



Health & Human Sciences Connections

Happy Fall, everyone!

As the seasons change, often our focus and priorities shift too. Sometimes, that's for the best, while other times we need an extra push of motivation to get back on track. So, with fall hurry and changing schedules around the corner- here's your invitation and encouragement to assess what's up ahead, create a plan, and then move intentionally into this next season.

For me and my family, in case you haven't heard, we'll be welcoming the newest little member to our growing family this November! So, although I'll be out for a bit, there is still plenty happening before then (check out the following pages in this newsletter so you don't miss out!)-that I'd love for you to join me for. Then, there's also plenty of other opportunities happening within the Extension Office and around our county this time of year. Take a look around, breathe in a deep breath of fall fresh air, and I hope you enjoy what's up ahead!

Blessings to each of you!

Jana Beckman

Dates to Remember 2023-2024:

Columbus Day-Extension office closed
Holiday Workshop!!!
Veteran's Day-Extension office closed
Thanksgiving Holiday-Extension office closed
Cookie Walk during Light-up Corydon
Presidents' Council meeting
Christmas Holiday-Extension office closed
Extension office closing at 12 noon
New Years Eve & Day-Extension office closed
Martin Luther King Day-Extension office closed

October 9
November 7
November 10
November 23 & 24
November 25
November 27
December 25 & 26
December 28
December 29 & Jan 1
January 15, 2024



Health & Human Sciences Connections

What is HHS Extension?

Purdue Extension Health and Human Sciences (HHS) looks to bring university research to the local level by encouraging HHS Educators to deliver practical, high-impact, educational programs that help communities strengthen families, spend smart, eat right, and live well!

It's as simple as focusing on food, family, money, and health. The HHS branch of Extension offers a variety of engaging, comprehensive programs related to each of these areas. The programs include, but are not limited to:

- **Be Heart Smart**– learn about heart disease and related risk factors
- **Captain Cash**– teaching youth the basics of earning, saving, spending, and borrowing money
- **Dining with Diabetes**– diabetes management lessons focusing on food preparation and cooking
- **ServSafe**– food safety training for restaurant and food service professionals
- **Where Does Your Money Go?**- helping consumers better understand spending habits
- And More!



Community Development Connections

What is CD Extension?

Purdue Extension Community Development (CD) focuses on strengthening the capacity of local leaders, residents, businesses, and organizations to build resilient, inclusive, and sustainable communities through research-based resources and processes. CD Educators actively partner with a variety of stakeholders in order to bring research-based information needed to inform and guide the community and economic development initiatives of people and groups across the state.

The four thematic program areas include, but are not limited to:

- **Leadership & Civic Engagement**
- **Community Economics & Workforce Development**
- **Community Planning**
- **Community Health**

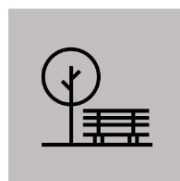
Questions? Suggestions? Interested in Collaboration? Please feel free to reach out to HHS & Community Development Educator, Tara Beckman via email at tbeckma@purdue.edu or phone at (812)-738-4236



