



Health & Human Sciences Connections

Welcome Fall!

As autumn settles in with its vibrant colors and cooler days, we're reminded of the beauty of change and the opportunities it brings. Fall is the perfect season to slow down, reconnect, and refocus on what matters most—our health, our families, and our community.

In this edition of our newsletter, I'm excited to highlight several upcoming programs designed to inspire healthy habits and hands-on learning. From our **Grow It, Cook It: Spinach** workshop to the **Orchard to Table: Apples** experience, we're celebrating the season's bounty in fun and practical ways. Plus, join us in the **Walktober Challenge**, a community-wide initiative to get moving and stay active all month long.

As your Health and Human Sciences and Community Development Extension Educator, I'm here to support your journey toward wellness—through every season. Whether you're learning something new in the kitchen or taking steps toward a healthier routine, know that you're not alone.

Let's make this fall a time of nourishment, movement, and meaningful connection.

Wishing you a happy and healthy season ahead!

Jana Beckman

Dates to Remember 2025-2026:

Columbus Day-Extension office closed
Veteran's Day-Extension office closed
Holiday Workshop!!!
Presidents' Council meeting
Thanksgiving Holiday-Extension office closed
Cookie Walk during Light-up Corydon
Christmas Holiday- Extension office closed
New Years Eve & Day- Extension office closed

Martin Luther King Jr. Day- Extension office closed

October 13
November 11
November 18
November 24
November 27 & 28
November 29
December 24 & 25
December 31, 2025 &
January 1, 2026
January 19, 2026



WALKTOBER

Get ready to move this October with our Walktober Challenge Kit! Pick up a kit (or go virtual) starting Oct 1st. Our kit is packed with fun tools to help all ages get moving! Track your minutes, move at your own pace, and celebrate every step.

Sign up now via the link, QR code, or by calling our office. Let's step into fall together!

Register Now!

October 1st through October 31st

Begins October 1st

SCAN ME



bit.ly/walktober25

Or you can call
our office M-F
8AM to 4:30PM
at 812-738-
4236 to reserve
your kit!



Extension - Harrison County



- If you are in need of accommodations to participate in this kit, please contact the Extension Office at 812-738-4236 by October 3rd.
- If you need an interpreter or translator, please contact the Extension Office at 812-738-4236 by October 3rd.
- 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.

Join ANR Educator, Ariel Camm-Wilson, and HHS Educator, Tara Beckman, for their “Grow It, Cook It” presentation to discuss spinach. This event is all about empowering you, the participant, to go from garden to table with featured ingredients. A Master Gardener meeting will follow or anyone interested in learning more. This program is free, but RSVP is encouraged!

Thursday, October 16th @ 6:30PM at the Harrison County Extension Office— 247 Atwood Street, Corydon.

Fall Master Gardener Guest Speaker Series
GROW IT, COOK IT
Spinach


Extension - Harrison County

Join ANR Educator, Ariel Camm-Wilson, and HHS Educator, Tara Beckman, for their “Grow It, Cook It” presentation to discuss spinach. This event is all about empowering you, the participant, to go from garden to table with featured ingredients. A Master Gardener meeting will follow or anyone interested in learning more.

This program is free, but RSVP is encouraged!





Thursday,
October 16th, 2025



6:30PM



Harrison County Extension Office
247 Atwood St. Corydon, IN 47112

Celebrate National Apple Month with Us! Join us at the Harrison County Public Library for a fun and seasonal program all about apples! We’ll kick things off with a community Big Crunch, explore the health benefits of apples, and learn how to pick, store, and enjoy different apple varieties this fall.

- Corydon Branch – 11 AM
- Elizabeth Branch – 1 PM
- Monday, October 20th



Orchard to Table:

Healthy Ways to Enjoy Apples

OCTOBER 20TH

Corydon Branch- 11:00 AM

Elizabeth Branch- 1:00 PM

This event is FREE. Visit the Harrison County Public Library website or call the Reference Desk at 812-738-4110 to reserve your spot today!



