



# HENDRICKS COUNTY HOMEMAKER HAPPENINGS

January  
2025

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

## 2024-2025 Officers

## Calendar 2024-2025

- President: Ellen Looney
- Vice President: Karla Janning
- Secretary: Joanna Sell
- Treasurer: Judy Ricketts
- Asst. Treasurer: Kim Webber
- HHS Educator: Amanda Marciano-Feutz
- Education/Leadership: Theresa Hatfield
- Home & Family Arts Show: Kim Weber
- Teacher Grants: Lynn Lillard
- 1st Member at Large: Melissa Mikesell
- 2nd Member at Large: Deb Culler
- 3rd Member at Large: Rosie Lenihan
- 4th Member at Large: Shannon Wagner
- News Chair: Melissa Phillips
- Volunteer Community Support: Charlotte Lloyd

- Jan 20:** Office Closed
- Feb 4:** Council Meeting & Leader Lessons (Pg 7)
- Feb 13:** Make a Difference Day (Pg 5)
- Feb 17:** Office Closed
- Mar 4:** Council Meeting
- Mar 13:** Helping Hands Day (Pg 5)
- Apr 1:** Council Meeting
- Apr 2:** Spring District Meeting, Hamilton County
- Apr 10:** Helping Hands Day
- Apr 18:** Office Closed
- May 9:** Achievement Day (Pg 8)
- May 13:** Council Meeting
- May 26:** Office Closed
- Jun 2-4:** IEHA Conference
- Jun 10:** Council Meeting

### IEHA Families Home Page — [www.ieha-families.org](http://www.ieha-families.org)

(Check out the new website for information about our State Officers, safety lessons that you can share with your club, State-wide events and more!)

### Purdue Extension Hendricks County ([www.extension.purdue.edu/county/hendricks](http://www.extension.purdue.edu/county/hendricks))

### Facebook Page

(<https://www.facebook.com/Hendricks-County-Extension-Homemakers-600129567100835>)



Have you taken time to “Like” and “Follow” our Facebook page? The council is working on updating our Facebook page more often, and creating posts so that you can share and help us spread the word of all the things that Homemakers do. So, visit our Facebook page often and watch for the changes.

If you would like to receive future letters by email, please notify Lisa Pitts at [pitts15@purdue.edu](mailto:pitts15@purdue.edu).

### Newsletter Deadline

Submissions for either the “Happenings” or the “Happenings Minute” are due the 15th of each month. Submissions should be emailed to both Melissa Phillips, News Chair, ([PCS.ServingHim@gmail.com](mailto:PCS.ServingHim@gmail.com)) **and** Lisa Pitts ([pitts15@purdue.edu](mailto:pitts15@purdue.edu)). Handwritten copies may be given or mailed to Melissa Phillips (9388 S. County Road 100 W., Clayton, 46118).

*from the President's Pen*

Homemakers,

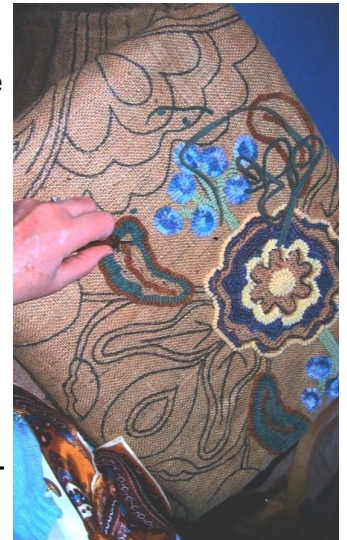
Happy New Year! This is going to be a FANTASTIC year!

We are coming off a very successful Holiday Fest-our premier fundraising event which has provided us with approximately \$8,300 (net) toward our projects. In moving the event to the larger Expo Hall, together we increased our sales in all areas: Cookie Walk, Homemaker Booth items, Café, Vendors and our new project the Cookie and Coco Booth.

