



Vigo County Extension Homemakers November 2025 Newsletter



PRESIDENT'S MESSAGE

Welcome to November!

I'm enjoying this wonderful weather. Hope you all are too!

Dates to Remember

November 3 rd	International Day & Extension Craft Day Registration 9:00 - 9:30am Community Building, Vigo County Fairground
November 10 th	Council Meeting: 9am, Executive Board; 10am, Club Presidents Meadows Learning Center
November 11 th	Veterans Day
November 27 th	Thanksgiving Day
December 8 th	Past Presidents Meeting, Wings, Plaza North, 11:30am Dress in a Christmas theme
December 25 th	Christmas Day
January	Nominating Committee Meeting, date and time TBA
January 27 th	Sewing Day

What did you do for IEHA week/Make a Difference Day?

Please let me know if your club did anything special for IEHA Week and/or Make a Difference Day. I'd like to put a report in next month's newsletter. Please send pictures to Georgia Hunt, Public Relations, so we can post them on our FB page.

Interested in State Conference?

Be thinking about attending our State Conference next June 15-17, 2026, in Nashville, Indiana. If this would be your first time attending, please talk with your Club President about filling out a First Timers Award Form. One person from each county will be selected and then the nine counties in our District will forward their person's name to our District Representative. She will select one of the nine to represent us.

Union Hospital

Please keep taking sleepers to Union Hospital for the newborn babies. Be sure to say you are from Vigo County Extension Homemakers and your club name.

State President's Project

Our State President is asking us to "Share Some Bloom(er)s" for her service project this year. Count the items you give to schools, nursing homes, activity centers, etc. and let me know. I need to send our State President a count by the end of October.

Sewing Day

A great big thank you to the following ladies for helping me to cut out and sew the Christmas stockings for Union Hospital this past October 14th: Debbie Brown, Terri Taylor, Ruth Ridener, Jackie Decker, and Georgia Hunt. We had a fantastic time helping each other. To reach getting 100 stockings by the first of December, we may have to add another sewing day. I'll get the word out to the club presidents and ask them to get the message out to their members.

Educator Spotlight

November is Diabetes Awareness Month

I am sure you all think I talk about diabetes often—but I want to remind you all again that November is American Diabetes Month. Part of my concern is simply my own family's health history. I have had grandparents, aunts, uncles live with diabetes. Some of them did this well and others suffered from many other challenges (heart disease, amputations, blindness, and kidney failure) as a result of their diabetes.

Many of us know someone with diabetes. One in 10 Americans have diabetes — that's more than 30 million people. A sobering fact is that more people have been told by their physicians that they have "pre-diabetes". One in three Americans have pre-diabetes. This means those with pre-diabetes is just a bit smaller than the total population of the five most-populated states in the U.S. -- California, Texas, New York, Florida, and Pennsylvania. Often people realize they have pre-diabetes and are at risk for developing diabetes, but they are not sure of what they should do next.

Pre-diabetes is not the same thing as diabetes and the recommendation by the Centers for Disease Control (CDC) to take this information and make effective life changes to prevent type-2 diabetes are different. The Diabetes Prevention Program noted by the CDC actually started with a study at the IU Medical Center in Indianapolis. After ten years of research, this program was challenged to implement in a community setting. The Y of Greater Indianapolis was chosen to assist in those efforts and I was one of the first (of three) Lifestyle Coaches trained by one of the founding physicians. After several years of success, it was adopted nationally by the CDC.

So, what is prediabetes? It is when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Prediabetes is still serious and individuals diagnosed with it are at an increase risk of developing type-2 diabetes, heart disease, and stroke.

Who is at risk for prediabetes? Individuals that are overweight, 45 years or older, have a parent, brother, or sister with type 2 diabetes, not physically active at least 3 times a week, if you had gestational diabetes, giving birth to a baby who weighed more than 9 pounds, have polycystic ovary syndrome.

Also, race and ethnicity are also factors. African American, Hispanic/Latino American, American Indian, Alaska Native, Pacific Islander, and some Asian American people are at higher risk.

So, if you have prediabetes, what should you do? All you need to do is lose a small amount of weight if you have overweight. A small amount of weight loss means around 5% to 7% of your body weight. That's around 10 to 14 pounds for a 200-pound person. Also, begin implementing regular physical activity. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity.

Achieving those goals can lower your risk for type 2 diabetes by 58% (71% if you're over age 60) according to the National Diabetes Prevention Program. Participants are asked to track fat grams and calorie intake to achieve the weight-loss goal and beginning an activity routine to eventually get to the goal.

If you want to learn more about Prediabetes and the Diabetes Prevention Program, just go to: <https://www.cdc.gov/diabetes/prevention-type-2/prediabetes-prevent-type-2.html> or call the office: 812-462-3371.