

LIFESTYLE JUNCTION FEBRUARY 2024



Spring is in the air! We are slowly having some warmup days and the sunshine is peaking out. I don't know about all of you, but I am sure ready to get outside and start enjoying sun and warm weather soon.



We have so many exciting programs coming up in the next couple months at the Extension Office. There is definitely something for everyone! From Backyard Chickens, Youth Mental Health seminar, Ag Days, Powerful Tools for Caregivers, and so much more!!! Take a look at some of these exciting programs and if you ever have any questions about what we have going on **feel free to give us a call @ 765-584-2271.**

I hope everyone is making themselves a priority and being kind to themselves. I wanted to remind everyone that we should be getting at least 15 minutes each day of self-care. Schedule that time out for yourself and enjoy!!

~ If it cost you your peace, it is too expensive. ~

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Extension Homemakers Nook

Message From the President

Hi all!! **District Meeting is March 4, 2024 in Randolph County.** I encourage as many as possible from Randolph Co to attend! The cost is \$15 and we will be having Bousers Barn for lunch. Our speaker is Jason Knasinski, from Sweet Dreams. **Reservations are due February 20th.**

Hope to see you all there!!

Ag Days will be taking place at the Randolph County Fairgrounds on April 3 & 4. We will need help with the breakfast shift on Wednesday. We will begin cooking at 5:30 AM, and we start serving from 6:30 - 9:30 AM. Please let me know if you would be able and willing to help out at Ag Days.

-Randolph County President, Marie Jackson-



Calendar of Ext. Homemakers Events

March

- 4th - **Spring District Meeting in Randolph County!!**
- 11th - **Council Meeting @ 6:30 PM**
- 14th - **Special Interest Lesson: Building a Bond with your Dog @ 2 PM - See Pg. 3**

April

- 22nd - **Living Well Evening in Delaware Co. - More Details Coming**
- 23rd - **Achievement Night**



Special Interest Lesson: Building a Bond with Your Dog

March 14th @ 2 PM

Randolph County Fairgrounds

Call 765-584-2271 to register to attend



Join us as we learn how to build a bond with your dog. We will also go over basic training for a new puppy or adopting an older dog. If you have any questions that you need answered we will have a trainer with us that evening!!



Randolph County Ag Days Festival Save the Date!



Open to the Public!!!



New this year:

- Scheduled Talks & Demonstrations
- Educational interactive displays for ALL ages
- Agriculture related vendors

April 3rd & 4th
2024

Two full days!

Randolph County Fairgrounds
1885 S. US Hwy 27
Winchester, IN 47394

Watch our Facebook page for updates!

Backyard Chickens

Adults & Youth Sessions

Session 1 - March 13 6:30-7:30

Basics of Embryology

Parts of an egg & their function

Safe handling & cooking of eggs

Participants will set eggs in incubator

Session 2 - March 21 6:30-7:30

Candling the eggs

I have chicks now what?!

Preparations for taking your chicks home.

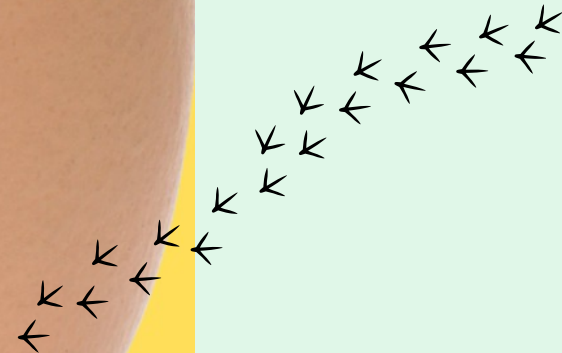
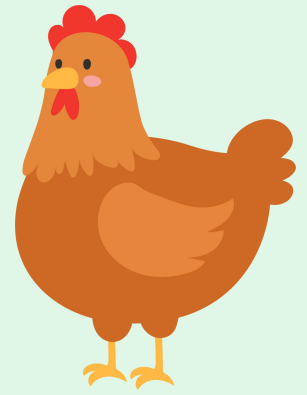
April 3-4 - Chicks hatch during Ag Days

Come to Ag Days to watch the chicks hatch

April 10 - Pick up your chicks!