Thanks to ALL HOMEMAKERS for making this such a success! The Holiday Fest Committee will be meeting to have a 'de-brief' of the event and prepare for next year. The committee is always open to YOUR ideas.

The New Year gives all of us new opportunities. With this in mind, I would like to challenge each Homemaker to try something new with the Hendricks County Extension Homemakers this year. It could be going to Leader Lessons in February; attending a program conducted by our talented Educator, Amanda; volunteer to assist with the teacher grant committee and have an impact each school month this year; or maybe volunteer with Helping Hands or Make A Difference Day.

I've challenged myself to create and enter one thing in Open Class this year that I NEVER thought I could do. I've been discussing this with my crafty friends and think I'll try rug hooking, which I found out quickly was not latch-hook rug making. Hey, if this is a flop, there's still time to do something different. If I can try something new I know you can too!!



There are LOTS of opportunities for you this coming year with Homemakers, please grow with us.  
Ellen Looney  
President, Hendricks County Extension Homemakers

*Dear Hendricks County Extension Homemaker Member,*

*We are looking for a few leaders to fill officer positions on our County Council for membership year 2025 – 2026. You can find information in **the bylaws section** of the current 2024 – 2025 program booklet.*

*If you would like to fill one of these positions, please contact me. My contact information is 765-730-2993. If I am unable to answer phone calls, please leave a message and I will return your call or text. My email address is [mmikesell52@sbcglobal.net](mailto:mmikesell52@sbcglobal.net).*

*The slate of names/nominees will be presented at the February Council meeting and voted on at the March Council meeting. Installation of officers will take place at our May 8, 2025, meeting on Achievement Day.*

*Thank you for your consideration!  
Melissa Mikesell  
1st Member at Large*

## Heart Month and How You Can Reduce Your Chances of Heart Disease

February is Heart Health Month. With millions of Americans affected by heart disease, which is the leading cause of death in the United States, February has been designated as the month to raise awareness about cardiovascular health. Its focus is on encouraging people to adopt healthy lifestyle behaviors, including diet, exercise, and regular checkups.



Key aspects to focus on this month include understanding the risk factors, such as high blood pressure, high cholesterol, obesity, diabetes, lack of physical activity, and family history. It's also important to manage your blood pressure and cholesterol levels, quit smoking, and be aware of symptoms like chest pain, shortness of breath, and fatigue.

Let the beginning of this year be your opportunity to start making healthy lifestyle changes. Aim for a balanced diet full of fruits and vegetables (of all colors), whole grains, water, and fiber. In addition to a healthy diet, increasing physical activity is just as important for maintaining weight, managing stress, and improving sleep quality.

According to the American Heart Association, combining at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity with two to three sessions of resistance training per week is the best approach to improving heart health. Aerobic exercises improve circulation, lower blood pressure and heart rate, and reduce the risk of type 2 diabetes. Examples include brisk walking, running/jogging, swimming, cycling, playing tennis or pickleball, and jumping rope. Resistance training helps reduce fat and maintain or build lean muscle. Examples include free weights, weight machines, resistance bands, and bodyweight exercises.

By combining a healthy diet, regular physical activity, and the elimination of smoking, you can significantly reduce your risk of developing heart disease. Let this be the year you focus on your heart!

*American Heart Association recommendations for physical activity in adults and kids.* [www.heart.org](https://www.heart.org). (2024, January 19). <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

### Cold-Fighting Tea

It's the time of year for coughs, congestion, sore throats, and other cold-like symptoms. Let's protect ourselves and others with this cold-fighting tea. Try one of my favorite comforting and healthful teas:

#### Honey Citrus Mint Tea (Cold Cure Tea)

- 1 Citrus Mint Tea Bag
- 1 Peach Tea Bag
- ½ Cup Steamed Lemonade (or alternative low-calorie/no-calorie lemonade)
- ½ Cup Hot Water
- 1 Tbsp Local Honey



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

# Club News

## **Chat N' Do:**

In December, we met at Rosie Lenihan's home for our annual Christmas pitch-in and our Club's fundraiser gift auction. Our members filled the kitchen with deliciousness all around. After we were stuffed to the gills, Rosie put on her auctioneer hat and the fun began. Each attendee was asked to bring two wrapped gifts. The message on the gift tags were subtle clues to what was inside. Some of the bidding was quite intense creating loads of laughter and funds in our treasury. Before we left for home, we settled with our treasurer, Shannon Wagner.