Community Economics & Workforce Development



Community Health



Community Planning



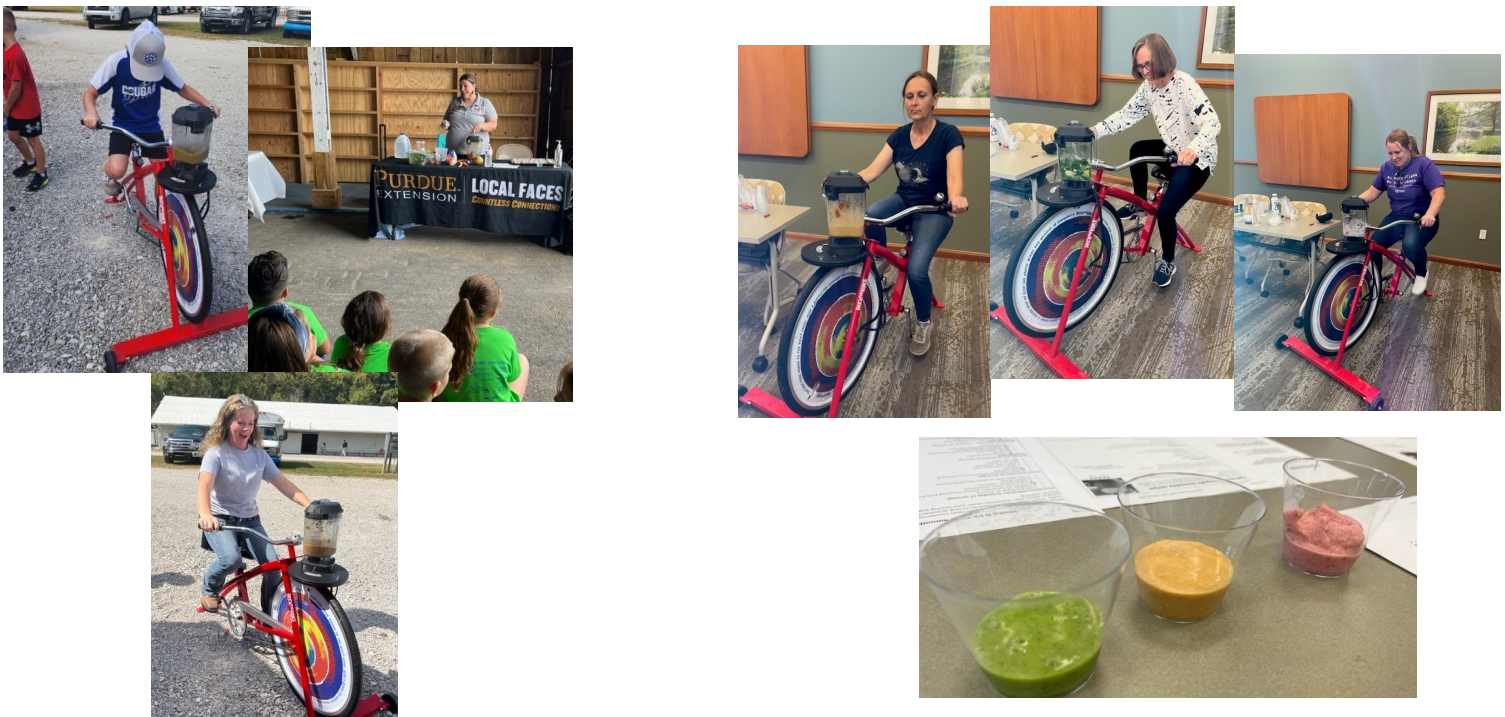
Leadership & Civic Engagement

Blender Bike Fun!

The Month of September was a busy & yummy one! HHS Educator, Tara Beckman, had the pleasure of using Jennings County's Blender Bike for various event around the county. First up were the two county-wide Agriculture Days, for all 3rd Graders in the county, to sample the "Fruits Of Your Labor." A partnership with Harrison County Master Gardeners, students learned about the importance of soil health and water for plants to grow. Then, incorporating various parts of the plant, made their own smoothie samples using the Blender Bike! Kids and teachers alike were excited to give it a try!

Next up was Mixing It Up With Smoothies at the Harrison County Public Library- Elizabeth Branch. This adult program had participants enjoying the Blender Bike and samples just as much as the kids. Their samples included an assortment— a pumpkin pie smoothie, strawberry smoothie with riced cauliflower, and the fan favorite a green pineapple spinach smoothie!

Overall, the smoothies, and the physical activity you can get with the Blender Bike, were a hit! Thanks so much to Jennings County for allowing us to borrow such a cool teaching tool again this year!



Extension Calendar

You asked, we answered! Our monthly calendars for events through Extension are now up and running on our website (or you can find it linked on our Facebook page).

Each event is color-coded for each area in Extension and makes for a great resource to stay in the know!



Extension Calendar





Cooking With Herbs & Spices

Cooking with Herbs and spices will allow you to explore various ways to kick up your dishes with flavor, while avoiding things like extra fat, salt, and sugar.

