

Health & Human Sciences Connections

Volume 23 Issue 1
February & March 2023



Extension - Harrison County

Happy New Year!

Are you a “resolutions” person? Maybe you’re a new calendar kind of person who looks forward to switching it out, updating with all the special dates and items to remember, and likes planning ahead while you daydream of the possibilities? You could be a person who welcomes the change and excitement, but what if you’re one that does not? The new year can be what you want and make it—but you don’t have to do it alone!

As a Cooperative Extension Service, we strive to provide practical solutions to local issues and offer many services, programs, and educational opportunities, as well as partnerships with community organizations. Our Extension Educators (focusing on Health and Human Sciences, Community Development, Agriculture and Natural Resources, and 4-H Youth Development), Community Wellness Coordinator, Nutrition Education Program Advisor, and office staff are excited and willing to share the many ways we work to enhance lives and livelihoods within our community. Stop in at our office, call, visit our website, and/or follow us on social media where we share some great resources and upcoming programs you can be a part of.

What new rhythms and disruptions have you been implementing this year? Maybe you’re still trying to figure it out? Regardless, Purdue Extension aims to meet you, your family, and your neighbors right where you are. Offering high impact, research-based programming- we strive to be “Indiana’s educational partner for life.” All are welcome- and there’s a place for everyone. Come see for yourself!



Inside This Issue

<i>Save the Dates</i>	2
<i>Heart Healthy</i>	2-3
<i>Happenings</i>	4
<i>New Staff members</i>	5
<i>What is IEHA?</i>	6
<i>EH Scholarships</i>	7
<i>EH Reminders</i>	8
<i>EH Meetings</i>	8
<i>May Achievement</i>	9
<i>Cultural Arts</i>	9

Jana Beckman



**Purdue University Cooperative
Extension-Harrison County**
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Corydon, IN 47112
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DATES TO REMEMBER:

FEBRUARY:

- 14-Valentine's Day
- 14- Eat Smart, Live Strong Program with Seniors With A Goal (SWAG group)
- 15-First Timers Award application due
- 20-Presidents' Day-**Extension office closed**
- 22- Eat Smart, Live Strong Program at Corydon Branch Library

MARCH:

- 1-Harrison Co Extension Homemakers Scholarship application due.
- 1-Names of Club officers due.
- 1-EH program book information due
- 1-Ruth B Sayre Scholarship application due
- 17-Spring District meeting
- 17-St. Patrick's Day
- 27- EH Presidents Council meeting

APRIL:

- 1-April Fools Day
- 7-Good Friday-**Extension office closed**

Reminder-When school is called off due to inclement weather, evening programs are cancelled or postponed. When the County offices close due to weather conditions, no day or evening classes will be held. Call 812-738-4236 to check on scheduled classes.



Heart Health Awareness

It's a great time to make sure your ticker is tickin' properly! We've all heard it. Change what you eat, maintain a healthy weight, be physically active, quit smoking. But why? Can this

advice **REALLY HELP** you lower your cholesterol and improve your heart health? **YES!**

Making small changes in your daily routine can add up to big benefits and help you live a healthier, more balanced life.

Learn more on the next page of the newsletter.

Do you need ideas for heart-healthy snacks?

Be sure to read and compare the Nutrition Facts labels on your favorite snacks. Beware of the levels of Cholesterol, Fats, Carbohydrates, and Sodium. If you are craving crunch, visit the fruit and vegetable aisle or try these more healthful options instead of chips:

- Crisp apple slices
- Carrot or celery sticks
- Roasted chickpeas
- Lightly salted or seasoned popcorn
- Low-salt pretzels
- Unsalted or lightly salted nuts such as almonds or pistachios
- Multigrain crackers and cheese
- Rice cakes with a little nut butter
- Pita Chips with hummus

Did you know? Pulse foods, including chickpeas, lentils and split peas, are heart-healthy, just like their cousins in the dry bean category. See <https://tinyurl.com/pulsefood> for lots of ways to use pulse foods in your diet.

