



Kaleidoscope

Boone County Extension Homemakers Newsletter

A publication of Purdue University Cooperative Extension Service Boone County

1300 E. 100 South
Lebanon, IN 46052
765-482-0750
www.extension.purdue.edu/boone

August - September, 2020

Dear Extension Homemakers,

"The most effective way to do it is to do it".

This quote from 1935 Purdue staff member Amelia Earhart pretty much sums up the past few months. We marched into the spring with no road map, no recipe for the perfect way to handle the unknown, yet we have done and are doing what needs to be done.

Whether it is wearing masks or making them, we have all had a part in our attempt to eradicate this unnerving virus. We also made smart and educated decisions surrounding the BeeHive food service and our annual Open Show at the 2020 Boone County 4-H Fair. Thank you to each club that provided Lisa and I with their thoughts and concerns - it really aided in the decisions that needed to be made.

And I do not believe there are enough thanks to give to Linda Fahrenbach and her team of amazing "mask makers"! I am not sure of the exact number they made but when things had just begun to slow down a bit, they rallied and made masks for 4-Hers! Thank you so much for the time, energy, and care that you put into this project-wow!



I also appreciate the time Judy Wilson put into keeping everyone up to date on the status of the food service and the new decisions that were occurring daily.

And now as we look forward we must continue to do it very carefully. We hope to have our first council meeting of the new year on Monday, August 24. Lisa has said things will be set up so that we are all safely distanced. Be sure and wear a mask for the continued safety of everyone. I hope to get the chance to look at the entire year of activities so that we can have a plan A,B,C in place for all. I am hoping some Fall/Winter activities might be able to be moved to Spring 2021.

It was announced a few weeks ago that District Day in September has been cancelled. They polled the counties and most felt that they would not be comfortable attending at that time. And, I just received a call today from Rachel Merrill, our District Rep wanting to individually go over some State business since we are unable to gather as a group as we have typically done. I will have any new news available at the Council meeting for presidents to share with their club.

In closing, I look forward to seeing our new club presidents and officers in just a few weeks and find out what everyone has been doing (other than the obvious) and gather new thoughts and ideas for an adventurous 2020-21 BCEH year!

Take care.
Until next time,

Bonnie Smith
BCEH County President



Dear Extension Homemakers,

This has been an ever-changing summer. Many plans were put in place, and then cancelled to protect the health and safety of BCEH and the community. As fall approaches we will see how things progress. Please be flexible; the Executive Council will do their best to make the correct decisions for the organization. Check in with your club president for updates on events for BCEH.

The Indianapolis District Retreat scheduled for September 23-24 at the Waycross Center has been cancelled due to the coronavirus. This decision was made with the health and safety of members in mind.



Thank you to Linda Fahrenbach and committee/volunteers for the face coverings that were made for the office. We really appreciate your willingness to make these for us. They have been put to good use. Also, thank you for all the face coverings that were made for the fair.



The next education lessons are scheduled for October 20th; they are planned for in-person lessons. Please call the office and register for the lesson so we know how to prepare for the lesson. We will plan to social distance for the lesson and face coverings are recommended.



The next council meeting is scheduled for Monday, August 24th. As of now, we plan to meet. I have scheduled the auditorium so we can social distance. This meeting will be for outgoing and incoming officers and club president. More information about this meeting will be sent closer to the date.

With the start of a new program year, the hope is to continue with some of the programs and events for the year. We will continue to monitor the county and state for the latest safety protocol and plan accordingly.