Extension - Harrison County

HARRISON COUNTY
PUBLIC LIBRARY

Stronger Boards Start with Informed Leaders

Whether you're already on a board or just thinking about getting involved, this hands-on workshop is for you. Join us Nov. 5 to build the skills, confidence, and knowledge to lead well.

Building Stronger Boards Crawford County

Join Purdue Extension for a day-long Building Stronger Boards workshop, designed for community members seeking to enhance their effectiveness in nonprofit board roles and responsibilities.

Through a series of interactive discussions and activities, participants will build their knowledge, skills, and connections with others in the local nonprofit community.

Whether you have just joined your first nonprofit board or have years of experience in serving your Community, this workshop will introduce you to some of the leading best practices in board management.



If you are in need of accommodations to attend this program, please contact Tara Beckman prior to the meeting at 812-738-4236 and tdbeckma@purdue.edu by October 22, 2025.

For special dietary needs, contact Tara Beckman at 812-738-4236 and tdbeckma@purdue.edu by October 29, 2025.

If you need an interpreter or translator, please contact Tara Beckman prior to the meeting at 812-738-4236 and tdbeckma@purdue.edu by October 22, 2025.

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Extension - Community
Development



November 5, 2025

9:00 am - 4:00 pm

<https://cvent.me/1M0Rkl>

Registration Fee:

The cost of the workshop includes lunch and all materials for \$100.

Location:

Patoka Lake Winery
Barrel Room
2900 N Dillard Road
Birdseye, IN 47513-9332



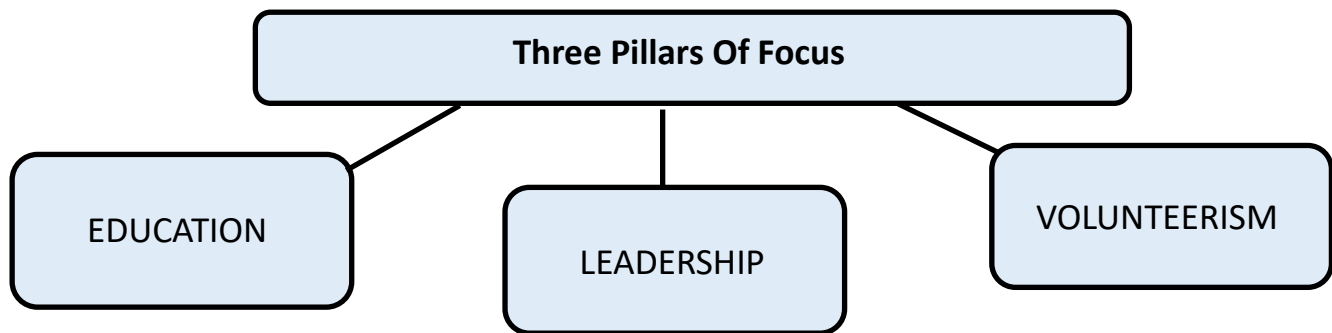
The Community Foundation of Crawford County will provide a \$50 reward grant to each Crawford County 501(c)(3) nonprofit organization that sends an attendee to this valuable workshop.

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 Happenings & Updates Continued

49th Annual Carnival For Cancer— At Fountain Church

On Friday, September 19th, the Blue River Hills Extension Homemakers, in partnership with the Blue River All Stars 4-H Club, hosted the **49th Annual Carnival for Cancer** at Fountain Church. Thanks to the generosity and support of the local community, the event raised an impressive **\$10,600**, which will be **matched by the Harrison County Community Foundation through the Betty Goldman Endowment**—bringing the total to **\$21,200** in support of the American Cancer Society.



This annual tradition, held on the third Friday in September, brings people of all ages together for a night of fun and fundraising. Highlights included a chili supper, carnival games, silent and live auctions, sweet shop, yard sale, and the ever-popular cake walk.

Mark your calendars now for a milestone celebration—the **50th Annual Carnival for Cancer**—set to take place on **Friday, September 18th, 2026**, at Fountain Church. This special event promises to be the biggest yet, as the community gathers to celebrate five decades of hope, help, and heartfelt giving.

