero.org/recipes/bruschetta-salad](https://www.foodhero.org/recipes/bruschetta-salad)

Bruschetta Salad

Ingredients:

- 3 cups chopped tomatoes (try Roma or halved cherry tomatoes)
- ½ cup chopped red onion
- ¼ cup chopped fresh basil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 Tablespoons balsamic or red wine vinegar
- 1 Tablespoon vegetable oil
- 2 cups croutons



Directions:

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Combine the tomatoes, onion, basil, salt, pepper, vinegar and oil in a bowl.
4. Stir croutons into the salad and serve.
5. Refrigerate leftovers within 2 hours.

Notes

- Make croutons from dried bread, rolls or hamburger buns or cube and toast bread in the oven.

LIVING WELL

Summer is a great time to refresh food safety habits, especially with cookouts, picnics, and community events. Warmer temperatures can increase the risk of foodborne illness, but a few simple steps can help keep everyone safe.

Keep hot foods hot and cold foods cold, wash hands and surfaces often, and use a food thermometer for meats. Don't leave perishable foods out for more than two hours— or one hour in the heat.

Small steps can make a big difference in keeping summer gatherings safe and enjoyable.

Learn More: edustore.purdue.edu/fs-6-w.html



TABLE TALK

Making Decisions Together

As summer activities pick up, families and households often find themselves making more day-to-day decisions. How to spend time, what to prioritize, and how to balance responsibilities with fun are often some of those decisions. These moments create a valuable opportunity to involve **everyone** in the decision-making process.

When individuals feel heard and included, it can strengthen communication, build confidence, and create a greater sense of shared responsibility. Taking time to talk through choices together can also reduce stress and help set clearer expectations during busy seasons.

Around the table, consider asking:

- How do we decide what's most important when our schedules feel full?
- What responsibilities should everyone help with this summer?
- How can we make decisions that feel fair to everyone?
- What does it look like to support each other when plans change?
- Are there ways we can work together to make daily tasks easier?

These conversations can help build problem-solving skills, encourage teamwork, and support a sense of ownership and independence for all ages. Over time, involving everyone in small decisions can lead to stronger relationships and a more balanced home environment.

Explore these Purdue Extension resources to continue the conversation and support positive family communication:

View Resource Here:

- Making Time to Talk to Your Partner (Relationship Series)
edustore.purdue.edu/hhs-743-w.html



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.

Research from Extension shows that unstructured time helps children build important life skills like problem-solving, independence, and self-regulation. These skills support success in school and beyond.¹



TRY THIS TODAY

This is something you can do or try today.

Create a simple “choice board” with your child that includes a mix of activities like reading, outdoor play, helping with a meal, or a creative project. Let them draw, write, or cut out pictures from magazines to represent each choice, and talk together about how they might like to spend some of their time this summer.



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.



HARRISON COUNTY
PUBLIC LIBRARY

Summer Reading Program

The HCPL Summer Reading Program runs **June 1 through July 31**, with this year's theme, “Unearth a Story.”

All branches will offer free storytimes, programs, and activities, and adults will have their own challenge with prizes. Participants can track reading through the Beanstack app, with returning users simply updating their account.

Research shows summer reading programs help youth maintain literacy skills and build positive reading habits. Families are encouraged to read together and make it part of their summer routine!

More details and pre-registration will be available beginning May 26th through the Harrison County Public Library.

1. Michigan State University Extension. The Case for Summertime Play: Unstructured versus Structured Summer Play.

www.canr.msu.edu/news/the_case_for_summertime_play_unstructured_versus_structured_summer_play

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.

MUACKPORT

Current President: Barbara Donahue

Chartered in 1914, the Mauckport Extension Homemakers' Club is the oldest homemaker club in Harrison County. For more than a century, it has remained a steady and dedicated presence, celebrating 112 years of continuous service in May 2026. Over that time, the club has endured periods of war, the Great Depression, and many other challenges, all while continuing to serve Hoosiers and communities beyond. Today, nine members gather monthly at the parish hall of Central Bethel Community Church in Central, Indiana, continuing that tradition under the leadership of their curret President, Barb Donahue.

The Mauckport Club remains actively involved in supporting local initiatives. Members assist with activities at Heth-Washington Elementary School, including baking cakes for the annual fall festival. They contribute to county-wide events and have baked dozens of cookies in support of the annual Repair Affair in September as well as the annual Cookie Walk in November during Corydon's Light Up event with proceeds supporting books for preschool children. Members enjoy time spent playing bingo and fellowship with residents of The Willows, and they also participate in the Harrison County Fair, helping with Open-Class exhibits for anyone in the community and showcasing their own skills in various crafts.

Club meetings offer opportunities to learn about local businesses and community offerings, along with creativity and connection through lessons, hands-on activities, and meaningful conversation. Members value the friendships built through shared experiences and time spent together each month.

The Mauckport Extension Homemakers' Club welcomes all individuals who are looking to learn, serve, and connect with others. Meetings are held on the first Tuesday of each month at 11:30 a.m. at the parish hall. Those interested in joining or learning more are encouraged to contact President Barb Donahue at 812-737-2090.

