

Health & Human Sciences Connections

Volume 24 Issue 1
February & March 2024



Extension - Harrison County

Happy New Year!

It's hard to believe we are already several weeks into the New Year!

As Tara is enjoying time at home with her newest family member, our office is working to provide you with information, challenge kits, Extension Homemakers news, and coming events.

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.

Make your reservation to attend our Annual Extension Board meeting and open house and meet us in person. Take a tour of our facility. Learn what we can do for you!

A handwritten signature in black ink, appearing to read 'Gail Peitzmeier'.

Gail Peitzmeier
Interim CED
Harrison County-Purdue Extension



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Purdue University Cooperative Extension-Harrison County

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DATES TO REMEMBER:

FEBRUARY:

- 6-Make and Take Pizza Workshop
- 14-Valentine's Day
- 15-First Timers Award application due
- 19-Presidents' Day-**Extension Office closed**
Tara comes back later this month!!!

MARCH:

- 1-Harrison Co Extension Homemakers Scholarship application due
- 1-Club officers' names due
- 1-Ruth B. Sayre Scholarship application due
- 5-Annual Extension Board meeting/open house
- 14-Spring District meeting!
- 15-Career Advancement Scholarship due
- 15-Coins for Friendship/Nickels for Leadership
- 17-St. Patrick's Day
- 25- EH Presidents' Council meeting
- 29-Good Friday-**Extension Office closed**

APRIL:

- 1-April Fool's Day

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.

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>






Purdue Extension Nutrition Education Program

To review "Go/Slow/Whoa" foods, NEP Advisor Cindy Finerfrock introduced the 2023 Reindeer Games at Corydon's Capital Court! Participants donned red cups as reindeer "hooves." Marshmallow "snow balls" were placed in the center of the table.




The goal: get as many marshmallows as possible on their plates while listening to Cindy's review - which included tips about how often certain foods should be enjoyed and signals about how fast to move. Cindy's students had a blast!



MAKE & TAKE PIZZA WORKSHOP

FEBRUARY 6TH AT 5:30PM

247 Atwood St. Corydon, IN 47112
Join ANR Educator, Ariel Camm, in making your own personal take-and-bake pizza as you learn how agriculture impacts the pizzas we enjoy! (Adults Only, 18+).
Class size is limited so sign up as soon as possible!
RSVP required, call 812-738-4236 or stop by the Extension Office.
The **\$5 fee** (cash or check) will be due by January 30th.
Office hours are Monday-Friday from 8:00am-4:30pm or you can mail it or drop it off in the drop box outside the door.



ROOTED IN AG: Pizza Edition

Purdue University is an Equal Opportunity Equal Access Institution

You're Invited!

ANNUAL EXTENSION BOARD
MEETING & OPEN HOUSE

Tuesday, March 5th, 2024 from 6pm-8pm

Purdue Extension Harrison County invites you to our Annual Extension Board Meeting & Open House on March 5th at 6:00pm at the Extension Office.

A complimentary grazing table and beverages, sponsored by Blackman Farms, will be provided.

Join us for:

- Educational Breakout Sessions
- 2023 Extension Educator Reports
- Introduction & Election of Extension Board Members
- Presentation of Awards

Please kindly RSVP by Friday, February 16th, 2024



Not sure what
Purdue Extension
does for Harrison
County?

Join us for our
Annual Extension
Board meeting!

Meet our educators
and staff members.

SLOW COOKER CHICKEN TORTILLA SOUP-8 servings

- 3 chicken breasts, boneless, skinless
- 2 (14.5 oz.) cans diced tomatoes with mild green chilies
- 1 c. frozen corn
- 2 (15 oz.) cans black beans, rinsed and drained
- 1 (15 oz.) can tomato sauce,
- 1 (4 oz.) can green chilies
- 1 c. salsa
- Shredded cheese for garnish
- Fresh cilantro, chopped for garnish
- No-salt added cooked rice or corn chips



