



THE EXTENSION LINE NEWSLETTER

JANUARY/FEBRUARY 2024 EDITION

I hope this newsletter finds you in good health and high spirits as we enter the new year. I wanted to take a moment to welcome you all back and express our excitement for the upcoming year.

I have been busy planning and organizing new programs and initiatives that aim to support the interests and needs of Extension Homemakers. In addition to new programs, I am also working on strengthening my connections with the Extension community. I encourage everyone to stay connected with Purdue Extension through our social media platforms and meetings, where we will share updates, exchange ideas, and engage in meaningful discussions.

As we embark on this new year, let us remember that the power of Extension lies in our shared commitment to lifelong learning and community engagement. Together, we can make a difference in the lives of individuals and families in our communities. Thank you for your continued dedication and support. I look forward to working with you all and making 2024 a year of growth and success.

Wishing you all a joyous and prosperous new year!

HAPPY NEW YEAR



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*Embracing
Change to meet
Tomorrow's
challenges*



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THE EXTENSION HOMEMAKERS NOOK

A MESSAGE FROM THE PRESIDENT

As we bring 2023 to a close, I hope everyone feels we are making forward progress. Our goal is to provide an interesting, entertaining and educational program that will inspire, encourage and engage our members as well as encourage new membership. We are redesigning a few things and adding a few more activities. Soup tasting in January and a February "surprise" is in store for our members and guests. (Yes, please bring lots of guests!) So, with everyone's busy schedule we are hoping to be bigger and better, aiming to suit our members needs with a wonderful program!

Happy New Year!!

- Peggy Grzesiowski

JANUARY

HAPPY BIRTHDAY

Melli Germann 1/5

Connie Lute 1/6

Dania Bocanegra 1/11

HOMEMAKERS!

Kathy Ulman 1/16

Cindy Ault 1/29

FEBRUARY

Sue Mohlke 2/4

Betty Carpenter 2/5

Joan Kelsey 2/7

Sandra Provan 2/8

Shirley Reinfurth 2/15

Anna Rose 2/22



If you have stopped in the extension office within the last two months, you may have noticed a face missing. Megan & family welcomed Greyson Oliver Sholey on November 15, 2023! He was born at 5:51 PM weighing 7.7lbs and 19 inches long!



Extension Homemakers Making a Difference

2023 Donations to Organizations



American Legion Skwiat Post 451
Arts in the Park – La Porte
Boy Scouts
Caring Clothing Co-Op
Center Township Trustee
Citizens Concerned for the Homeless
Dunebrook
Frieds Cat Society
Independent Cat Society
Indiana Donor Network
Jane Bernard Adoption Center
La Porte American Legion Hamon Gray Post 83
La Porte Care Center
La Porte County Library and all 7 Branches
La Porte County Pioneer Land
La Porte County 4-H Council
La Porte Deserving Children's Charity



485 Christmas
cards were
delivered by Betty
Carpenter to La
Porte and
Michigan City
Nursing Homes



Thank you
to
everyone
for the
donations!



La Porte Elementary Schools – 8
La Porte High School
La Porte VFW
Michigan City Library
Northwest Health Infusion Center
PAX Center
Rollings Prairie Elementary School
Rolling Prairie Methodist Church Food Pantry
Ronald McDonalds House
Salvation Army
Sandcastle
South Bend Memorial Hospital NICU
Terrace Care Center – Andrew Avenue
Terrace Care Center - 'I' Street
Toys for Tots
Women's Care Center

MARK YOUR CALENDARS!

2024

Lend-A-Hand Day
January 17th
9AM - 8PM
Steady Stitchers
Studio



Surprise
Announcement!

Sit & Slurp Soup Tasting
Thursday, Jan. 18, 2024
Soup tasting is at
12PM & 4PM

Surprise Speaker

Please bring a can of soup to
donate to a local food pantry.
Come hungry, bring a friend &
have
a great time!



February
Funtastic
Frolic
February 5th
1 - 3PM

More info
to come!

JANUARY/FEBRUARY UPCOMING PROGRAMS



Cheeseboard

LPCPL Exchange
January 24th, 2024
5:30PM - 7:30PM

2nd session

January 25th, 2024
10AM - 12PM

If you're a cheese lover, this program is perfect for you.

Air fryer Program

LPCPL at Union Mills
January 17, 2024
5:30-6:30PM

Our Air fryer Program is designed to provide you with a healthier alternative to deep frying.