Lisa

Lisa Cangany
Extension Educator, HHS

Important Dates



August 7-23	Indiana State Fair		
August 24	EH Council Meeting	6:30 pm	AUD
	<i>Refreshments</i>	6:00	
	<i>Boone County Crafters & Home Cooking Clubs</i>		
September 12	4- BBQ		
October 19-23	IEHA WEEK		
October 20	Educational Lessons		DR
	10:00 am – <i>Girlfriends</i>		
	11:00 am – <i>Let's Move More!</i>		
October 24	Make a Difference Day		
October 26	EH Council Meeting	6:30 pm	DR
	<i>Refreshments</i>	6:00	
	<i>Boone County Quilters</i>		
October 29	Sewing Day	9:00 – 3:00 pm	Annex
November 7	Holiday Workshop	7:00 pm	AUD
December	HAPPY HOLIDAYS!		

***** *Dates are subject to change***



Treasurer's Report

Dues were collected and sent in to the State Treasurer back in June 2020. We have 124 members in clubs and mailbox members. These members are in nine clubs, four associate clubs and mailbox. Insurance has been paid and County Treasurer has been bonded.

Currently waiting for fall semester schedules to be turned in before paying out the two-high school scholarships.

On a personal note, I want to thank those of you that shared kind words and prayers for my husband during his elective heart surgery in July. Tom is currently at a west side Indianapolis rehab facility with a goal of heading home August 12.

Melissa Mikesell
Treasurer

Membership

Right now we are not planning on offering any First Tuesday events. But, we are looking forward to Spring 2021 when hopefully Covid-19 will be gone. We have some events we put on hold which we will reconsider and we are always looking for new ideas. Please send them to jsmohr@indy.rr.com

When you are able to meet, plan interesting lessons and invite friends, neighbors and family to come and learn about BCEH.

Joan Mohr
Membership Chairman



Face Masks



4-H face masks...THANK YOU!!!!!!! over 250 masks were sewn by the Boone County Extension Homemakers. Since the in-person fair was cancelled, I made sure that a face mask was given to Pandora, the office staff, buildings and grounds crew, each 4-H Fair Board officer, some Fair Board members who went above & beyond, all 10 year 4-H members, and the 1st year members who had completed their projects (still need to take care of those who were livestock only 1st year member, don't have those names yet.) There are some left, might use them at the Project Fair in the October. I attached a small note to each mask...'2020 Fair Made with Love Boone County Extension Homemakers'

Judi Wilson



4-H BBQ

BBQ...right now the 4-H BBQ is scheduled for Saturday, September 12th. The BBQ committee will be meeting after August 12th to discuss how this event will proceed...carry out/drive through only is one suggestion. If you have any thoughts on this event, please share them with me. Hopefully a firm decision (barring any complications) will be made before the BCEH council meeting at the end of August.

Judi Wilson



Volunteer Community Support

I hope this finds everyone and their families well! These are trying times for sure! But it has not kept us from helping others!

BCEH's have been busy sewing more masks since the last Kaleidoscope newsletter. We sewed an additional 165 masks that went to Witham Hospital, Parkwood Healthcare Center, The Caring Center and the Extension Office. In addition to that, 84 no-sew masks were donated to Witham Hospital! AND in addition to that! 271 masks were made for 4-H. (4-H supplied the material and most of the elastic for that project!) We donated a total of 1,132 sewn masks and 84 no- sew masks! 21 women and 1 man put out all these masks! Fantastic job everyone!! And a big thank you to you all! Now for new projects!

With the mandate to wear masks, the Caring Center is in need of masks to distribute to clients. IF you are able to make more, please let me know.

Since we did not have an Open show this year, we also did not have a Pillowcase Contest. If you would like to donate a pillow and or pillowcase or both to the Women's Shelter, please bring them to the August Council meeting or contact me for pick up. They can also be donated after the August meeting.

These are trying times and all charities are in need of donations. If you are able, please donate to the charity of your choice as a Club or as individuals. Please keep a record of your club donations and the time that you have spent volunteering.

In the meantime - wash your hands, don't touch your face, wear a mask when out, social distance and stay well!



Looking forward to when we can all gather again.