On January 8 we met at Camellia Matters' home just two days after a 7.8" snowfall. Several car-pooled together and others had their husbands drop them off. Twelve members answered roll call. Shana Schreiner provided a lesson on "Staying Healthy when Traveling". We discussed the success of our Holiday Fest booth. Judy Ricketts provided a recap of the Holiday Fest financial results. Before concluding the meeting, we completed the 2025/2026 Homemaker Committee Sheet. Camellia and Judy Heffelman provided a delicious lunch. Submitted by Deb Culler

## **Hazelwood Homemakers:**

In December, we took a break from our regular meeting and had a Christmas luncheon at Stacks Pancake House in Clayton. It was a wonderful time talking and catching up. We also had a gift exchange, where the ladies could "steal" someone else's gift. However, we all still left as friends. :)

The weather in January kept us from meeting; but we are looking forward to a wonderful year and the many events that are ahead.

## **Modern Homemakers:**

We have been very busy during this Holiday Season. Our November meeting is our annual Thanksgiving celebration with our families and friends. This year we had a big crowd. We had a wonderful meal with turkey and ham and all the sides and desserts. Pam Pizzato gave us a Fall word search and a Turkey Trivia test. Do you know what a young turkey is called or a group of turkeys are called?? We also played Bingo for valuable fun prizes. Lots of fun was had by all. We had a short business meeting to discuss our plans, schedule, and duties for the upcoming Cookie Walk. We also gathered up our donations for the Giving Christmas Tree.

Our December meeting was at Bartlett Chapel Church. We planned an evening of fun, food, and crafts. Our hostesses for the evening treated us to many appetizers, desserts, snacks, and festive cider and sparkling juices. Pam Pizzato showed us how to make a wreath out of pipe cleaners which could be used as a decoration or a wearable pin. For our next craft, Lynn Lillard taught us how to paint pine trees onto a Mason jar with toothpicks. We added artificial snow and turned them into a glowing candle. Everyone had a snowy winter scene to take home with them. It was lots of fun and very interesting looking trees.

We had a brief meeting to discuss our successful cookie walk duties and upcoming commitments. Our Treasurer, Melissa Sexton, informed us that she made our annual donation to the Fraternal Order of Police. This donation is used for the "Shop with a Cop" event. This year they told her that the FOP had many more children in need and asked if we could possibly give more. It costs about \$200 to purchase clothing and a toy or personal item for each child. Before Melissa could ask the club members for additional funds, she was able to secure donations from her own non-Homemaker friends in the amount of \$2000.00. What a wonderful gift from some very generous ladies for the children in our community.

Answers to the turkey questions: young turkey is a poult and a group of turkeys are called a rafter.

## **Pollyanna Homemakers:**

Pollyanna club has enjoyed many great meals together this fall often followed by a craft and/or a rousing game of dominoes. Many of our members have encountered family difficulties or age-related infirmities limiting our activity, but we have endeavored to meet every month. In December we held our holiday party at Sal's in Plainfield where we exchanged inexpensive gifts and chose to donate the proceeds not spent on gifts to Family Promise of Hendricks County.



# Committee Reports

## Volunteer Community Support: A Start of a New Year for Helping Others

Thank you so much for making 2024 a great year. As we turn the calendar to 2025, it is time to get going on community projects. The Hot Cocoa booth at the Cookie Walk made just under \$400 for the fleece. So, we purchased 59 lengths of fleece and 4 more were donated. We are already starting out great!!

