

## Vigo County Extension Homemakers May 2025 Newsletter



### COUNCIL OFFICERS' MESSAGE

Hello everyone...I hope this Newsletter finds everyone enjoying the weather and atmosphere!  
Are any of you mushroom hunters? If so, take a picture and we'll post it to our Facebook page.

### UPCOMING DATES TO REMEMBER

May 8	Council Meeting,
May 23	New Members Information, Perfect Attendance members, Model Club &/or Honor Club Forms are due to Extension Office
June 2 – 4	Home & Family Conference
June 9	Past Presidents Meeting
June 23	Achievement Day, Council Meeting to follow Achievement Day activities
July 5 – 12	Vigo County Fair

Be sure to check our website [www.extension.purdue.edu/vigo](http://www.extension.purdue.edu/vigo) for news and updates

### Union Hospital Need

Union Hospital is still in need of sleepers for babies, especially preemies. New or gently used items will be accepted. I understand they also still have need for children coloring books and crayons.

### **Past Presidents Club**

I'd like to thank the Hostesses for April: Jo Cochran, Darlene Lowe, and Barb Mericle. We had 11 ladies at Cackleberries restaurant for this event.

The club will meet June 9<sup>th</sup> at Ellie Oliver's house (7470 S. Trueblood Pl, 47802). We will have a pool party and carry-in lunch (meat will be provided) so bring a side dish or dessert. The gathering and meeting will be at 11am. Hostesses for June will be: Ellie Oliver, Carol Hawn, and Terri Taylor.

Since we will not have a Newsletter in July, we will call/text/email everyone the information for the August meeting.

### **"Boxes of Care"**

Our current State President is asking us to continue putting Boxes of Care in Blessing Boxes (or at youth centers/homeless shelters). I will bring some boxes and contents to the May Council Meeting. Hearts at Home is glad to share.

### **Vigo County Fair is July 5<sup>th</sup> – 12<sup>th</sup>**

I am again asking all 100+ members of our Vigo County Extension Homemakers Clubs to enter a project this year. There are a few people who enter items each year; let's expand that number. I'm planning on have an entry this year. Wish me luck.

We will have our annual "Clean-up Day" on July 3<sup>rd</sup> starting at 8am. I am asking for many, many members to come out this day to help with our building. Also, you need to bring your cleaning items with you to this event.

Opening Day for the Vigo County Fair is July 5<sup>th</sup>. We need volunteers also on this day so we can get items checked in and to their appropriate area in a timely manner. I've worked this day for two years now and it is very insightful and fun.

### **Home and Family Conference, June 2 – 4**

Has anyone made a single placemat for the Conference's Special Project? If so, please get it to your Club President so she/he can bring it to our Council Meeting on May 5<sup>th</sup>. The Council members will do a blind vote and take the "winner" to the State Conference.

### **Sewing Days**

I wish to thank everyone who has attended these days this past year. At our last day we cut 6 bolts of material into baby blankets and burp cloths, and sewed 54 burp cloths while at the fairgrounds. Ruth Ridener is our go to lady with Union Hospital for this activity. Also thank you to: Janet Kleptz, Pam Dowell, Terri Taylor, Stardust Watson, Julia Reed, Carlene Nemeth, Joan Lindsay, Dee Blann, Becka Chickadaunce, and me! I know I'm leaving some names out but I can't remember a few of the lady,s names. I apologize. I'll do better this coming year on having a sign-in sheet.

## EDUCATOR SPOTLIGHT

### May is Women's Health Month

May is the month to celebrate women's health with Women's Health Week—May 11 (Mother's Day)—May 17, 2025.

National Women's Health Week and Month is a time to focus on the unique health needs of women. This initiative encourages women to take proactive steps toward improving their physical and mental well-being.

National Women's Health Week was established by the U.S. Department of Health and Human Services (HHS) in 1999. It was created to raise awareness about the importance of women's health and empower them to take charge of their well-being. While initially focused on the U.S., this week has since gained global recognition. It serves as a reminder to women everywhere about the significance of making health a priority.

### Women's Health Challenges and How to Overcome Them

Women face a range of health challenges throughout their lives, from hormonal changes during puberty and pregnancy to menopause and aging. These challenges are not just physical; they can also affect mental health. Among the top health concerns for women:

- **Heart Disease**  
Heart disease is the leading cause of death for women worldwide. Many women are unaware that they are at risk or do not recognize the symptoms of heart disease.
- **Cancer**  
Breast cancer and cervical cancer are among the most common types of cancer affecting women. Early detection through regular mammograms and Pap smears can help identify cancer before it spreads. Women should also be mindful of changes in their bodies and seek medical attention if they notice
- **Mental Health**  
Women are more likely to experience mental health issues like anxiety and depression, often due to the pressures of juggling multiple roles.
- **Osteoporosis**  
Osteoporosis is a condition that weakens bones, making them more susceptible to fractures. It is especially common in women post-menopause.

### Take Action: How to Prioritise Your Health

Here are a few steps you can take:

- **Get Moving:** Aim for at least 30 minutes of exercise most days of the week. Whether it's walking, yoga, or swimming, staying active is key to maintaining good health.
- **Eat a Balanced Diet:** Choose a diet rich in fruits, vegetables, whole grains, and lean proteins. Avoid excessive sugar, salt, and processed foods.
- **Check in on Mental Health:** Practice mindfulness, engage in activities that relax and rejuvenate you, and don't hesitate to reach out to a mental health professional if needed.
- **Schedule Regular Check-ups:** Make sure you are up-to-date with screenings, vaccinations, and annual health exams.