



Extension - Health and Human Sciences

March Madness!!



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TIPPECANOE COUNTY EXTENSION HOMEMAKERS

Home Echoes

<https://extension.purdue.edu/county/tippecanoe/Tippecanoe-County-Extension-Homemakers.html>



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Tippecanoe County Extension Homemakers



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March-April 2025

A quick note from your President:

Having had internet access to Tippecanoe County weather, it's unfair to complain about last week's weather here in South Florida. I'll just say I wore long pants for a week.

They say as you age, you need to keep learning new things. I was thinking a new hobby, or renewing an old interest. Instead, I've learned a lot about kidney stones starting in November when Larry had one. This learning continued as I was diagnosed with some after Christmas. On the heels of my recovery, Larry landed in the ER, diagnosed with pancreatitis. So, what can a Homemaker do? Figure out low fat, low carb, 5 small meals a day, menus. No pop and no alcohol were the easiest steps! There are cool new words and definitions in my vocabulary: pancreas' function, glucagon, lipase, & Antigen 19-9. More tests are scheduled, but we are optimistic. We feel fortunate to have landed with a doctor here who wants to determine what caused the inflammation, not just wait and see. I am grateful to have married a man with more experience with doctors and hospitals than I have.

Continued on page 2

Message from Dottie continued from page 1

I had a doctor put "disgustingly healthy" in my file once. And for many years, I was. I relied on healthy ancestors, and recent science is pointing at my relative lack of processed foods and fast-food in my diet. Grandpa supplied beef and pork before hormones and antibiotics. Mom was all about gardening, canning, freezing, cooking from scratch and the famous 4 Basic Food Groups, at least for my first 15 years. Old school extension homemakers were well aware of 'slow foods' and 'farm to table'. That is the new old wisdom we need to figure out how to share!

Submitted by Dottie Warner-Halsema

Save the date!!

Spring Education Workshop April 17th 2025

11:00am Itzy Prieto-Director of Adult Protective Services
(Investigates Neglect, Battery, Exploitation of Adults etc)

1:00pm Tamara Ungaro- Owner of Dream Dinners
(How and why, she started her business, how meals are made
Her struggles, Covid, Smiles on Working Mothers)

Lunch will be provided by Arni's. Pizza and salads. The Education Committee will provide us with desserts.

Lunch Cost will be in the March/April Home Echoes.

Mary Hancock-Education Chair
Wanda Overpeck-Education Co-Chair

2025 CULTURAL ARTS EVENT

Ladies start your engines! Or maybe you are already working on your entries for this year's Cultural Arts Event to be held in conjunction with the Spring Education Workshop on Thursday, April 17, 2025. Categories this year are Knitting/Crocheting, Needlework, Quilting, Other Crafts and the Special Category - a single placemat.

Guidelines for this special project are maximum size of 14" x 20" (can be smaller). The placemat may be rectangle, oval, or round as long as it does not exceed the maximum size. The placemat may be of any medium - plastic, crocheted, knitted, quilted or anything else you choose.

Tippecanoe County Extension Homemakers Cultural Arts Guidelines:

- ⇒ *Entries must be the work of the entrant. Exception will be quilts; which may be quilted by a professional.*
- ⇒ *Entries must have been completed in the last eighteen (18) months.*
- ⇒ *Entries may not have been entered in any prior competitions.*
- ⇒ *Participants are not limited to one entry per category.*
- ⇒ *Attendance at the Spring Education Workshop is encouraged but not required to participate in the Cultural Arts Event.*

I certainly hope all of you talented ladies will consider entering some of your work in this event. If you have questions or need additional information, please feel free to contact me at 765-446-1471 or boilerjean@gmail.com.

We will need helpers for the check-in process. If you are interested, let me know.

Thank you,
Jean Macy, Chairperson
Donna Mounts, Co-Chairperson

Hello Extension Quilt Club Members and Sewing Enthusiasts!

Great things are happening at the Quilt Club. We have eight new members since September! Lets keep the love going by telling are friends and families about the club. We always have wonderful snacks to enjoy and fantastic presentations each month.

The game changer is our Sew and Tell. Members bring in items they have finished or are still working on to show. This can be anything from Quilts, Jackets, Hats, Table Runners, Placemats, Oven Mitts: (well you get the idea). We also enjoy any Tips & Tricks you may have or Do it Yourself items. Come join us the second Thursday of the month at the Tippecanoe County Extension Office at 1:00pm Hope to see you on Lucky 13th of Thankbruary.