-This program is FREE, no registration required, and is Thursday, October 19th at the HCPL– Elizabeth Branch; 6:00-7:00PM



Eat Smart, Live Strong: HEALTHY HOLIDAY CHARCUTERIES

WHAT TO EXPECT:

- Featuring tips and tricks to make your upcoming holidays festive, stress-free, and one where every choice is a healthy choice for you and your guests
- Understand the importance of time and temperature safety of foods
- Learn how to calibrate a bi-metallic stemmed thermometer (& take one with you to continue implementing food safety practices at home)
- Sample recipes that promote low-fat dairy and lean protein, while avoiding those traditional cured meat options



DATES, TIMES, AND LOCATIONS:

HCPL: Corydon Branch

- October 24th: 5:30-6:30pm
- November 9th: 1:00-2:00pm

HCPL: Elizabeth Branch

- November 9th: 5:30-6:30pm

No RSVP Required!



Purdue University is an Equal Opportunity Equal Access Institution

Eat Smart, Live Strong: Healthy Holiday Charcuteries

PICK A DATE and MARK YOUR CALENDAR!

While the weather is getting cooler and upcoming holidays are starting to come to mind, join HHS Educator, Tara Beckman, and Nutrition Education Program Advisor, Cindy Finerfrock, for another collaboration in their "Eat Smart, Live Strong" series featuring Healthy Holiday Charcuteries. These programs are completely free, will be located at the Harrison County Public Library, and NO RSVP required.

-HCPL: Corydon Branch

- October 24th, 5:30-6:30PM
- November 9th, 1-2PM

-HCPL: Elizabeth Branch

- November 9th, 5:30-6:30PM

Do You Prevent Cross-contamination at Home

Did you know that about 1 in 6 people becomes sick every year due to a contaminated food?

Fall is often focused on gatherings, and that's a good time to consider your food handling practices.



Sometimes, foodborne illness results in flu-like symptoms that go away in a couple of days. Others can lead to hospitalization or death, especially among young children, older adults and people who are already ill.

Cross contamination is a major issue in food safety. It means that invisible germs such as Salmonella, Clostridium perfringens, E. coli or Campylobacter get transferred from one food or surface to another anywhere from the grocery store to your kitchen.

Which of these are TRUE of you?

- I separate raw meat, chicken, seafood and eggs from ready-to-eat foods in my grocery cart. (Place these items in the plastic bags provided in many stores.)
- I keep raw meat, poultry, seafood and eggs separate from other foods in the refrigerator, placing raw meats on a shelf below ready to eat foods. (This practice helps prevent dripping of raw meat juices on ready-to-eat foods.)
- I do not wash raw chicken and other poultry before cooking. (Washing poultry is not recommended because the bacteria can spread around your kitchen during the washing process.)
- I use one cutting board or plate for raw meat, poultry and seafood and a separate cutting board or plate for fruits, vegetables, bread and other foods that won't be cooked. If possible, have color-coded cutting boards for foods such as red boards for meat, green for vegetables, yellow for poultry.
- I wash cutting boards in a dishwasher or in hot soapy water.
- I always wash my hands at least 20 seconds with soap and water after touching raw meat, poultry, seafood or eggs.

These are all steps to avoid cross-contamination according to the Centers for Disease Control and Prevention.

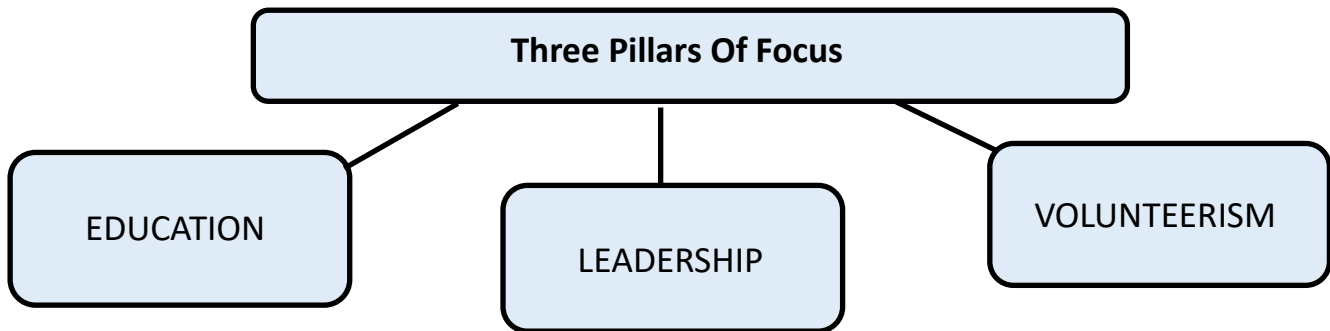
Fall often means community potlucks and other events that bring people together. See the NDSU Extension food safety materials at www.ag.ndsu.edu/food. Navigate to food safety then “home” or “community” for resources to keep food safe.