Source: <https://www.ag.ndsu.edu/nourishyourbody>



February is Heart Health Month



Eating fruits and vegetables is part of a heart healthy diet. (Photo by Canstock)

Wearing red in February isn't just for Valentine's Day. It's also worn to raise awareness of the dangers of heart disease.

The **American Heart Association** reports about 2,300 Americans die of cardiovascular disease each day. That means every 38 seconds, someone in the U.S. dies from a disease that may be prevented!

Do you know what it takes to keep your heart healthy? Take our quiz and find out! (Answers at the bottom of the post.)

True or False? **(See ANSWERS on Page 5)**

1. The heart does more work than any other muscle in the body.
2. Too much sodium (salt) in your diet may increase your risk for several illnesses, including heart failure, stroke, and kidney disease.
3. Avoiding processed foods can lower the salt in your diet.
4. Eating fruits and vegetables does not matter to your heart health.
5. High fiber foods, such as **brown rice** and **beans**, are part of a heart healthy diet.

To learn more about risk factors for heart disease and what you can do to have a positive effect on your heart's health, check out this Extension information sheet, "**A Healthy Heart**" at extension.msstate.edu/publications/information-sheets/healthy-heart

Source: Mississippi State Extension

February Challenge Kit

Heart Health STEM kit

Challenge: February is Heart Health Month. Use this kit to explore the parts of the heart, create a hands-on model to learn how the heart pumps blood, and create a project entry for this year's 4-H Fair.

1 Pick up the challenge kit at the Purdue Extension Harrison County office

2 Complete the fun activities to learn about the heart for American Heart Health Month

3 Be one of the first three to submit a picture of your completed kit & win a prize

4 Use the challenge to inspire a project that can be entered into this year's 4-H Fair 2023

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Participate in Our Monthly Challenge Kits!

-February's challenge includes heart health education and creating a hands-on model to show how blood pumps through unobstructed and obstructed arteries.

-Kits can be picked up from Purdue Extension Harrison County. FREE and ANYONE can participate.

***Limited quantities do exist.**

Eat Smart, Live Strong Program

Eat Smart, Live Strong is a collaboration between our Health and Human Sciences Educator, Tara Beckman, and our Nutrition and Education Program Advisor, Cindy Finerfrock.

Join us:

-At the Corydon Library (details to the right) OR

-Seniors With A Goal (SWAG) on Feb. 14th @ Dairy Dip Community Center in New Salisbury from 1-2pm

Eat Smart, Live Strong

-EAT SMART, LIVE STRONG: COLORFUL AND CLASSIC FAVORITES-

11AM-12PM
AT THE
Harrison County Public Library-Corydon Branch

Wednesday, February 22nd, 2023

HARRISON COUNTY PUBLIC LIBRARY

PURDUE UNIVERSITY | Extension - Harrison County

Are you interested in living a heart-healthy lifestyle? Are you looking for more ways to incorporate fruits and vegetables, with food availability and costs also on your mind?

"Eat Smart, Live Strong," offered by the Harrison County Purdue Extension Office, aims to teach participants how to read nutrition labels for healthy outcomes, increase your fruits and vegetables, and engage in light physical activity (sitting and/or standing, using the back of a chair, as able). A low sodium food demonstration and sample will also be offered.

Come join us for this FREE program in recognition of American Heart Health Month! All are welcome!

Harrison County Public Library- Corydon Branch
105 N. Capitol Ave
Corydon, IN 47112

Harrison County Library 812-738-4110
Purdue Extension- Harrison County 812-738-4236

Start your health journey today at eatgathergo.org

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FOWL PLAY
POULTRY 4-H CLUB

BOOK DRIVE

- Book Drive for residents of Hickory Men's Treatment Center of Corydon
- We will be accepting donations at the Extension Office until February 28th.
- Adult Chapter Books: Sci-Fi, Westerns, Mystery, etc.

Donate Here Today!