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 at 812-738-4236.



Iris Yeager receives her 75 year membership award at a club meeting in 2024



Club members holding heart frames they made during a club meeting



Annual Harrison County Pie Contest & Auction for a Cause

Join the Harrison County Extension Homemakers at the Fair!

Cherry Pie Check-In:

- **Windell Ag Building, Harrison County Fairgrounds**
- **June 25 from 1:00–2:00 PM (no late entries)**

Judging will begin immediately after check-in, followed by the pie auction, which is generously auctioneered each year by Beckort Auctions.

**You do NOT need to pre-register or receive a bidder number to participate in the auction.*

Proceeds support the Extension Homemakers Scholarship Fund. This spring, three recipients each received a \$1,000 scholarship thanks to last year's generosity!

Stay for judging, enjoy the air conditioning, and bid on delicious homemade pies— all for a great cause!

For more information, contact the Harrison County Purdue Extension Office at 812-738-4236.

Harrison County

Indiana Extension Homemakers Association





OPEN CLASS PROJECTS 2026 *Homecomers Hall*



PROJECT CHECK-IN TIMES

(Open to all Harrison Co. Residents)

6/20

Date: June 20

Time: 9:00AM to 11:00AM

Location: Homecomers Hall @ the Harrison Co. Fairgrounds
Suggested that Foods-Baked and Floriculture be entered on Monday 6/22 due to heat.

6/22

Date: June 22

Time: 9:00AM to NOON

Location: Homecomers Hall @ the Harrison Co. Fairgrounds
All projects accepted. Foods-Baked & Floriculture will be judged after check-in closes.

EXHIBIT HALL OPEN FOR PUBLIC VIEWING OF PROJECT SUBMISSIONS

Tuesday, June 23rd
5:00-9:00pm

Wednesday, June 24th
5:00-9:00pm

Thursday, June 25th
5:00-9:00pm

Friday, June 26th
5:00-9:00pm

PROJECT PICK UP

6/27

Date: June 27

Time: 9:00AM to 11:00AM

Location: Homecomers Hall @ the Harrison Co. Fairgrounds



SPRING DISTRICT MEETING - APRIL 7, 2026

The Indiana Extension Homemakers Association (IEHA) continues to serve Harrison County through six local clubs and regional collaboration with nine surrounding counties.

On April 7, 2026, Harrison County Homemakers hosted the Bedford District Spring Meeting with about 40 attendees. The event celebrated “Happy 250th Birthday America!” with patriotic décor, songs, and a brief history of the Declaration of Independence, along with organizational updates and introductions of state and district leaders.



Updates included details on the Home & Family Conference set for June 15–17, 2026, in Nashville, IN, featuring educational seminars, craft sessions, and networking opportunities. Additional discussions highlighted upcoming focus groups, volunteer initiatives, and efforts to address food waste.



Harrison County Homemakers were also recognized for an impressive 15,315 volunteer hours in the past year, reflecting a significant community impact valued at over \$532,000 in service. The next district meeting will be hosted by Jackson County Homemakers on September 28, 2026.



MAY ACHIEVEMENT DAY- MAY 12, 2026

May Achievement Day, held May 12, 2026, was a celebratory gathering among all Harrison County Homemakers within the county and filled with laughter, insight, fellowship, and cheer. The event welcomed 41 adults and 10 youth for a meaningful day of connection and recognition within the Homemakers community.

Participants joined in commemorating America’s 250th birthday while also hearing from IEHA State President Cathy Wilkymacky, who shared updates and highlights to anticipate at this year’s Home & Family Conference. The program included recognition of three scholarship recipients, made possible through the generosity of last year’s annual Pie Contest and Auction at the county fair. The day also featured inspiring reports of accomplishments from each club President, along with reflections and updates from the County President, showcasing the continued impact and dedication of Homemakers across Harrison County.





EXTENSION HOMEMAKERS PRESIDENTS COUNCIL

The Presidents' Council will meet on Monday, July 27, 2026 at 12:30PM in the Washburn Room at the Extension Office.

NEW MEMBERS

Do you have new members in your club?

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

INTERESTED IN JOINING EXTENSION HOMEMAKERS?

Would you like to join Harrison County Extension Homemakers? Call Marcia Gliottone, membership coordinator, at 812-267-5573 for information and to get connected to a club in your area!

INTERNATIONAL DAY

September 8, 2026

Registration begins at 9:30AM

Program begins at 10:00AM

Blue River Homemakers club will be hosting this event at the Purdue Extension Office.

FALL BEDFORD DISTRICT MEETING

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

HOLIDAY WORKSHOP

Mark your calendars! The always highly-attended Holiday Workshop is scheduled for November 10, 2026. It's never too early to start thinking about Holiday Crafts and Recipes your club may want to share with those in attendance!



Living Well Newsletter




June & July 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

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 bit.ly/harrisoncoyoutube