

the Extension Line

October - November 2023

Inside this issue

Welcome _____ page 1

Extension Homemakers
Nook _____ page 2

Mark Your Calendars _____ page 3

IEHA Week Schedule _____ page 4

Educational Post _____ page 5

Scholarship Winner _____ page 6

the Recipe Corner _____ page 7

Happy Fall everyone,

Since moving to the Midwest, fall has always been my favorite time of the year. It feels so refreshing when the leaves turn vibrant red, orange, and yellow, and the air is so crisp and cool. I enjoy walking in the woods and listening to the crunch of leaves beneath my feet. My favorite fall activities include baking my favorite fall recipes and decorating my home for the season. I also enjoy curling up with a warm blanket and a good book. There is nothing more cozy and comforting than the smell of wood burning fires, hot cider, and pumpkin spice. Every year, I enjoy the beauty and calm of the fall season.

The fall season is a time for reflection. It is a time to reflect on the past year. In light of my first few months as a LaPorte County HHS educator, I have found myself reflecting on these experiences. My role has grown and changed as I have adapted to each season. I appreciate the learning and growth opportunities that have developed from my experience. I am thankful for the new connections I have made with my colleagues and the community. I am humbled by the support I have received from my team and the chance to be part of a great organization. I am excited for the future and what I will continue to learn and experience.

Overall, fall is a season that brings about a feeling of comfort, warm feelings, and new opportunities that I am grateful to have experienced.

- **Chrissie Lai**

IF YOU HAVE INFO FOR
THE NEXT NEWSLETTER,
PLEASE SUBMIT TO SUE
BY NOVEMBER 15, 2023

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*Embracing
Change to meet
Tomorrow's
challenges*



extension.purdue.edu/laporte

the Extension Homemakers Nook

A message from the Extension President

We are off to a great start! Executive committee has been meeting and making plans.

Betty and I are planning to meet with each club and determine what your wants/needs are to make Extension Homemakers better than ever!

A few of our clubs are working on their committee assignments. IEHA week and International Faire are coming along very nicely.

Our Holiday Council Meeting is taking shape!

Our officers are setting into new roles and working on taking advantage of the present opportunity in an effort to bring about the fulfillment of tomorrows promise.

-Peggy Grzesiowski

Happy Birthday!

Ruth Lile 8/2

Mindy Rose 9/24

Barbara Herrold 10/1

Bonnie Robinson 10/3

Danielle Straub 10/4

Patricia Day 10/4

Celeste VanEtten 10/6

Bonnie Netzer 10/14

Jackie Carpenter 10/15

Judith Keim 11/1

Sharon Erwin 11/18

Melissa Newcomer 11/26

Barbara Swanson 11/27

Della Wittgren 11/27

Judy Swiger 11/28



Mark
YOUR
Calendars

Educational Retreat

Extension Office

October 12, 2023

2:45 - 5:30 Carry in Dinner

Call the extension office to
register by Oct. 5th

Phone: 219-324-9407

IEHA Week

October 22-28

Make A Difference

Day

October 28th

International Taste of Fall

October 22, 2023

2pm - 4pm CST

Rolling Prairie Methodist Church

Recognition of clubs and members, tenure

& memorial of past members

Dessert & drinks will be served!

\$5 should be mailed to Sherry Riehle

by Oct. 13th

1 Check per Club

Lend-A-Hand

Wednesday, November 8th

9AM - 8PM CST

Save the Date

Thursday, December 7

Council Holiday Party

Health Care Foundation

Sign-in at 11:00 a.m.



Indiana Extension Homemakers Association Week Schedule

October 23rd - Blue & Gold Day

Wear blue with your name tag

October 24th - Giving Day

Highlights of community involvement

October 25th - Educational Day

October 26th - Volunteer Day

Radio or nursing home

October 27th - Celebrate Our Members

October 28th - Make-A-Difference Day

at the studio or make hats and mittens

Educational Post from your Extension Educator

The holiday season is a time of joy and celebration, but it can also be a time when our health and well-being take a backseat. With the abundance of delicious food, tempting treats, and busy schedules, it's easy to let our healthy habits slip. However, with a little planning and mindful choices, we can ensure that our holidays are not only happy but also healthy. In this document, we will explore some practical tips and strategies to help you maintain your well-being during the holiday season.

1. Mindful Eating:

During the holidays, it's important to be mindful of what and how much we eat. With so many indulgent foods available, it's easy to overeat. Here are some tips to help you practice mindful eating:

- Pay attention to your hunger and fullness cues. Eat when you are hungry and stop when you are satisfied.
- Fill your plate with a variety of colorful fruits and vegetables. They provide essential nutrients while adding vibrancy to your holiday meals.
- Limit your intake of sugary drinks and alcoholic beverages. Opt for water, herbal tea, or infused water instead.

2. Staying Active:

Physical activity is essential for maintaining good health, even during the holiday season. Here are some ways to stay active:

- Incorporate exercise into your holiday traditions. Take a family walk after a big meal or organize a friendly game of touch football. Find creative ways to stay active indoors. Dance to your favorite holiday tunes, do yoga at home, or try a workout video.
- Stay motivated by setting goals and tracking your progress. Consider using a fitness app or wearable device to help you stay on track.