Book Drive for Hickory Men's Treatment Center of Corydon

-Donations may be dropped off at the Extension Office until February 28th.

-Any adult chapter books of ALL genres!

ANSWERS from Page 4:

1. TRUE 2. TRUE 3. TRUE 4. FALSE 5. TRUE

Welcome To Our New Staff



WELCOME!



Hi, my name is Katie Davidson. I am a Community Wellness Coordinator (CWC), covering Floyd, Clark, and now Harrison Counties! As a CWC, I work to lower barriers people have to making healthier choices. I work with groups like farmers markets, community gardens, schools, and food pantries to problem solve and create lasting changes to the policies, systems, and environments that exist around us. I live in Clark County, and in my spare time I enjoy walking on the Ohio River Greenway with my husband and two dogs, or reading a book outdoors wherever I can. I am looking forward to working with your organization in the future to make the healthy choice an easier choice for your clients!

Katie Davidson, MS, RD
Community Wellness Coordinator
Purdue Extension, Serving Floyd/Harrison/Clark Counties
3000 Technology Avenue, New Albany, IN 47150
o: 812-948-5470 m: 334-412-8981



Hi, my name is Katie Davidson. I am a Community Wellness Coordinator (CWC), covering Floyd, Clark, and now Harrison Counties! As a CWC, I work to lower barriers people have to making healthier choices. I work with groups like farmers markets, community gardens, schools, and food pantries to problem solve and create lasting changes to the policies, systems, and environments that exist around us. I live in Clark County, and in my spare time I enjoy walking on the Ohio River Greenway with my husband and two dogs, or reading a book outdoors wherever I can. I am looking forward to working with your organization in the future to make the healthy choice an easier choice for your clients!

My name is Cindy Finerfrock. I am excited to join the Harrison and Floyd County Extension offices as your new NEPA/ Nutrition Education Program Advisor! I was born and raised in the military. I received my Home Economics degree from the University of Dayton, Ohio. My husband and I have lived in Indiana for over 17 years. I am here to help you learn more about nutrition and improve your family's health. We provide FREE, practical, hands-on programs for SNAP recipients, limited-resource individuals of all ages, and eligible schools. Programs include: How to stretch your food dollar, Planning fast easy meals, and Making vegetables fun & tasty...just to name a few! You can start your health journey today. For free and fun classes. Visit: eatgathergo.org to check it out!



WELCOME!

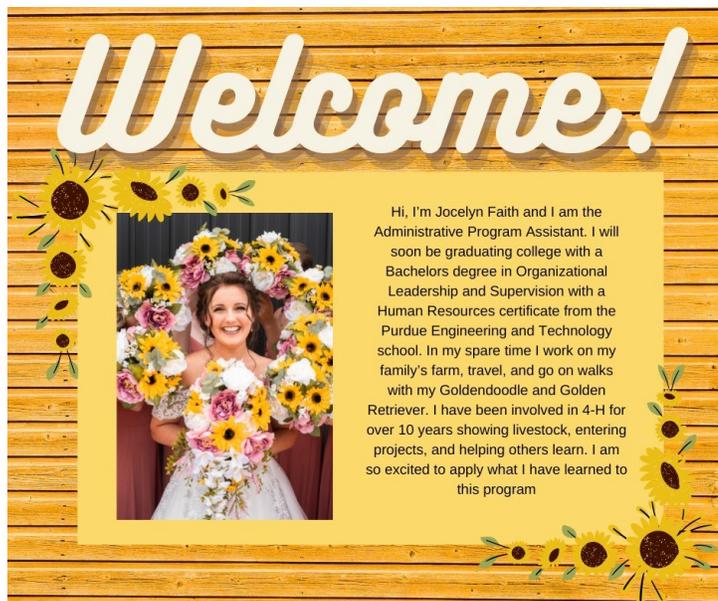


My name is Cindy Finerfrock. I am excited to join the Harrison and Floyd County Extension offices as your new NEPA/ Nutrition Education Program Advisor! I was born and raised in the military. After receiving my Home Economics degree from the University of Dayton, Ohio, I followed my military husband around the globe. We then settled in Bartholomew County, Indiana for more than 17 years. We have grown to call Indiana our home! This state is the healthy location for our family. It was an easy choice to stay in Indiana!... And now, I hope to help make the healthy choice the easy choice for each of YOU!