By the time you receive this newsletter, we will have already had a demonstration on how to cut the fleece into blankets since we really need additional people who would be willing to cut the fleece throughout the year.

The next meeting is February 13th from 10-2. Guess what ladies, that means we are going to get to have pitch-in lunch together!! It is a win-win. So be sure and write it down on your calendars because you won't want to miss it!! We are still looking for donations; so check the list below.

### Future Dates

- ↪ February 13: Make a Difference Day Bartlett Chapel 10-2
- ↪ March 13: Helping Hands Day Bartlett Chapel 10-12
- ↪ April 10: Helping Hands Day Bartlett Chapel 10-12

### Donations Needed:

- ↪ Anti-pill Fleece 2 yd length washed in free and clear detergent no softener
- ↪ Trial size toothpaste, toothbrushes, small soap, combs, shampoo for hygiene kits
- ↪ Full size shampoo, conditioner, toothpaste, tooth brushes, brushes, lotion, body wash, Word searches, coloring books for adults, crosswords, pens, coloring pencils, etc. for Cypress Manor at Christmas time

Blizzard Fleece is on sale until Jan. 29 at Joann Fabrics for \$3.99 a yard. If you can't get out or prefer to donate money towards the fleece, please text the amount to donate to Melissa Phillips (317-410-6892) by Sunday, Jan. 25.

You are such a blessing and thank you for your generous hearts!!! See you soon!!  
Charlotte Lloyd

## Scholarship Committee:

### Upcoming deadlines:

- Hendricks County High School Senior Scholarships - due by 2/7/2025
- First Timer (Home and Family Conference) - due by 2/15/2025
- I Want to Go Again (Home and Family Conference) – due by 3/15/2025

### Fundraising updates:

Our fundraiser at Portillo's did not go as we had hoped. Unfortunately, we did not reach the minimum of \$200 in sales, therefore we did not receive any funds. Thank you to those who promoted it and showed up in support.

Fundraising in the 'Dine-to-Donate' fashion has changed over the years. Therefore, we would like to provide some insight into what we are experiencing in our fundraising attempts.

It used to be a tool to not only raise funds for an organization, but also to promote the organization and ultimately gain new members and support. It was a win-win for organizations to be present to meet people face-to-face and hand out information. We have found that vendors have stricter guide-

(Continued on next page)

lines. Many have shortened event hours, they have a required dollar amount in sales, and no promotion of the organization is allowed on the property at any time. Also, many utilize online form submission to request fundraising dates. Upon submission of a form, you will receive a generic email response stating that they receive numerous requests therefore responses are not guaranteed. Things have changed a lot in the realms of fundraising and communication!

So, while it has been a learning experience over the past few months, we are committed to pushing through with more Dine-to-Dontate opportunities in hopes of raising funds for our local students and publicity of our county homemaker clubs.

Save-the-date:

Our next fundraising opportunity is at Ms. B's Teas in Clayton, Indiana on February 8th. Dinner will be available from 4-6:30pm with dine in and take out options. Reservations are not required. More details are coming soon!

Submitted by Theresa Hatfield

## Teacher Grants Update

I wanted to take this opportunity to bring you an update on our teacher grants for the year so far. We have received many grant applications and have awarded 5 grants. We have been able to make a difference in several school districts and several grade levels with the \$150 grants. The recipients are as follows:

August: Audra Vanderbush- Brentwood Elementary, 5th grade-Plainfield District Mrs. Vanderbush requested a language translator. Her school has students from 16 countries who speak 18 different languages. The translator allows her to communicate with the students and their families more effectively and efficiently.

September: Madison Cunningham-River Birch Elementary, 1st grade-Avon District Ms. Cunningham requested a program that will enhance her 1st grade students reading and understanding language through phonics, sounds, pictures, songs, and books.

October: Abby McAfee-Danville North Elementary, Kindergarten -Danville District. Ms. McAfee requested a program and supplies to help integrate social and emotional learning and development through carefully selected SEL books, sensory fidgets, and other tools in the program.

