

Vigo County Extension Homemakers April 2024 Newsletter



Important Dates to Remember

April 1	(Monday)	“Vaping and Tobacco Use” - Lesson by Gail Wright
April 15	(Monday)	Past Presidents Meeting
April 22	(Monday)	Spring Fling
May 6	(Monday)	Council Meeting “Empowering Me to be Clutter Free” - Lesson by Gail Wright
May 7	(Tuesday)	Extension Office Closed—Primary Election
May 27	(Monday)	Extension Office Closed—Memorial Day
June 10-12		Home and Family Conference
June 19	(Wednesday)	Extension Office Closed—Juneteenth
June 24	(Monday)	Achievement Day—Council Meeting to follow
July 6-13		Vigo County Fair

Be sure to check our website www.extension.purdue.edu/vigo for news and updates.



SYMPATHIES

Please extend your sympathy to Jackie Decker (new member of Sugar Grove Club) on the passing of her husband, Mike Decker, on March 2, 2024. Her address is: 2950 E. Woodsmall Drive, Terre Haute, IN, 47802.

THANK YOU

Thank you to Ruth Ridener of Sugar Grove Club, Terri Taylor of Hearts at Home Club, Joan Lindsey of Fayette Homemakers Club and Laura Burger (formerly of Fayette Homemakers Club), Julia Reed and Janet Kleptz of Prairie Creek Club and Debbie Cannon (friend of Janet Kleptz) for the time they spent working on the baby blankets and burp cloths for Union Hospital. We spent several hours on Monday, March 25, 2024, working on them.

UPCOMING EVENTS

1. On Monday, April 1, 2024 our educator, Gail Wright, will present a Lesson on “Vaping and Tobacco Use”. It will be open to the public. It starts at 3 PM at Meadows Learning Lab (previously Meadows Elementary School). You need to RSVP by calling the Extension Office (812-462-3371) prior to this lesson.
2. April 15, 2024 (Mon) Past Presidents Meeting will be held at 11AM at Cobblestone Crossings Clubhouse.
3. April 22, 2024 (Mon) the Spring Fling will be held at the Community Center at the Vigo County Fairgrounds. The theme will be “Gardening and Flowers.” The guest speaker will be Tom Cummins from the Apple House. He is a very interesting

275 Ohio Street · Terre Haute, IN 47807-3495

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If you have special needs, please call the Vigo County Extension Office prior to a meeting at (812) 462-3371

person to talk with and I'm sure his talk will be very enlightening for all of us. Register at 9:30AM. Mr. Cummins will speak at 10:30AM. A box lunch will be provided by B & B for \$7.00. Drinks of water, sweet tea, unsweet tea and lemonade will be provided.

4. May 6, 2024 (Mon) Council Meeting. Council officers meet at 9AM and club presidents at 10AM. Gail Wright will do a lesson on "Empowering Me to be Clutter Free" from Noon-1PM. This will be held at the Community Building at the VCFG.
5. June 10-12, 2024, Home and Family Conference in Noblesville

DISTRICT NEWS

Fourteen of us ladies went to the Spring District Meeting on March 19, 2024 in Spencer, IN. It was very nicely decorated & the food was very tasty. The "Silent Auction" made \$1,080 and \$318.50 was donated for the Angel Fund for Spencer School Children.



Left to Right: Connie Dixon, Judy Haase, Vicky Haynes, Sue Merritt, Nelda Rowe, Jacqui Stanley, Mary Lou Voll, Ruth Ridener, Debbie Giffel, Janet Kleptz, Julia Reed, Judy Johnson, Sarah Gossett and Georgia Hunt.

CLUB ANNOUNCEMENTS

1. Monday, May 6, 2024 is Council meeting. Officers meet at 9AM at the Community Building and Club Presidents come at 10AM. Club Presidents need to bring their President Books to turn in.
2. Club Presidents remind your members that it is time to bring items for the Cultural Arts Project. It is anything they have made. They need to bring it to the May Council Meeting to be voted on. The winning item will go to Home and Family Conference. The Special Project for Home and Family

Conference will be a "Table Runner" no wider than 18" across. The length is up to you.