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.

IEHA (Indiana Extension Homemakers Association)

Harrison County Happenings & Updates

Fall District Meeting: Scatter Kindness the #IEHA Way 2022-2023

- The Fall District meeting was held on Wednesday, September 28th, 2023 in Scott County, Indiana. The meeting featured guest speaker, Ed Cozart, whose mom was a part of their local Home Ec. Club during his childhood. IEHA members said he really evoked a lot of memories regarding past times, songs, food, etc. they had enjoyed through their club over the years or also remembered as child. IEHA State President– Peg Peters, presented the i-LEAD “Get Connected, Stay Connected” initiative for the year.
- Our own Marcia Gliottone, winner of the Bedford District “Enthusiastic Award,” shared why she is so enthusiastic about IEHA. She said, “All the good each county club is doing— we’re filling a niche that wouldn’t be addressed otherwise. If that doesn’t make you enthusiastic, I don’t know what would!” Great job to all for the work and volunteerism each of you show each and every day toward Harrison County and surrounding areas!



Repair Affair of Harrison County– Cookie Donation

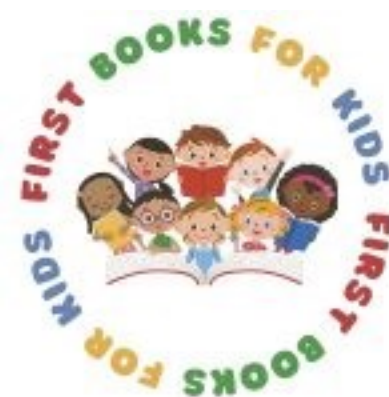


Harrison County IEHA members from all clubs in the county came together in order to donate cookies to volunteers working the Repair Affair Harrison County held on Saturday, September 30th, 2023. Collectively, the clubs were able to donate 36 baker's dozen homemade cookies. Great job, everyone!

Special thanks to Elaine Fisher, Loretta Whitlow, and Jan Woertz for helping bag cookies.

First Books For Kids Program– At Corydon Farmers Market

On Friday, September 22nd, IEHA members, Elaine Fischer and Karen Schwartz, spent their evening at the Corydon Farmers Market, while hosting the First Books For Kids program. This program is sponsored by the county's IEHA organization, is aimed at kids 3, 4, and 5 years old, and focuses on promoting early literacy development. Elaine & Karen were able to interact with and give books to 44 families and kids that evening!



Also, new First Books have been ordered and should arrive at the Extension Office soon! If you're interested in reading to groups of kids, please reach out to your club president to learn more!

IEHA (Indiana Extension Homemakers Association)

Harrison County Happenings & Updates Continued

Annual Carnival For Cancer— At Fountain Church



The 47th Annual Carnival for Cancer was held Friday, September 15th, 2023 at Fountain Church. The event, which included carnival games, a cake walk, a sweet shop, a chili supper, auctions, Corydon Dulcimer Society Performance, and other events, raised over \$11,483 for the American Cancer Society. This total will be matched by the Harrison County Community Foundation through the Betty Goldman Endowment for a total of over \$22,966. The event is jointly sponsored by the Blue River All Stars 4-H Club and the Blue River Hills Extension Homemakers who wish to thank all community members and businesses for their continuing support of the Carnival for Cancer.