November: Bryan Padgett-Brownsburg High School, 10-12-Brownsburg District Mr. Padgett teaches public speaking and is encouraging students to create their own podcasts. The money was used to purchase microphones, tripods, and filters for their projects and will be used by all of his classes.

December: Stephen Ford, Jr-Brownsburg High School, 9-12-Brownsburg District Mr. Ford works with students with IEP accommodations, behavioral issues, online students, and life skills students. He requested the grant to purchase new items for his room that serves as a safe calming zone for all students through the use of lighting, fidgets, calming tools, and artistic activities. This space allows students to refocus and express themselves. It is also used by teachers and staff to calm and refocus as well.

As you can see, our grants have helped in so many different ways in our local schools. We are helping to make a difference. If you know of any teacher in Hendricks County that could benefit from one of our grants, please pass on an application.

I also want to say thank you for allowing me to serve as chairperson of this committee and to represent our Hendricks County Extension Homemakers, it has been a pleasure and an honor.



Lynn Lillard

# Activities & Lessons

“Be Heart Smart” is a four-session program for individuals who want to learn more about preventing heart disease by making heart-healthy lifestyle changes. This program will teach participants how to monitor risk factors for heart disease and how to incorporate simple, heart-healthy habits into their daily routine to improve their heart health.

The “Be Heart Smart” will be presented by Amanda Marciano-Feutz, Purdue Extension Educator, Hendricks County, at the Hendricks County 4-H Fairgrounds and Conference Center located at 1900 E Main Street in Danville, IN. The program will be held February 5, 12, 19 and 26, 2025 from 5:00 pm – 6:00 pm. Cost for the four-week program is \$20 per person. Those completing all four sessions will receive a fitness tracker.

For more information and to get on the registration list, please contact the Purdue Extension, Hendricks County office at 317-745-9260 or [hendrCES@purdue.edu](mailto:hendrCES@purdue.edu).



**PURDUE UNIVERSITY** Extension - Hendricks County

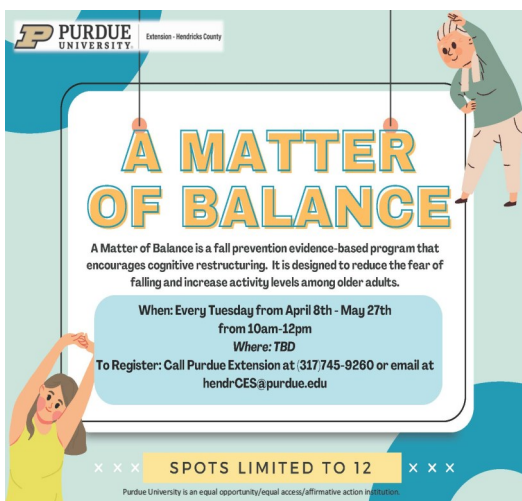
## BE HEART SMART

Be Heart Smart is a 4-week program designed to help individuals prevent heart disease through heart-healthy lifestyle changes. Participants will learn to monitor risk factors and incorporate simple, heart-healthy habits into their daily routines.

Participants will be provided Fitness Trackers after completing all four sessions of Be Heart Smart.

**When:** February 5, 12, 19, 26 - 5-6 pm  
**Where:** Hendricks County 4-H Grounds and Conference Center  
**Cost:** \$20 (covers the 4-weeks)  
**For more information:** Call Purdue Extension at (317)-745-9260 or email at [hendrCES@purdue.edu](mailto:hendrCES@purdue.edu)

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**PURDUE UNIVERSITY** Extension - Hendricks County

## A MATTER OF BALANCE

A Matter of Balance is a fall prevention evidence-based program that encourages cognitive restructuring. It is designed to reduce the fear of falling and increase activity levels among older adults.