Submitted by Jeri Bosworth Parker



Thanks to all who donated warm hats, gloves, and mittens at our January Education Workshop. We collected 42 hats, 22 gloves, 3 scarves, 1 jacket and 1 pair of socks. They were distributed to Murdock, Tecumseh, and TSC schools.

At our Education Workshop on April 17th, we will be supporting Bravely Women's Health (formerly Matrix Lifecare Center) by collecting baby items. Some of their needs are:

- ⇒ Diapers - newborn to size 6
- ⇒ Bottles
- ⇒ Baby wipes
- ⇒ Baby shampoo
- ⇒ Baby wash
- ⇒ Baby lotion
- ⇒ Bibs
- ⇒ Burp clothes
- ⇒ Baby clothing size preemie through 18months

Thanks for all you do
for our community!!

Jan Wallace
Jeri Bosworth-Parker
Co-Chairs Volunteer Community Support

Educational Workshop took place on January 15, 2025 at Community Reformed Church. It was a very very cold day. Outpost catered this event with a chicken salad on a croissant and delicious homemade Vegetable soup. The Educational committee provided brownies, cheesecake, Pumpkin roll, carrot cake, cookies, and Lemon bars. A big thank you to Wanda who made all the Valentine centerpieces.

Bob Haan from the Haan Mansion was the first speaker. He told us how he started Haan Crafts from the garage and the business grew to a 5000 sq foot building with 28 employees. The Haan's (Ellie-his wife and Bob) They loved antique shopping. So, they started buying furniture of all sizes to fit their home. After this adventure they started collecting original paintings from Indiana Artist only. They have a large collection of this art. They bought George Potters house, which is now called the Haan Mansion in 1984. In 1992 they began to restore the building and provided tours in the downstairs area. They showcased the Indiana Artist (Ottis Adams, Stark, Gruelle, Shultz, and Hopper). In 2012 they donated the museum to the Art Museum and to the Lafayette Community Foundation.

Abigayle Hensley and Kyle Clary were our second speakers from BBC (Bennett, Boehning and Clary - Attorney's Office) They spoke about estate planning, Elder Law, Long term Care with Medicaid, spenddown, Guardianship, wills, trust, Probate, living will, funeral declaration, Irrevocable Trust, Revocable Trust. They advised everyone to review their wills or trust every 5 years.

Mary Hancock
Education Chair

I want to **Thank My Education Committee** for their outstanding baking skills and the work they put in for making the Educational Workshop a big SUCCESS. **Thank you.**

Purdue Extension – Health & Human Science Educator Update

Hello everyone! 2025 is here and there is no slowing down. If you have created New Years resolutions this year, I hope they are turning into habits! If they have taken a back seat then it might be a good time to reflect on it's importance, or jump back into the mix. If you are looking for some Extension Education offerings to help, I might have an option that fits you!

February is Heart Health Month! Hopefully, you have been able to see and register for the **Be Heart Smart** program starting in February. The 4 classes will be offered on Fridays from 9:30-10:30 on the 7th, 14th, 21st, and 28th. If you see this before the 7th and want to join I have spots. I will also hold this program in the fall, so let me know if you would like to be added to that interest list.

Again, **A Matter of Balance** program will be offered ***FOR FREE!*** starting March 31st. Thanks to funding by Indiana Health First, Matter of Balance is free this spring! If you do not want to miss your chance, call or email me! Space will be limited.

An exciting opportunity I will have in March is to travel to Ireland for a College of Ag Study Abroad Spring Break experience as a Program Leader. If you've been to Ireland, I'd love some pointers or any feedback that can help make this experience memorable. I am looking forward to leading, learning, and bringing back information to our community. I plan to present on this experience at the Downtown Library on April 8th. I'll be presenting on this experience and "How to Create Environments that Influence our Well-being."

Upcoming Programs

- Be Heart Smart – Friday's in February
- Ireland Study Abroad Experience – March 15-22
- Matter of Balance (for FREE) – Monday and Friday's starting March 31st – 8 classes total
- How to Create Environments that Influence our Well-being & Ireland Experience – April 8th at the Downtown Library
- Artificial Intelligence in Nutrition Education – April 1st - Virtually for Society for Nutrition Education and Behavior

Brock Turner, MPH, MS, CHES®, CPT, CWP
Extension Educator, Health and Human Science
(765) 474-0793

turnerbm@purdue.edu

Hello everyone, I am sorry I have not been able to be at all the activities and programs for a while. Along with the normal holiday months of October, November, and December, I've spent the past three months recouping from Cataract eye surgery, which took more time to recover than expected. Along with getting adjusted to seeing again, there was traveling to care for my mother who will be 95 years old in February.

