



HENDRICKS COUNTY HOMEMAKER HAPPENINGS

April &
May
2024

Mission Statement: To strengthen families through continuing education, leadership development and volunteer community support.

2023-2024 Calendar of Events

Mar. 29: Extension Office Closed

Apr. 2: Council Meeting

April 11: Helping Hands Day (Pg. 5)

April 20: "Our Country" by Treblemakers (Pg. 4)

May 2: Achievement Day

May 7: Extension Office Closed

May 14: Council Meeting

May 27: Extension Office Closed

June 4: Council Meeting

June 10-11: IEHA Family Conference (Pg. 3)

June 19: Cultural Arts Tour (Pg. 3)

July 4: Extension Office Closed

July 14-20: Hendricks County 4-H Fair

Sept 5: Extension Office Closed

Oct 9: Extension Office Closed

Nov 7: Extension Office Closed

Nov 10: Extension Office Closed

Nov 23-24: Extension Office Closed

Newsletter Deadline

Submissions for the **June/July Issue** are due by **May 15**. The theme will be "Wrapping up another Year." Submissions may be emailed to Melissa Phillips, News Chair, (PCS.ServingHim@gmail.com) and Lisa Pitts (pitts15@purdue.edu). Handwritten copies may be given or mailed to Melissa Phillips (9388 S. County Road 100 W., Clayton, IN 46118).

2023-2024 Officers

- ✦ President: Melissa Mikesell
- ✦ Vice President: Karla Janning
- ✦ Secretary: Ellen Looney & Joanna Sell
- ✦ Treasurer: Judy Ricketts
- ✦ Education: Sharon Lytle
- ✦ Leadership: Ellen Looney
- ✦ HHS Educator: Amanda Feutz

- ✦ Home & Family Arts Show: Joanna Sell / Kim Weber
- ✦ Volunteer Community Support: Charlotte Lloyd
- ✦ 1st Member at Large: Rosie Lenihan
- ✦ 2nd Member at Large: Shannon Wagner
- ✦ 3rd Member at Large: Lynn Lillard
- ✦ 4th Member at Large: Kim Weber
- ✦ News Chair: Melissa Phillips

You know it's springtime because we had to move our clocks ahead one hour. I had a small issue at getting the times to be the same on my cell phone this year. One place it changed automatically, and the other place forced me to turn my phone off a time or two and then enter the correct time.

Events coming up soon are Helping Hands Day on April 11th, at Bartlett Chapel and May 2nd is Achievement Day at the Hendricks County 4-H Conference Center. In June, the 2024 Home & Family Conference will be held at the Embassy Suites & Convention Center in Noblesville. The state conference should be a fun and learning experience. And it's an opportunity to hear the State Chorus, Melody Makers.

Hope to see you at one of these events!
Melissa Mikesell, President



The Vital Role of Protein in Supporting Health and Well-being in Adults

As we age, prioritizing nutrition becomes increasingly important for maintaining overall health. Among the essential nutrients like carbohydrates, fat, and fiber, protein stands out as a crucial component, playing a pivotal role in preserving muscle mass, supporting immune function, and promoting overall well-being in older adults. We will explore the significance of protein in the aging process and provide practical strategies to incorporate more protein into the diet. Remember to consult with a healthcare professional or registered dietitian for personalized nutrition recommendations based on individual health status and dietary preferences.

The Importance of Protein in Older Adults:

Preservation of Muscle Mass: Sarcopenia, the age-related loss of muscle mass and strength, is a significant concern for older adults. Adequate protein intake, coupled with resistance exercise, is essential for preserving muscle mass and function, thus helping to maintain independence and mobility in later years. According to Today's Dietitian, the recommendation suggests consuming 1-1.2 grams of protein per kilogram of bodyweight. So let's try to find the recommendation through this example. For our example weight is 170lb.

$170\text{lb} / 2.2 = 77\text{kg}$. $77\text{kg} * 1.0 = 77\text{g}$ protein. $170\text{lb} / 2.2 = 77\text{kg}$. $77\text{kg} * 1.2 = 93\text{g}$ protein

2. **Supporting Bone Health:** Protein is not only crucial for muscles but also plays a role in maintaining bone health. Older adults with higher protein intake have been shown to have better bone mineral density and reduced risk of fractures.