To learn more or to make a donation, contact **Karen Schwartz** at (812) 736-2373 or karengleitz@hotmail.com. Donations can be mailed to:

Blue River All Stars 4-H Club
c/o Karen Schwartz
5850 Devil's Elbow Road NW
Corydon, IN 47112

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

International Day

On Tuesday, September 9th, the Harrison County Extension Homemakers gathered for this year's International Day, themed "Scanning Scandinavia: Let's Explore the Nordic Countries." The event was hosted by the Blue River Hills Extension Homemakers' club and welcomed 44 adults and 3 youth eager to learn more about the cultures, cuisine, and customs of Northern Europe.

Guest speaker Janet Powers shared highlights from her personal experiences traveling throughout Denmark, Finland, Iceland, Norway, and Sweden, offering attendees a vivid glimpse into the traditions and lifestyles of the Nordic nations. Adding a touch of theatrical flair, the Blue River Hills club performed a light-hearted Viking skit that got the crowd in high spirits and set the tone for a fun and informative day.

Cindy Finerfrock presented on the region's culinary staples, highlighting common ingredients and the foundations of Scandinavian nutrition. Following that, Tara Beckman emphasized the importance of shared meals in building stronger families and communities. She also introduced the group to Eat, Gather, and Giggle conversation cards, which were used during the Scandinavian-themed lunch to encourage meaningful table conversation. These cards are available for download at eatgathergo.org/gather/making-the-most-of-mealtime/

The event offered a well-rounded experience that combined education, culture, food, and fellowship. Through thoughtful presentations and engaging activities, International Day 2025 celebrated the richness of Scandinavian life while reminding us of the universal value of gathering together.



IEHA (Indiana Extension Homemakers Association)

Harrison County Happenings & Updates

Fall District Meeting– September 29th in Clark County

The Fall Bedford District Meeting was held on Monday, September 29, 2025, at the Clark County Fairgrounds Community Building in Charlestown, Indiana. This year's theme, **"Baskets,"** brought both charm and inspiration to the day's events.

Participants were encouraged to bring a favorite basket and share its story, which led to a delightful Basket Parade that sparked conversation and smiles. The theme tied beautifully into the day's presentations. One, titled "What Fills Your Basket" delivered by Clark County HHS Educator Emma Finerfrock. Her thoughtful message highlighted the importance of self-care in order to continue meeting the needs of others—a great reminder for all.

A total of ____ **Harrison County Homemakers** were in attendance, joining ____ **total Homemakers from across the Bedford District** in a day full of fun, education, and meaningful connection.

A heartfelt thank you to **Clark County** for hosting a meaningful and memorable meeting!



Repair Affair of Harrison County– Cookie Donation



Friday, September 26, Harrison County IEHA clubs prepared and donated cookies in support of the Repair Affair Harrison County. Through their generosity, IEHA members were able to prepare and **deliver 57 assorted bags of homemade cookies**. That is the largest number of bags ever– almost double the usual. Amazing! Thank you to Repair Affair of Harrison County and their volunteers for their repair event this past weekend!

Harrison County Happenings & Updates Continued

Join us! Proceeds will benefit the First Books program, where Extension Homemakers collaborate with local preschools to read to children, and ensure that each child takes home a copy of the book. It's a fantastic way to promote literacy skills and strengthen community connections!