Thank you to EVERYONE who participated and supported the fight against cancer!

International Day, “Water World”

Harrison County Extension Homemakers hosted International Day on Tuesday, September 12th at the Purdue Extension Office. Blue River Hills coordinated the event, which featured a science demonstration about water atoms by Janice Sauerheber, WaterStep presentation by Ron McKulick, Ways Water Impacts Our Lives presentation by Tara Beckman, and presentations on the Waterfront Botanical Garden and Journey Along the Blue River by Karen Schwartz. Water related songs were also sung! Twenty-five adults plus kids attended and participated. Participants were also encouraged to donate shoes to WaterStep’s mission— WOW, there was a great turnout!

Do you have gently used shoes you’re not using? A WaterStep shoe collection box remains in both the entry of the Extension Building and the lobby of the Government Center. Feel free to drop off shoes at either location! For every three pairs of shoes donated, it can provided clean water for life for one person!



Harrison County Happenings & Updates Continued



CALLING ALL QUILTS!

The Historical Society of Harrison County will bring back the First Capitol Quilt Show Friday - Sunday October 20-22, 2023. The quilt show, funded through a grant from the Indiana Arts Commission matched by the Harrison County Community Foundation, will provide an opportunity for local quilting enthusiasts to show off quilts they designed, made, own, inherited or have some other connection to.

The First Capitol Quilt Show event will take place at the First State Office Building (the yellow house located at the corner of Mulberry Street and Walnut Street which is part of the Corydon Capitol State Historic Site). The event is FREE and open to the public. There are no entry fees, categories, criterion, requirements, judging or voting. "We try to keep things simple...and fun!" said Karen Schwartz, President of the Historical Society of Harrison County and Harrison County Extension Homemaker.

Check in for the quilts will be held on Thursday, October 19th from 10:00 am-4:00 pm. The quilt show will be open to the public on Friday, October 20 and Saturday, October 21 from 10-4 and on Sunday, October 22 from 1-4. Exhibitors can pick up their quilts on Sunday October 22 between 4 and 5.

All participants are invited to create and bring a readable story about the quilt which will be displayed with the quilt. This could include pictures as well. Schwartz continued, "I recently attended the State Fair and I just loved reading those heartfelt stories which told the who, what, when, where and why about specific entries. We want to provide this opportunity to all exhibitors to provide information about the quilt(s) they are showing." The Historical Society will also have its collection of quilt patterns mounted on cardboard from Griffin's Store on display during the show.

For more information about the First Capitol Quilt Show, please contact Schwartz at (812) 738-2373, karengleitz@hotmail.com or 5850 Devil's Elbow Road NW Corydon, Indiana 47112.

President's Council Meetings



Meetings will be held in the Washburn Room at the Extension office building.

Meetings start at 12:30 pm.

November 27, 2023

January 22, 2024

Nominations for County Officers

Willing to take a leadership position with the Homemakers?

Nominations for the Harrison County Extension Homemakers' **positions of President, Vice President, Secretary, and Treasurer** are due at the **Extension Office by January 5, 2024**

Your club president should have the nomination form.

Spring District Meeting

The Spring District meeting will be held on
March 14, 2024 in
Harrison County!



More information will be available as the time draws near.



Turn in your
**Coins for Friendship
and Nickels for Leadership**
To Treasurer: Elaine Fischer
By March 15, 2024
Not to Extension office

one small *Positive*
thought in the
morning can
Change your whole day

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

Applications must be postmarked by March 15, 2024 & mailed to IEHA Past President

Purdue Extension
Harrison County
247 Atwood St
Corydon, IN 47112
812-738-4236

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HHS Newsletter



Tara Beckman

Extension Educator
Health & Human Sciences
Community Development

Ariel Camm

Extension Educator
Agriculture & Natural Resources

Rebecca Wilkins

Extension Educator
4-H Youth Development

Katie Davidson

Community Wellness
Coordinator

Cindy Finerfrock

Nutrition Education Program
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Mary Eve

Office Manager

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extension.purdue.edu/Harrison



Purdue Extension Harrison County



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



[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.