I am here to help you learn more about nutrition and improve you and your family's health. We provide FREE, practical, hands-on programs for SNAP recipients, limited-resource individuals of all ages, and eligible schools.

Programs include: How to stretch your food dollar, Planning fast easy meals, and Making vegetables fun & tasty...just to name a few! You can start your health journey today for free and fun classes. Visit: eatgathergo.org to check it out!

Cynthia Finerfrock
Nutrition Education Program Advisor
Purdue Extension, Serving Floyd/Harrison Counties
3000 Technology Avenue, New Albany, IN 47150
m: 812-344-8383
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WELCOME!



Hi, I'm Jocelyn Faith and I am the Administrative Program Assistant. I will soon be graduating college with a Bachelors degree in Organizational Leadership and Supervision with a Human Resources certificate from the Purdue Engineering and Technology school. In my spare time I work on my family's farm, travel, and go on walks with my Goldendoodle and Golden Retriever. I have been involved in 4-H for over 10 years showing livestock, entering projects, and helping others learn. I am so excited to apply what I have learned to this program

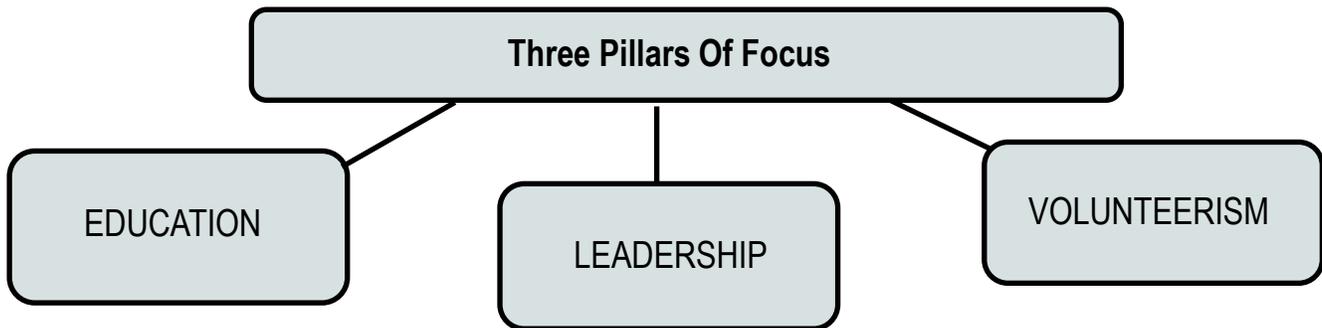
Hi, my name is Jocelyn Faith and I am the Administrative Program Assistant. I will soon be graduating college with a Bachelors degree in Organizational Leadership and Supervision with a Human Resources certificate from the Purdue Engineering and Technology school. I grew up in Harrison County and I currently reside here as well. In my spare time I work on my family's farm, travel, and go on walks with my Goldendoodle and Golden Retriever. I have been involved in 4-H for over 10 years showing livestock, entering projects, and helping others learn. I am so excited to apply what I have learned to this program.

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

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 Homemaker News

Scholarships

First Timers Award

Anyone interested in attending the Home and Family Conference for the first time can apply for the First Timers Award to help defray the cost of attending. Ten state winners are selected, one from each IEHA District. Only those who have never attended the entire conference will be considered. Applications are available at the Purdue Extension Office.

Completed applications MUST be returned to the Extension Office by February 15, 2023

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, 2023 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, 2023.

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/wp-content/uploads/2019/01/Career_Advance_Scholarship_15-16Revision-3_pgs.pdf

Applications must be postmarked by March 15, 2023 & mailed to IEHA Past President



REMINDERS



CLUB SECRETARY'S BOOK

Are you a new club secretary or would like to keep you 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 and pick up your free copy.