1. Wash hands with soap and water. Spray slow cooker bowl with non-stick cooking spray.
 2. Place chicken breast in bottom of slow cooker. Wash hands with soap and water after handling uncooked chicken.
 3. Add tomatoes, black beans, tomato sauce, green chilies, salsa and corn, if desired. Gently combine.
 4. Cook on low for 8-10 hours or on high for 4 to 6 hours and until internal temperature of the chicken reaches 165 °F as measured with a food thermometer.
 5. Thirty minutes before serving, remove chicken breasts and shred.
 6. Return chicken to slow cooker and stir in.
 7. Serve over rice or top with cheese, tortilla chips or cilantro, if desired. Nutrition Information per Serving: Calories 230, Total Fat 2g, Saturated Fat 0.5g, Protein 23g, Total Carbohydrate 32g, Dietary Fiber 10g, Sodium 845mg
- Source: Nebraska Extension

Participate in Our Monthly Challenge Kits!

-February's challenge centers on one of Indiana's lesser known cash crops- MINT!

Learn more about mint and a good pairing food: chocolate.

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

Limited quantities



Did you purchase homemade cookies from the Homemakers during Light Up Corydon?

Have you ever wondered what your purchase was used for?

Members of the Harrison County Extension Homemakers volunteer to read to preschoolers around the county and donate copies of the books they read to the children in the class. The ladies find reading to the children rewarding, especially the hugs they receive!

Interested in finding out more about the Extension Homemakers or joining one of their clubs? Call Harrison County Homemakers' Vice President Marcia Gliottone at 812-267-5573 for more information.



Gift From:

Harrison County
Extension Homemakers Association

Sponsored by:
Light-Up Corydon
Cookie Walk



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, 2024

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, 2024 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, 2024.

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, 2024 & mailed to IEHA Past President. See website for address.



*Extension Homemakers,
Have you ever dreamed of being a Princess?*

*Did you put on one of your mom's dresses and try to walk in her high-heels?
Would you like to feel that way again?*

Well, then.....Your Princess Adventure Starts Here!

You are cordially invited to attend the

*Bedford District Spring Meeting at
Purdue Extension-Harrison County*

Arrive in royal fashion by 9:30am to partake in a light morning repass.

The conclave of Princesses will begin at 10:00 am.

*Expect lighthearted, regal conversation, and a few royal waves.
(Sorry, no handsome princes today.)*

*Luncheon will be a splendid soup,
(remember, Princesses don't slurp)
A noble sandwich,
And a grand dessert fit for royalty.*

*Should you wish to attend this gala on March 14, 2024,
Please complete the form on the following page.*

*Be sure to include the required gold sovereigns (check)
and post to arrive before the March 1st deadline.*

Thank you Your Majesty.



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, 2024**

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 21-28, 2024
AG Fair: June 23-29, 2024

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, 2024**, at the Extension office.

THE PRESIDENTS' COUNCIL

will meet on Monday, March 25, 2024 at 12:30 pm in the Washburn Board Room at the Extension Building



BEDFORD DISTRICT SPRING MEETING

"Your Princess Adventure Starts Here!"

Thursday, March 14, 2024

Registration & light breakfast 9:30-10:00 am
Meeting starts at 10:00 am
Lunch provided.

The meeting will be hosted by Harrison County and held at **Purdue Extension office 247 Atwood St, Corydon, IN 47112**

Cost is \$10.00 per person. Registration must be received by Elaine Fischer by **March 1, 2024** deadline. See address on registration form below.



Bedford District Spring Meeting Registration
March 14, 2024

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 1, 2024



MAY ACHIEVEMENT DAY

Tuesday, May 14, 2024
Purdue Extension Building
Registration 9:00 a.m.-Program 9:30 a.m.

May Achievement Day will be Tuesday, May 14, 2024 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 2023 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 2023 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 "Table Runner" 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 Table Runner. The runner can be made of any type of material using any form of needlework, sewing, weaving, etc. The width of the runner must not be wider than 18". The length is totally up to you! The runner must have been completed within the last two years.

The additional craft categories for 2024

- 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 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 on June 10-12.

All Club dues and member's names are due to Elaine Fischer at the May Achievement Day. You will receive your 2024-25 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

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HHS Newsletter



Tara Beckman
Extension Educator
Health & Human Sciences
Community Development

Ariel Camm
Extension Educator
Agriculture & Natural Resources

Position open
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>



[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.