With all that there is much to be grateful for; I am grateful for family and friends and especially for the Extension Homemakers. I'm grateful for all the activities and projects they plan and implement. Their months ahead will be filled with planning lots of programs at a fast pace.

I do miss all the programs I could not attend and miss everyone that was there. When you see the newsletter read it and sign up for what they've planned. They do a grand job when it comes to future workshops and programs. Show your appreciation by attending and inviting new guests!

I do have a few suggestions for February. Books to read and recipes to try. Bake up a batch of sweetheart cookies. Gift a loved one a book of poetry or an old black and white framed photo of a long past love. Be creative! I saw where someone used ribbon to make a bow and glued it to the picture frame along with a piece of old jewelry to give it bling. It really looked special. Blessings to All!!

Linda S. Casey, Past Co. President

BOOKS FOR FEBRUARY:

Emily Dickinson Collected Poems; Edition published by Barenz & Noble 1993

Jane Eyre by Charlotte Bronte, Nelson Doubleday, Inc. Garden City, New York

Southern Living Incredible Cookies, 2000 by Oxmoor House, Inc



MEMBERSHIP & OUTREACH NEWS

New members to Tippecanoe County Extension Homemakers have been welcomed into the Meadowlarks, Quilt, and Tippi Choral Clubs. Congratulations and thanks to all clubs that continue to follow our mission and vision in support of individuals and families within our community.

We will again be a part of the MGATC Garden Expo on Saturday, April 26th 2025 at the Tippecanoe County Fairgrounds from 9am - 3pm. There will be 2 booths again, located in different spots. One booth will be used for the 2025 Fund Raising Project (possibly featuring a fantastic hand-held breakfast item), which includes the clubs of Fairfield, Laughing L's, Meadowlarks, Randolph, Lamplighters, and Quilt. Another booth will be used for Membership/Outreach where we will again have kids planting flowers & vegetables, coloring pages, and reading books* to take home. Both of these booths will need your eagerness to volunteer your time to help project our roles as leaders and educators within our county.

Our state IEHA Conference will be in Noblesville, June 2nd-4th. This is always an exciting way to gather with other Extension Homemakers throughout our state and exchange talents and thoughts.

Also, be thinking about a project or idea you could demonstrate or discuss during the Open Show during the 2025 Tippecanoe County 4-H Fair in July.

*If you have any books you wish to donate for the table, please let us know.

Cheryl McCool & Emalese Adams

It's that time of year again! We are putting the finishing touches on our 2025 Tippecanoe Co. Home & Family Arts Open Show book.

Many of you, or someone you know, might have a hidden talent. Even if you're not particularly crafty, I'm sure you'll find a category to enter. We have other options such as Photography, Gardening, Foods, and Collectibles just to name a few. Did I mention the Home & Family Arts Open Show is for all ages!!

The 2025 Tippecanoe County Fair & Home & Family Arts Open Show will be held July 18-25, 2025.

This year the Special Category Division is “Celebrating 200 years of Lafayette”. In the Special Category Division, you can enter into three categories: Before 1900, 1900 to 1994, and 1995 to Present Day. Be sure to see the book for more details.

We have made some changes and additions to Divisions, Classes, and Entries. Here are a few highlights regarding the changes so be sure to see in your 2025 Tippecanoe Co. Home & Family Arts Open Show book...

- Fiber Arts Division is now called Hooks & Needles Division and several updates have been made.
- Foods Division we changed a class name and added a NEW class.
- Hobbies & Crafts Division - Diamond Art is a class and other classes have been updated as well.
- Quilting Division – We have added a new class called Panels.

Be sure to check our schedule regarding check in and checkout project times!! Only Wednesday & Saturday for check in and check out ONLY FRIDAY!

Not on the list to receive a book, email us at tippecanoeopenshow1980@gmail.com to receive the 2025 Tippecanoe Co. Home & Family Arts Open Show book. The book and entry form will be available (soon) to download at www.extension.purdue.edu/tippecanoe.

We will again need volunteers for check in, during the fair at our Welcome Table, and then on the last day of the fair for check out. Please reach out to us or email us if you are able to help the Open Show committee. We greatly appreciate your support and volunteering.