PAST PRESIDENTS

The picture in the March Newsletter said Jo Cochran was at the last Past Presidents meeting. She was not. It was Sandy Kelly. I'm sorry again for the mess up.

The next Past Presidents meeting will be on Monday, April 15, 2024. Please note the date change. It was changed because of the "Solar Eclipse" on April 8, 2024. It will be held at Cobblestone Crossings Clubhouse at 11AM. The address is 1850 E. Howard Wayne Drive, Terre Haute, IN, 47802. The Clubhouse is behind the Health Campus building. Enter by the NORTH door and there will be a sign that says it is the Clubhouse. Please RSVP to Georgia Hunt (812-299-2838) by April 8, 2024, if you plan on being there. You can pay your dues of \$2.00 then. Hostesses are Georgia Hunt, Jeanette Streeter and Janet Kleptz.

The Past Presidents Club is an honorary club to pay tribute to those who have served their club as president.

OPPORTUNITIES TO HELP

If you have any ideas where to help, please let me know. Help is needed when we do the baby blankets and burp cloths for Union Hospital again.

OTHER

We will be scheduling another work day for the baby blankets and burp cloths. Please think about coming to help. The more workers we have the less time it will take to get done. Thanks.

SCATTER KINDNESS

Our new State President wants to continue on with the Scatter Kindness Hearts. Let me know if you have done any. Anyone made and scattered any hearts lately?

REMINDERS

1. Remember to call to RSVP to Gail Wright if you plan on going to any of the Lessons she will be putting on.
2. Don't forget you can collect pop tabs. You can give them to your club president, Sarah Gossett or me.
3. Don't forget to turn in any info you would like in the Newsletter by the 15th of the month.
4. If you need info on going to the Home and Family Conference let me know.

PRESIDENT'S MESSAGE

1. Club Presidents remember to bring your President Book to turn it in at the May 6, 2024, council meeting.
2. Don't forget Home and Family Conference is coming in June. Plan on going and meeting new people and learning new crafts. It is a lot of fun. It is in Noblesville again this year at the Embassy Suites Hotel.
3. Can you believe we are getting near the end of our club year?
4. I'm almost at the end of my 2 years as your Council President.

Janet Kleptz

Janet Kleptz

Vigo County Extension Homemakers President

EDUCATOR SPOTLIGHT

Allergy Season is Early

It is the time for coughing, sniffing, and sneezing as people of all ages can be heard stating in frustration "It's my allergies". The noted symptoms above are sometimes accompanied by watering, red, swollen eyes, fatigue, and headaches. As the weather changes, plants, trees, grass, and weeds start to bloom and release pollen. This year allergy season is early because of the warm winter – the 9th warmest on record. The increase in pollen in the air builds up and causes an increase in people's symptoms. Many have the seasonal symptoms without knowing much about allergies, though, or some ways they might be able to reduce the effects.

According to the National Institute for Health, allergies "are a sensitivity to things that are usually not harmful, such as pollen." This causes a person's body to react by producing antibodies to rid the body of the foreign substance.

Nearly 20 million American adults have been diagnosed with seasonal allergies or hay fever in the last year, according to the Center for Disease Control and Prevention (CDC), and another 5 million children. These seasonal allergies are often just something people endure and accept. The National Institute for Health (NIH) provides some ways individuals can try to manage their allergy in addition to the recommendations of their health care provider.

Environmental. There are ways to control your environment that may help reduce allergy symptoms. Some are closing windows in home and car during high pollen count days, changing filters in vacuum and air conditioner regularly, wash hands after touching pets, change clothes after coming inside.

Nasal saline irrigation. There is some evidence that saline nasal irrigation (putting salt water into one nostril and draining it out the other) can be useful for modest improvement of allergy symptoms. Make sure to follow the instructions and use it properly.

Honey. Although, only a few studies have looked at the effects of honey on seasonal allergy symptoms, many people feel that eating honey reduces their allergies. At this time, there is no convincing evidence that honey provides symptom relief but eating honey is generally safe for people over the age of 1 year.

Probiotics. There is some evidence that suggests that probiotics may improve some symptoms, in people with seasonal allergies. Variations from study to study makes it difficult to know its effectiveness

Gail

Gail Wright

Extension Educator

Health and Human Sciences