3. Stress Management:

The holiday season can be stressful, but it's important to prioritize self-care and manage stress effectively.

Here are some strategies to help you cope:

- Practice relaxation techniques such as deep breathing, meditation, or mindfulness.
- Set realistic expectations and avoid overcommitting yourself. Learn to say no when necessary.
- Prioritize sleep and make sure to get enough rest each night.
- Take time for yourself. Engage in activities that bring you joy and help you unwind, such as reading, listening to music, or taking a bath.

Conclusion:

By following these tips for a happier and healthier holiday season, you can enjoy the festivities while also taking care of your well-being. Remember, it's about finding a balance between indulgence and mindful choices. Wishing you a joyful and healthy holiday season!

Congratulations to Our Extension Homemaker Scholarship Winner!



Kaitlyn Day

Kaitlyn Day is the Granddaughter of Patricia L. Day who has been a member of Extension Homemakers for 15 years, and daughter of Laura Day of LaPorte and Jason and Ginger Day of Tennessee. Kaitlyn graduated from LaPorte High School in May of 2023 with a 4.0 GPA. She is now attending Valparaiso University with intentions on graduating with a Masters Degree in Social Work and minoring in both Psychology and Spanish. With the skills Kaitlyn will obtain, she hopes to help others less fortunate and make as much of a positive impact on the world that she can.

While attending LaPorte High School, Kaitlyn was active primarily in the music community as well as others. During her time in music, she was active in marching band for four years. During those four years, two years she was section leader and one year as a drum major. Kaitlyn also was involved in Pep Band for four years, Wind Ensemble for three years, Key Club for four years, and also the Interact Club for four years. In school, she had received both academic and citizenship honors throughout middle and high school and Principals Honor Roll all four years of high school. Kaitlyn graduated in the top 10% of her class by maintaining a 4.0 GPA.

Even outside of school, Kaitlyn was active as a Church alter server for five years as well as a teacher aide for five years in church. Besides school and church, Kaitlyn was an active 4-H member serving a total of 10 years. She was a club member to the Scipio Sensations where she was not only an officer who led with her leadership skills and participated in various service projects but, Kaitlyn also acted as her club's secretary for two years. As a Jr. Leader in 4-H, her responsibilities included helping judges during fair time and preparing 4-H displays.

It is no secret that Kaitlyn Day is an inspiration to others with her involvement in the various communities she surrounds herself with. We wish Kaitlyn all the best of luck and hope she continues to inspire others and make the positive impact we know she will on this world.

Congratulations Kaitlyn!

The Recipe Corner

Drizzled Butternut Bread

1 cup butter, softened
1 package (8 ounces) cream cheese, softened
2 cups sugar
3 large eggs, room temperature
2 cups mashed cooked butternut squash
1 teaspoon vanilla extract
3 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon baking soda
1 cup chopped walnuts

Icing

1 cup confectioners' sugar
1/2 teaspoon vanilla extract
6 to 8 tablespoons sweetened condensed milk



Directions

In a large bowl, cream the butter, cream cheese and sugar until light and fluffy. Add eggs, 1 at a time, beating well after each addition. Beat in squash and vanilla. Combine the flour, baking powder, cinnamon, salt and baking soda; gradually beat into creamed mixture. Fold in walnuts.

- Transfer to 2 greased 8x4-in. loaf pans. Bake at 350° until a toothpick inserted in the center comes out clean, 55-65 minutes. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- In a small bowl, combine the confectioners' sugar, vanilla and enough milk to achieve a drizzling consistency. Drizzle over loaves.



Dinner in a pumpkin

1 medium pumpkin, cleaned out
1 or 2 packages of Ballerina Farm breakfast sausage
1/2 teaspoon red pepper flakes
1 teaspoon smoked paprika
1 large onion chopped
6 cloves garlic minced
8 cups broth
6 red potatoes, diced
1 teaspoon Italian seasoning
2 cups milk
6 tablespoons cream cheese (plus more to line the pumpkin)
3 tablespoons all purpose flour
2 tablespoons butter
1/2 teaspoon salt
3 cups spinach or collard greens

Preheat the oven to 350.

Clean out the pumpkin and line the inside and lid with cream cheese.

Place the pumpkin on a cookie sheet and put it in the oven. Cook for about 1 hour or until the pumpkin is tender.

While the pumpkin is cooking, prepare the soup. Remove the sausage and crumble it into a large soup pot over medium heat. Add the red pepper flakes, smoked paprika, onion and garlic then sauté until the sausage is fully cooked.

Next, add the broth, Italian seasoning and potatoes. Increase heat to high and bring to a boil, cook the potatoes until tender.

While the potatoes are cooking, prepare the cream sauce. Add the milk, cream cheese, flour and salt into a blender and blend until smooth.

Next, melt the butter in a small saucepan then add the blended cream mixture and stir until very thick. Once the potatoes are tender, add the thickened cream mixture and collard greens to the soup and cook until the greens are wilted. Remove from heat and transfer the soup into your cooked pumpkin!

Remove from heat and transfer the soup into your cooked pumpkin!



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Extension - LaPorte County

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