3. **Immune Function:** Protein is the building block of antibodies, which are essential for a robust immune system. Adequate protein intake supports the body's ability to fight infections and maintain optimal immune function, reducing the risk of illness and promoting faster recovery.

Wound Healing: Protein is vital for tissue repair and wound healing, which can be slower in older adults. Ensuring adequate protein intake is essential for promoting optimal healing and recovery from injuries or surgeries.

Strategies to Increase Protein Intake:

1. **Prioritize Protein-Rich Foods:** Include a variety of protein-rich foods in their diet, such as lean meats, poultry, fish, eggs, dairy products, legumes, nuts, and seeds.
2. **Distribute Protein Intake Throughout the Day:** Aim for even distribution of protein intake across meals and snacks to maximize muscle protein synthesis throughout the day. Including protein-rich foods at each meal and snack can help achieve this goal. Plan your meal or snack around your desired protein.
3. **Choose High-Quality Protein Sources:** Opt for high-quality protein sources that provide essential amino acids necessary for muscle maintenance and repair. Animal-based proteins are considered complete sources of protein, but plant-based sources can also be combined to form complete proteins. Try to aim for lean sources of animal-based protein: chicken, turkey breast, salmon, pork tenderloin, sirloin, greater than 93% lean ground beef.
4. **Incorporate Protein Supplements if Needed:** In some cases, older adults may have difficulty meeting their protein needs through diet alone, especially if they have poor appetite or difficulty chewing. Protein supplements, such as protein powders or shakes, can be convenient options to increase protein intake. Please refer to your physician or dietitian before implementing supplements into your diet. Rule of thumb is to reach protein needs through food first.
5. **Experiment with Plant-Based Proteins:** Plant-based protein sources, such as tofu, tempeh, legumes, and quinoa, offer health benefits and can be incorporated into meals to increase variety and nutrient intake. Protein plays a critical role in supporting health and well-being. By prioritizing protein-rich foods and incorporating them into meals and snacks, older adults can optimize their nutritional intake and promote healthy aging. Encouraging diverse sources of protein and addressing individual preferences and needs can help ensure adequate protein intake, supporting their overall health and liveliness.

Amanda Marciano-Feutz
Extension Educator Health and Human Sciences
Purdue Extension- Hendricks County



Cultural Arts Tour

This year the **CULTURAL ARTS TOUR** will lead us to the Myers Dinner Theater in Hillsboro for a luncheon production of **9-to-5 The Musical**. We have reserved 50 seats for the **WEDNESDAY JUNE 19th** Luncheon show. Doors open at 11:30 am with lunch at 12:00 pm (noon) and the show at 12:30pm. Ticket cost is \$33.00 each (includes gratuity). Please RSVP to Lisa at the HCEH office at 317-745-9260 or via e-mail pitts15@purdue.edu. Payment is accepted by check and due by May 2nd (Achievement Day). Your reservation is NOT confirmed until payment is received.

Please make check out to HENDRICKS COUNTY EXTENSION HOMEMAKERS, in the memo section or somewhere on the check-front please write MYERS DINNER THEATER and please do not combine this payment with any other payment. This will help our Treasurer. You can deliver the check or mail it to PO Box 7, Danville, 46122.

Consider bringing a friend, spouse, daughter, granddaughter or a potential homemaker!! All attendees are responsible for their own transportation. Consider carpooling to Hillsboro for this event.



In case you are unfamiliar with this show, the Theater provided the introduction below:

9 to 5 The Musical, with music and lyrics by Dolly Parton and book by Patricia Resnick, is based on the seminal 1980 hit movie. Set in the late 1970s, this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking and even a little romantic. Pushed to the boiling point, three female coworkers concoct a plan to get even with the sexist, egotistical, lying, hypocritical bigot they call their boss. In a hilarious turn of events, Violet, Judy and Doralee live out their wildest fantasy – giving their boss the boot! While Hart remains "otherwise engaged," the women give their workplace a dream makeover, taking control of the company that had always kept them down. Hey, a girl can scheme, can't she?

2024 Home and Family Conference

Date: June 10 & 11

Location: Embassy Suites & Convention Center, Noblesville, IN

Group Rate for hotel code: IEH

Cut-off date for special hotel rate: May 10th at 11:59 pm

Full Registration: \$200

One Day Registration: \$120

Day on the Town (Monday 9 am – 3 pm): \$35

Melody Makers Concert (Tues pm): \$5



Registration form and description of sessions will be emailed to those members with an email address on file, and is available in the Extension Office.