Harrison County Extension Homemakers

COOKIE WALK

November 29th
Starting at @
2:00PM

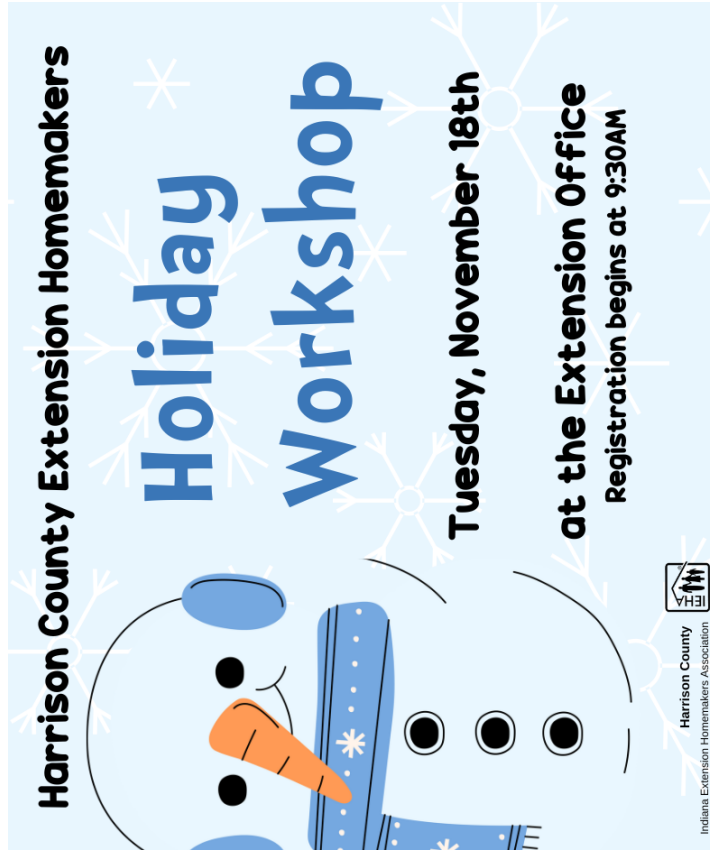
Come support the Harrison County Extension Homemakers at the Cookie Walk event at Historic Downtown Corydon. November 30th as part of Light Up Corydon. The Homemakers will be selling delicious, homemade cookies by the pound. This annual event raises money for the First Books Program which provides free books to local Harrison County youth. Harrison County Extension Homemakers Association continues to build on its rich heritage by working to strengthen Indiana homes and families.

Historic Downtown Corydon

On the Corydon Square as part of the Historic
Downtown Light Up Corydon festivities

Join us! The Holiday Workshop is open to anyone interested in learning more about Extension Homemakers and enjoying a fun, interactive, educational day! You'll also have the chance to pursue lunch from a variety of clubs, with proceeds supporting their ongoing efforts to give back and make a positive impact in the community.

It will take place during the day on Tuesday, November 18th.
Registration begins at 9:30AM.



This year's Holiday workshop theme is "Cookies & Crafts"



Club demonstrations for Holiday Workshop will be of your favorite cookie recipe and also a Christmas or winter-related craft.

Your cookies / dough can be made previous to the meeting. So you only have to describe the sets. Dough can be donated for Extension staff to bake for the Cookie Walk.



Please have cookie recipe and craft instructions to Mary (feve@purdue.edu) at the Extension office by Monday, November 3 for inclusion in the Holiday Workshop program.

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 15, 2026**

Your club president should have the nomination form.



SAVE THE DATE !

Spring District Meeting

The Spring District meeting will be held on
April 7, 2026 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, 2026
Not to Extension office**

President's Council Meetings

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

Meetings start at 12:30 pm.
November 24, 2025
January 26, 2026

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, 2026

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

Applications must be postmarked by March 15, 2026 & 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

County Extension Director
Extension Educator
Agriculture & Natural Resources

Anna Denny

Extension Educator
4-H Youth Development

Cindy Finerfrock

Nutrition Education Program
Advisor

Mary Eve

Office Manager

Tammy Alcorn

Administrative Assistant

Sarah Gilmer

Administrative Assistant

Sallie Carter

Program Assistant

Connect With Us!



extension.purdue.edu/Harrison



Purdue Extension Harrison County



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



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



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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**

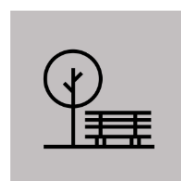
Questions? Suggestions? Interested in Collaboration? Please feel free to reach out to HHS & Community Development Educator, Tara Beckman via email at tbeckma@purdue.edu or phone at (812)-738-4236



**Community Economics &
Workforce Development**



Community Health



Community Planning



**Leadership & Civic
Engagement**