**When:** Every Tuesday from April 8th - May 27th  
from 10am-12pm  
**Where:** TBD

**To Register:** Call Purdue Extension at: 317/745-9260 or email at [hendrCES@purdue.edu](mailto:hendrCES@purdue.edu)

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Amanda Marciano-Feutz is excited to bring **A Matter of Balance** to Hendricks County residents. Do you wish to increase your physical activity to prevent falls or reduce the risk of falls? This program is a fall prevention evidence-based program that encourages cognitive restructuring. It is designed to reduce the fear of falling and increase activity levels among older adults. Scheduled for April 8 through May 27, 2025, this program will be limited to 12 participants. Location is yet to be determined. If you are interested in participating in this program, email Lisa Pitts at [pitts15@purdue.edu](mailto:pitts15@purdue.edu) or call the Extension Office at 317-745-9260 to get on the list.



# SAVE the DATE

ACHIEVEMENT DAY  
MAY 8

**Theme:**  
*Saddle up for some fun!*

Details to come

## 2025 Home and Family Conference “Special Project”:

### Single Placemat



1. Make a placemat.
  2. Bring your completed placemat to Achievement Day. The one with the most votes represents Hendricks County at State Conference.
- up to 14"x20" max
  - can be any size/shape, not to exceed size above
  - no limit to medium to make the placemat (any material is allowed)

## Leader Lessons — Tuesday, February 4

### #1: Reducing Stress Through Gardening - 1:00 pm

Did you know that gardening is a great way to relief stress? If you have a small patio or a large garden, research shows gardening can reduce stress and improve your mood. The sunlight, fresh air, and influx of vitamin D is good for your health. Lets explore this stress reducing activity and make plans for your home area. (Susan Peterson, Hamilton County)



### #2: Family Mealtime - 2:00 pm

We have all heard how important that family meals are but did you know that there is research that shows that youth who regularly eat with their family have higher grades, participate in fewer risky behaviors and have higher self-esteem? In this class we will discuss how to implement family meals and conversations into a very busy family lifestyle. (Susan Peterson, Hamilton County)



### #3: Financial Technology in Our Daily Lives - 3:00 pm

Technology is in every part of our daily lives and we are seeing it more and more when handling money. Come and learn what FinTech (Financial Technology) is and how it plays a role in our daily lives. We will discuss ways to incorporate this technology to be more efficient (budgeting, sending people money and money management). You will also learn the pros and cons to using FinTech and how to keep your money safe. (Pandora Taylor, Boone County)

**All the Leader Lessons are FREE. However we ask you register so we can have a head count for any materials to be distributed during the session. Please RSVP by January 21, 2025, by calling 317-745-9260 or emailing pitts15@purdue.edu. Please indicate what session(s) you plan to attend. Minimum of 5 needed to hold the lessons.**



### Festive Popcorn Snack

- 3 quarts popped popcorn
- 1/4 cup butter
- 1/4 cup canola oil
- 1/2 tsp vanilla
- 1/4 tsp salt
- 8 ounce mini marshmallows
- 1-1/4 cup mini M&M's
- 8 oz dry roasted peanuts

#### Directions:

1. In a large saucepan over medium heat, cook and stir the marshmallows, butter and oil until the marshmallows are melted. Remove from the heat; stir in vanilla and salt.
2. In a very large bowl, combine the popcorn, M&M's and peanuts. Pour marshmallow mixture over popcorn and mix well. Press into a greased 13-in. x 9-in. pans. Let stand for 2 hours or until set. Cut into bars and remove from pans. Store in an airtight container.

## Recipes

### Ham, Potatoes & Corn Chowder

- 3/4 cup chopped onion
- 1 cup diced cooked peeled potatoes
- 1 cup diced fully cooked ham
- 2 cups fresh or frozen sweet corn
- 1 cup cream-style corn
- 2 1/2 cups milk
- Pepper to taste
- 1 can (10 3/4 oz) condensed cream of mushroom soup, undiluted



**Directions:** In a heavy saucepan coated with nonstick cooking spray, sauté the onion until tender. Add remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, for 20-30 minutes.  
(Yield 8 servings)