Linda Fahrenbach
Volunteer Community Support Chair

Holiday Bazaar



Sadly, we decided to cancel the Holiday Bazaar for this year. It is a lot of work for both the committee and the vendors with many unknowns for this fall. We regret having to make this decision, but feel like it was the wise thing to do. We might have faced last-minute changes that would have been hard for the vendors and for our show in general. Social distancing would have reduced the number of vendors and the number of customers attending the event.

We appreciate all the help we are getting from those outside our basic committee. We hope everyone will enjoy the fall without a big surge of the COVID-19. This is our thought and prayer about this issue and we look forward to next year with hopes that we can hold the Holiday Bazaar as usual.

Judy Bolinger
For the Holiday Bazaar Committee



Educational Lessons 2020-2021



October 20, 2020 (Tuesday)

10:00 am Girlfriends

Research shows the support, encouragement, laughter and friendship between women can provide them with a healthier, happier lifestyle for years. Learn how and why these friendships are important in our lives. Also, Brainstorm fun, healthy activities to do with those girlfriends while we share and laugh together. Lisa Cangany, Boone County

11:00 am Let's Move More!



Although we know the importance of physical activity in our overall health and well-being, many of us fall shy of meeting the weekly recommendations. In this lesson, we will discuss the benefits of physical activity and provide examples of simple and safe ways to increase your level of activity. Christiana Owusu-Ankomah, Shelby County

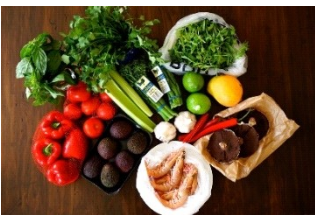
March 18, 2021 (Thursday)

1:00 pm The Pet Connection



Did you know that research shows that Pets are very good for our health? Pets can lower our blood pressure, heart rate, stress, help us make fewer visits to the doctor, and provide us with wonderful companionship. Pets impact people of all ages and reduce anxiety in children. Bring a picture of your pet and let's share how we are impacted by this human – pet connection. Lisa Cangany, Boone County

2:00 pm Reducing Food Waste at Home



It is estimated that in the U.S., more than 30% of our edible food goes to waste. This presentation will go over the problem with food waste, the benefits of reducing wasted food in your home, and strategies for your family to keep good food from going to waste. Amber Broughton, Marion County

Please call the office to register for the lesson by the Friday before the scheduled lesson.

Everyone is welcome!!



FALL DISTRICT MEETINGS & CWC Conference CANCELLED

At the IEHA State Board meeting held on Thursday, July 9, 2020 the Board voted unanimously to CANCEL all Fall District meetings.

This decision was based on the results of the statewide survey and much discussion among Board members. Only one county that was designated to be a host county felt comfortable hosting the meeting. The majority of respondents indicated that even if a meeting was held, they would not attend.

An alternative was proposed and there will be some short videos forthcoming from the Board to keep members engaged, connected, and informed about IEHA news and activities. These videos may be viewed individually at your leisure or at a local club or county event.

Thank you for participating in the survey ... your input was most helpful.
No decision has been made yet about the spring 2021 District Meetings. That will be discussed at our next meeting in October.

Country Women's Council:


The CWC planning committee has determined that the wisest decision regarding the CWC conference was to cancel the event. The planning committee consulted with me as representative of IEHA in support of their decision.

The quilt raffle will still happen. When the drawing will be held has not been determined yet.

Please pass along this information and be assured that this decision was not made without thoughtful consideration and regret.

Keep up the good work you all do for IEHA!

Sincerely,
Anne Moore
IEHA State President



Start *simple* with **MyPlate** **Food Planning** *during the* **Coronavirus Pandemic**

During a pandemic, you may be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. This guide contains information on food planning, including what to buy, how much to buy, and preparation tips.

Check what you have at home first

Take a look at the foods you already have in your refrigerator, freezer, and pantry before you make a list; make sure to look at expiration dates and best by dates. This can help you plan meals around what you already have, and will help you limit the number of trips to the grocery store and avoid spending money on items you don't need.