CLUB NEWS

Chat'n Do Homemakers:

Chat 'n Do Homemakers met March 13 at The Locale in Brownsburg with Carol Pearson as hostess. 12 members answered roll call. Deb Culler presented the Health and Safety report on Preventing Prescription Drug Overdoses. Deloris Elza presented a lesson on setting up your Medical ID on your phone and another on Organizing Your Medical Life. Both lessons have good information for everyone to have.

President Karen Hole asked for input in filling out the Looking at Ourselves score sheets that are due in April. She then updated us on several items from the Council meeting. A sign-up sheet for Building Watchers during the Fair was passed around. Karen told us about the lesson on Cooking with Herbs that Amanda will present on May 14 and the Cultural Arts trip to Myers Dinner Theater on June 19. She also updated us on the slate of officers for County Council.

Our club is in charge of table decorations for Achievement Day. We discussed several options. After the meeting, we enjoyed a delicious lunch and visiting with our friends.

Submitted by Carol Pearson

Hazelwood Homemakers:

In February, the Hazelwood Homemakers had our regular meeting. Patti & Bonnie treated us to delicious homemade biscuits and gravy. YUM! Our Vice President, Debbie, showed us how to put our medical information on our phones, so EMT's can access it if we had an accident, etc. Diane informed us of the different forms of magnesium and their benefits. Who knew there were so many different kinds!

In March, we met for our regular meeting. We learned about the benefits of Clove Water. We also made adorable "Honeycomb Easter Eggs." They are a cute Easter decoration. If you'd like learn how to make these, you can access the instructions at <https://drive.google.com/file/d/1iIY3kxj1sH8ysubuXuk1PTzoq5e1rJav/view?usp=sharing>.



Submitted by Melissa Phillips

The Treblemakers of Hendricks County

Present:

Our Country

Featuring songs about America and its states
Saturday, April 20, 2024 @ 3:00pm
at Hendricks County Senior Center
1201 Sycamore Lane, Danville, Indiana

Silent Auction
Refreshments

Donations
accepted

Call Kitty for more details (317) 508-1439



HOMEMAKER'S DUES 2024-2025

Dues for the 2024-2025 program year of \$15.00 are due on or before the May Council Meeting, May 14. (Our program book lists May 7 as the date of the May Council Meeting. This was changed as May 7 is Election Day and the Extension Office will be closed that day.) Club members should pay their dues at their April club meeting. Then club presidents should bring one check made out to Hendricks County Extension Homemakers to the May Council Meeting or send it to Judy Ricketts, County Treasurer. Her address is 1333 Normandie Drive Avon, IN 46123.

Club presidents will receive a list of club members at the April Council Meeting. This list is to be updated. Indicate any changes in address, phone number, e-mail, etc. Indicate if the phone number is a cell or home number. Also, take off the list anyone who is no longer a member and add any new members not listed. Turn in this list with your dues. Mailbox members should send their dues to Judy. If you have any questions, contact Judy Ricketts at 317-840-7794. Thanks for your cooperation.



Broadband Testing

Purdue University is looking to Purdue Extension to take a leading role to help ensure all Indiana families and businesses have access to affordable broadband internet service in the future. To do this we need **YOU** to help us ensure that we have correct data on the internet services currently available to you at home and work. This information will then help the state of Indiana in deploying the \$868 million in federal funding from the Broadband Equity, Access, and Deployment (BEAD) Program for high-speed internet improvements.

So what do you need to do?

Conduct Speed Tests at your home and work. Best results are found when you complete at least 3 speed tests at 3 different times on 3 different days (so that is 9 times at home and 9 times at work). Here is the link to a speed test. It works on your phone, tablet and computer, but you don't need to do it on all 3. <https://connectingindiana.com/>

Validate the Federal Communications Commission (FCC) Map. Does your home, business, or farm address appear on a federal map that shows broadband availability? Make sure to check. Visit: <https://pcrd.purdue.edu/3steps-broadband> . **Note: not all internet is broadband.**

Why is this important? Accurate and up-to-date information is a critical piece to making sure that the Indiana communities needing broadband the most get it. The FCC map is a key metric in determining where funding is allocated for broadband projects, so the more accurate the data at the local level, the better the chances for resources to reach unserved and underserved areas of Indiana.