To register call the office 765-584-2271

Cost: \$25 per family



Powerful Tools for Caregivers

Caregiving is rewarding, but it can be challenging too.

Powerful Tools for Caregivers class helps caregivers and care partners prioritize their wellbeing and take care of themselves, while caring for a friend or loved one. They will learn how to: reduce stress, manage time, master caregiving transitions, communicate effectively with family, doctors, etc., and community resources.

When: Every Wednesday from 1 - 2:30 PM

April 17th - May 22nd, 2024

Where: Randolph Co. Fairgrounds

1885 S US Hwy 27, Winchester



How to Register:
Call 765-584-2271 or
Visit LifeStreaminc.org/PTC



YOU ARE INVITED TO LEARN WITH US AT OUR

2ND ANNUAL
Youth

MENTAL HEALTH

in
Randolph County



LEARN FROM YOUTH IN OUR
COMMUNITY

LEARN MENTAL HEALTH
RESOURCES AVAILABLE

OPEN CONVERSATION ABOUT
TODAY'S STRUGGLES

COMING TOGETHER AS A
COMMUNITY TO HELP OUR
YOUTH TODAY

LEARN ABOUT SUICIDE
PREVENTION EDUCATION

**FEBRUARY 21st
11AM-1PM**

**RANDOLPH COUNTY
FAIRGROUNDS
1885 S. US HWY 27
WINCHESTER, IN 47394**

REGISTER TODAY



LUNCH WILL BE PROVIDED

Safe Sleep Education Class *for parents and caregivers*

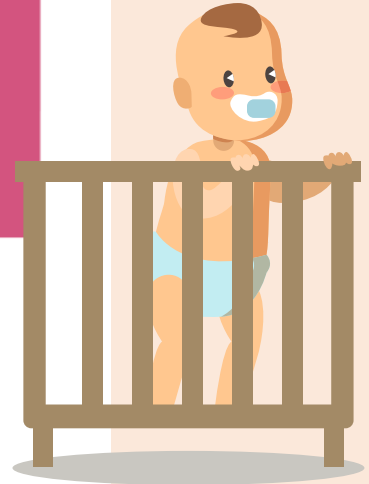
All participants caring for baby will receive a free pack n' play and other goodies!

May 6, 2024

3pm - 4pm

1885 US Hwy 27, Winchester, IN

Call 765-584-2271 to Register



Alone

Back

Crib



The ABCs of safe sleep.
Watch to learn more.



Extension - Randolph County

Speak for the Trees & Plant for Free Workshop

When: April 22, 2024 6:30 pm

Where: Randolph County Fairgrounds
1885 S. US 27, Winchester, IN 47394



Thanks to our sponsor



Session Speakers and Topics:

- Soil - Emily Kring ANR Extension Educator
- Tree Planting - Edward Oehlman, Indiana Society of American Foresters
- Tree Care - Michael Bane, Consulting Forester, Creation Conservation LLC
- Invasive Species - Liz Yetter, East Central Regional Specialist, State of Indiana Cooperative Invasives

2024 Parent Cafés

Parent Cafés are a supportive place to share the joys and challenges of caregiving, learn about protective factors to keep your family strong, enjoy a complimentary meal, and win some prizes!

- Dinner provided
- \$25 gift cards will be awarded at each café session

March 5 • 9 - 10:30 a.m. • Parents Rock - Are You Feeling Parent Guilt?
Northblock Coffee, 225 W. North St., Winchester, IN
Protective Factors: Resilience, Communication, Knowledge

May 8 • 5:30 - 7 p.m. • Grandparents Raising Grandchildren
Countryside Christian Church, 1212 E. 100 S., Winchester, IN
Protective Factors: Resilience, Support, Knowledge

Sept. 17 • 5:30 - 7 p.m. • Your Child Will Not Explode...Tell Them No!
Randolph County Fairgrounds, 1885 S. US Hwy 27, Winchester, IN
Protective Factors: Resilience, Communication, Knowledge

Dec. 11 • 5:30 - 7 p.m. • Time Out for Parents - Take Care of Your Mental & Physical Health
Countryside Christian Church, 1212 E. 100 S., Winchester, IN
Protective Factors: Resilience, Relationships, Support

How to register:

Call the Randolph County
Extension Office: (765) 584-2271

Scan to learn
more about
Parent Cafés!



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