PROGRAM BOOK MEETING

Club Presidents will be meeting at 10:00am on Tuesday, Feb 14 in the Washburn room at the Extension office to choose the Songs, Thoughts of the Day, and Roll Call questions for the 2023-2024 Program Books.

"COINS & NICKELS"

Clubs need to send in their "Coins for Friendship" or "Nickels for Leadership" to Elaine Fischer by **March 15, 2023**

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 your know it! The list of open class projects is available at the Extension office.

4-H Fair-June 10-15, 2023
AG Fair-June 11-17, 2023

MEETINGS

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, 2023**, at the Extension office.

SPRING DISTRICT MEETING

March 21, 2023

The Spring District Meeting will be March 21, 2023. The meeting will be hosted by Jackson County and held at **Southern Hills Church**
1645 Hwy 135, Salem, IN 47167

Cost is \$9.00 as a meal will be served. Registration must be received by__.

Send registration and check made out to Harrison Co. Extension Homemakers and send to Elaine Fischer at 2140 Spring Branch Rd NE, New Salisbury, IN 47161.

March 21, 2023 Spring District Meeting Registration

NAME _____

PHONE: _____

AMOUNT ENCLOSED: _____

PRESIDENTS COUNCIL MEETING

The Presidents Council will meet on Monday, March 27, 2023 at 12:30 p.m. in the Washburn Board Room at the Extension Building.



MAY ACHIEVEMENT DAY

Tuesday, May 9, 2022

Purdue Extension Building

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

May Achievement Day will be Tuesday, May 9, 2023 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 2022 highlights and happenings. Each club is to bring a \$5 door prize and decorate their own table(s).

Each club will also make their own name tags.

Everyone 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 2022 to Carolyn Beanblossom (812-267-9818) 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 "Fairy Garden" 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 no Style 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 Fairy Garden for the Special Project. The 'garden' should be made by you, and made from the materials of your choice. It can be no larger than 18" x 18" x 18". It must have been completed within the last two years.

The additional craft categories for 2023

- Quilts-full sized, crib/baby quilts
- Needlework-needlepoint, embroidery, counter cross-stitch, crewel embroidery
- Crafts/miscellaneous-items not included in one of the above categories
- And knitting/crocheting

Each county may submit only one entry from one of the four craft categories above plus one entry in the special project category for a total of two entries. 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 in Indianapolis, June 5-7, 2023

All Club dues and member's names are due to Elaine Fischer at the May Achievement Day. You will receive your 2023-24 program book at that time.

Dues are \$15.00 per member.

ISSUE CHECKS TO: HARRISON COUNTY EXTENSION HOMEMAKERS

Purdue Extension
Harrison County
247 Atwood St
Corydon, IN 47161

NONPROFIT ORG.
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HHS Newsletter



Tara Beckman
Extension Educator
Health & Human Sciences
Community Development

Position open
Extension Educator
Agriculture & Natural Resources

Rebecca Wilkins
County Extension Director
Extension Educator
4-H Youth Development

Katie Davidson, MS, RD
Community Wellness Coordinator

Cindy Finerfrock
Nutrition Education Program

Mary Eve
Office Manager

Jane Lasher
Administrative Assistant

Julie Age
Administrative Assistant

Jocelyn Faith
Program Assistant

Connect With Us!



extension.purdue.edu/Harrison



Purdue Extension Harrison County



[https://www.youtube.com/
channel/
UC41otnw75UqhuBVpSMiWY7w/
videos?app=desktop](https://www.youtube.com/channel/UC41otnw75UqhuBVpSMiWY7w/videos?app=desktop)



[purdueextensionharrisoncounty](https://www.instagram.com/purdueextensionharrisoncounty)



Extension - Harrison County

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. If you have special needs call us prior to the event at 812-738-4236 or call 888-EXT-INFO and ask for the Harrison County office.