Insta Pot Pressure Cooker

LPCPL at Hanna
February 7th, 2024
5:30PM - 6:30PM

Valentine's Day is just around the corner! Learn how to use a pressure cooker to make a delicious meal for your loved ones.

EDUCATIONAL HEALTH POST

FROM YOUR EXTENSION EDUCATOR

Beating Winter Blues

Seasonal Affective Disorder (SAD) is a type of depression that typically occurs during the winter months, affecting many people. This health post aims to provide strategies for beating the winter blues.

Understanding Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder is a type of depression that occurs at a specific time of the year, typically during the fall and winter months. It is caused by changes in the amount of sunlight and can lead to symptoms such as fatigue, irritability, and a loss of interest in activities.

Strategies to Beat the Winter Blues

There are various strategies that can help beat the winter blues and cope with SAD. Here are some key strategies:

- Get regular exercise: Engaging in physical activity can boost your mood and release endorphins, which are natural mood boosters. Even mild exercise such as going for a walk can help combat symptoms of SAD.
- Spend time outdoors: Soak up as much natural light as possible by going for a walk during daylight hours or spending time in nature. Even on cloudy days, exposure to natural light can help regulate your body's internal clock and improve your mood.
- Eat a balanced diet: A diet rich in whole foods and nutrients can help support your overall well-being and mental health. Avoid processed foods and opt for fresh, seasonal produce.
- Practice self-care: Taking time for yourself is crucial in managing stress and preventing burnout. Engage in activities that help you relax and recharge, whether it's reading a book, practicing yoga, or taking a hot bath.
- Seek support: Reach out for help from your support system, whether it's friends, family, or colleagues. Sharing your feelings and struggles can help lighten the burden and provide encouragement.

Online resources and educational materials provide more information on SAD and its treatment options. Learn from others' experiences and insights by exploring reputable websites, blogs, and podcasts.

With understanding and self-care, you can beat the winter blues. You can navigate the challenging winter months with greater ease by implementing these strategies.

the RECIPE CORNER

Ingredients

- 1 large egg, room temperature, lightly beaten
- 1/4 cup prepared Italian salad dressing
- 1-1/2 cups cubed bread
- 2 tablespoons minced fresh parsley
- 2 garlic cloves, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/2 pound ground pork
- 1/2 pound ground sirloin
- 3 ounces fresh mozzarella cheese
- 2 tablespoons canola oil
- 1 jar (24 ounces) marinara sauce
- Hot cooked pasta

Stuffed Meatballs



DIRECTIONS

- 1. In a large bowl, combine the first eight ingredients. Crumble pork and beef over mixture; mix well. Cut mozzarella into eighteen 1/2-in. cubes. Divide meat mixture into 18 portions; shape each around a cheese cube.
- 2. In a large skillet, cook meatballs in oil over medium heat, in batches, until a thermometer inserted in the meat reads 160°; drain. In a large saucepan, heat marinara sauce; add meatballs and heat through. Serve over pasta.
- Freeze option: Freeze cooled meatball mixture in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a covered saucepan, gently stirring and adding a little water if necessary. Serve with pasta.

Hot Chocolate Fudge



Ingredients

- 2 cups semi-sweet chocolate chips - divides
- 1.5 cups milk chocolate chips
- 3 tablespoons butter
- 14 oz sweetened condensed milk
- 4 packages of hot chocolate mix (1/2 cup)
- 2 teaspoons vanilla extract
- 4 cups of marshmallows
- 1/2 cup peppermint candy canes or crushed peppermints

DIRECTIONS

1. Line an 8x8 inch square pan with foil or parchment paper and spray with cooking spray.
2. In a double boiler, add 1 ½ cups semi-sweet chocolate chips, 1 ½ cups milk chocolate chips, butter, sweetened condensed milk, and hot chocolate mix. Stir to combine.
3. Continue to stir over medium heat until the chips are completely melted.
4. Add 2 cups of marshmallows and stir for 1 minute. Remove from the heat.
5. Add in the vanilla and stir until incorporated.
6. Pour the fudge into the prepared pan and gently press the remaining marshmallows into the top of the fudge.
7. Refrigerate for 4 hours.
8. Remove the fudge from the pan and cut it into squares.
9. Heat the remaining ½ cup of chocolate in the microwave in 30-second intervals, stirring after each interval until completely melted.
10. Drizzle over the fudge and let cool completely.

HAPPY new YEAR

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Extension - LaPorte County

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