Mindi Swank & Krystal Sigman
tippecanoeopenshow1980@gmail.com

Follow us on Facebook - Tippecanoe County Home and Family Arts Open Show

April 1, 2025 – Club member list and payment to TCEH of \$10/person is due to County Treasurer -nancella dobbins

- √ Club Treasurers please be aware of the due date of April 1. You can send a copy of your club list, you do not need to use the form on the website. Most of you have an excel list or document list and that is fine for my use. **PLEASE NOTE NEW MEMBERS ON YOUR SHEET.** We will want to recognize them at the May 20 Achievement Luncheon.
- √ After I get your renewals recorded, I file my excel sheet with the office and by May 1, I send our payment of \$5 membership/per member and \$2.75 liability Insurance/member to the State IEHA treasurer. It does take some time to put this all together. This gives our budget \$2.25 per member. Liability insurance continues to rise every couple years.
- √ Thus, I think we all need to be aware that fundraising is needed.

March is the month to vote and determine your officers for 2025-26. -mail to Nina

- √ Please note that the officer list form is in this newsletter. Please use it to Send your 2025-26 officer list to Nina. It is so critical that you use this form; It makes it much easier for her to get our program book done in a timely Manner. We do have to wait until after Home&Family Conference to get the list of new State IEHA officers; but if the rest of the book is done, adding state Officers is easy.

Achievement Event form -nancella dobbins

- √ Club Presidents, please note the information needed on this form. I use this information for preparation of the Achievement Event program booklet. It takes a good deal of time to put this booklet together, so please honor the due date of March 1. Thank You.

Tippecanoe Co. Extension Homemaker

Achievement Event Program Information

Club Presidents: Please complete the following form *by March 1st* to be included in the Achievement Event Program

Return by March 1st to:

Nancella Dobbins
TCEH Treasurer
3033 Greenbrier Avenue
West Lafayette, IN 47906
dobbinsnj@comcast.net

CLUB: _____

NEW MEMBERS - List any new members that have joined your club this past year and the date they joined.

Name _____ Date _____

DECEASED MEMBERS- List any members who died this past year and the date.

Name _____ DOD _____

How Much Is Too Clean (article in the latest AARP Magazine - Dec 2024/January 2025)

Stop wiping and vacuuming all the time. A little grime might be good for you. **It's natural** to worry about germs and bacteria, especially as we age, and our immune systems can become weakened. But "your home isn't a petri dish growing scary diseases at every turn," says microbiologist Shaun Veran. And some exposure to microbes, Veran says, is like a "workout for your immune system, teaching it to recognize and fight diseases more effectively."

Gastroenterologist Robynne Chutkan, author of *The Microbiome Solution* and host of the *Gutbliss* podcast, says a good rule of thumb is to clean your kitchen nightly and the rest of the house weekly. More frequent cleaning is needed only for visible dirt, grime or mold or when someone in your household is ill.

What else can you do? Introduce good microbes into your home, says microbial ecologist Jack Gilbert of the University of California San Diego. 1) open windows; 2) let pets romp indoors; and 3) grow potted plants. Some studies show that these three things lead to a higher level of beneficial microbial diversity inside the home, Gilbert says.-M.A.

Well I must say it is a relief to know this about keeping my house clean. I do not intend to get a pet and let it romp indoors however. I have my plants to give me healthy microbes. -nancella dobbins

**Tippecanoe County Extension Homemakers
2025-2026 Club Officers—Page 1 of 2**

Return by April 1, 2025 to:

**Nina Morgan
5123 East 300 North
Lafayette, IN 47905
quilterbee314@gmail.com**

CLUB: _____

PRESIDENT

Name: _____

Address: _____ **City/ Zip** _____

Phone: _____ **Home;** _____ **Cell**

Email: _____

VICE PRESIDENT

Name: _____

Address: _____ **City/ Zip** _____

Phone: _____ **Home;** _____ **Cell**

Email: _____

SECRETARY

Name: _____

Address: _____ **City/ Zip** _____

Phone: _____ **Home;** _____ **Cell**

Email: _____

TREASURER

Name: _____

Address: _____ **City/ Zip** _____

Phone: _____ **Home;** _____ **Cell**

Email: _____

**Tippecanoe County Extension Homemakers
2025-2026 Club Officers—Page 2 of 2**

Return by April 1, 2025 to:

Nina Morgan
5123 East 300 North
Lafayette, IN 47905
quilterbee314@gmail.com

CLUB: _____

EDUCATION

Name: _____

Address: _____ **City/ Zip** _____

Phone: _____ Home; _____ Cell

Email: _____

LEADERSHIP

Name: _____

Address: _____ **City/ Zip** _____

Phone: _____ Home; _____ Cell

Email: _____

VOLUNTEER COMMUNITY SUPPORT

Name: _____

Address: _____ **City/ Zip** _____

Phone: _____ Home; _____ Cell

Email: _____

OUTREACH

Name: _____

Address: _____ **City/ Zip** _____

Phone: _____ Home; _____ Cell

Email: _____



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