Easy Peasy Delicious Chicken & Bacon Crockpot Recipe

- 2 lbs. Chicken Thighs
- 1 lb. bacon
- Favorite Spices and/or Brown Sugar (Optional)

Sprinkle the top of each chicken thigh with your favorite spice. I like to use a pepper blend, but you can use what you like. Wrap each chicken thigh with 1-2 slices of bacon. Place in the crockpot. If you like, sprinkle up to 1/2 cup of brown sugar over all the chicken for additional sweetness. Cover and cook for 3-4 hours on low or 1-2 hours on high. (Internal temperature of chicken should be at least 165°F.) Just before serving, place chicken under broiler for 1-2 minutes. (Don't walk away when using the broiler.)



HINT: For easy clean up, put a half to one cup of water in the crockpot before placing a Crockpot Liner in the crockpot. The water keeps the liner from sticking and adds moisture.





Community Support

Make A Difference Day/ Helping Hands Update March 2024

Hello everybody!! We started the year off with a bang! Since our first meeting in January we have completed 86 fleece blankets for Riley Children's Hospital. Also, 24 hand towels had snaps sewn on them to fasten them on handles, 24 rabbits were made and their bellies were filled with candy, and these were taken to Cypress Manor in gift bags as a special Easter surprise. They did not have anything special for the residents at Easter and they were thrilled that we donated them. I wish I had taken a picture because they were adorable.

We have had 17-18 ladies coming to Make A Difference Day/ Helping Hands Day. We actually are needing more things to do. We are needing more 2 yard lengths of anti pill fleece washed in a Free and Clear Detergent and no fabric softener or softener sheets. Also we need washcloths and spools of colorful ribbon to make more hygiene kits for the homeless and for Headstart children. If any of you have other projects you think we might want to accomplish I am always open for new ideas.

Our next meeting, which is our last one until fall, is on April 10th from 10-12 at Bartlett Chapel on old 36. Since this will be our last one till September let me know if you would like to bring a dish and share a meal together. It is always so great to spend time together and the added bonus is that we get to help bless others that we may never meet. Remember to always look for someone to bless. It may be that you can put a smile on someone's face. This world needs more smiles.

Remember...

Helping Hands Day

April 10th 10-12 Bartlett Chapel

Be there or miss out on a lot of fun and loads of smiles!!

If you need me to pick up any donations call me,
Charlotte Lloyd
812-236-6083

Homemakers' Facebook Page

Content needed for Homemakers Facebook Page: Please help our county stay connected. Send a line or two AND a picture of what your club has been up to so it can be posted on the Homemaker's Facebook page.

This is a great way for people in the community to see the amazing things we are doing, and it might generate new ideas from other clubs for you to try at your home club.

Ideas:

- ** club tour
- ** guest speaker at a meeting
- ** it can be individuals or your club
- ** did you collect items for Sheltering Wings or Suzie's Place? Take a picture and send it in!



Important:

- ** Include the date of activity if possible.
- ** Send content by text to Shannon Wagner, 317-506-5517.



HENDRICKS COUNTY EXTENSION HOMEMAKERS
ACHIEVEMENT DAY — THURSDAY, MAY 2, 2024

CELEBRATING 110 YEARS

HENDRICKS COUNTY 4-H FAIRGROUNDS & CONFERENCE COMPLEX
1900 E MAIN ST., DANVILLE, IN

LUNCH WILL BE CATERED BY MAYBERRY CAFÉ

Brisket — BBQ sauce on the side, herb roasted potatoes, green beans,
corn, fruit salad, Caesar salad with dressing on the side

Dessert provided by Chat'N Do Club

Registration starts at 9:30 AM. Program begins at 10:00 AM

COST: \$20.00

RSVP by April 20, 2024



Questions — Melissa Mikesell (765-730-2993 or mmikesell52@sbcglobal.net)

Tear along dotted line.

Make checks payable to Hendricks County Extension Homemakers. Send check payments to Melissa Mikesell, 2581 N. County Road 525 W., North Salem, IN 46165.

Name: _____

Club: _____

Address: _____

Email: _____ Phone: _____

PLEASE LIST ANY FOOD ALLERGIES: _____