Make a shopping list

Shopping may feel more stressful at this time. Make a list ahead of time to stay focused, get the items you need, and keep your shopping trip short. Since stores may not have some specific items, create a list with general items like "fruit" or "bread."

Explore your shopping options

Many grocery stores offer in-store pickup, curbside pickup, or delivery. Third party options also exist for grocery store delivery. You may find these services helpful during times of social distancing. If you are older, check if your store delivers or has early shopping hours for older Americans only.

How much should I buy?

Buy what you and your family need at this time, and resist the urge to buy in much larger quantities. Prepare a shopping list that will cover you and everyone in your household for 2 weeks.

Include fresh, frozen, and non-perishable items

Plan for a mix of fresh, frozen, and shelf-stable foods. Eat your fresh food first. Stock your freezer and pantry with items you can eat in the second week and beyond.

Food Planning *during the* Coronavirus Pandemic

What foods should I buy?

Choose a mix of shelf-stable, frozen, and fresh foods. Examples of shelf-stable include pastas, rice, legumes, nut butters, and dried and canned goods. Frozen options to think about might be breads, meats, vegetables, fruits, and even milk. With fresh foods, buy a variety in quantities that you would normally buy. Remember to include the special needs of all family members, including pets, infants, or those with dietary restrictions.

What should I make?

While everyone is home together, you may feel inclined to try a new recipe or experiment with new flavors to keep things interesting. For others, sticking to simple items or familiar foods and tastes provides comfort. Plan what works for you and your family.

Access to food while school is closed

Many school districts across the country are continuing to provide meals to students in need during school closures. Check for local programs in your area, such as [Meals to You](#). Contact your local school to learn about meals that may be available through pop-up food systems, grab-and-go meal pickups, or school bus routes.

Additional Food Planning Resources:

[Tips for Every Aisle](#)

Use these tips to fill your cart with budget-friendly and healthy options from each food group.

[Sample 2-Week Menus](#)

These sample 2-week menus can be used by any person or family wanting to follow a healthy diet at a modest price.

[MyPlate Plan](#)

To learn about your food group targets, use the personalized MyPlate Plan tool.

Activities for Families at Home:

[MyPlate: Activities to do with Kids](#)

Activities and printables to get the whole family on board with making healthier choices.

[Team Nutrition Cooks!](#)

Cooking-based nutrition activities for children ages 8-12 years old.

[Team Nutrition Games & Activities](#)

Make your way through all the food groups with these fun games and activities.

Contact information:

For solutions to feeding children impacted by COVID-19, email FeedingKids@usda.gov.

For more information about Coronavirus:

[Coronavirus.gov](https://www.cdc.gov/coronavirus)

[Coronavirus Disease 2019 \(COVID-19\)](https://www.cdc.gov/coronavirus/2019-nCoV/)

[What the U.S. Government is Doing](https://www.whitehouse.gov/briefing-room/statements-releases/2020/03/11/what-the-u-s-government-is-doing-to-prepare-for-and-respond-to-the-coronavirus-pandemic/)

Spanish: <https://www.usa.gov/espanol/coronavirus>

[Ready.gov](https://www.ready.gov/coronavirus)



Motivate Young Eaters with Positivity

Article written by Tara Dunker (tara.dunker@unl.edu)

What you say matters when it comes to the eating behaviors of young children. For better or worse, eating behaviors formed during childhood often follow a person into adulthood. Eating behaviors play a key role in one's ability to maintain a healthy relationship with food for a lifetime. The messages a child regularly hears regarding food—in both the home and caregiver settings—can either help or hinder this development process.

Phrases that Hinder

- *"I will be sad/mad if you don't eat that" or "You're a good boy for finishing your broccoli."* These phrases teach children to eat for approval, ignoring their own signals of hunger, fullness and personal preference in the process.
- *"Eat one more bite before you leave the table."* This phrase teaches children to ignore feelings of fullness. It is better to stop eating when satisfied, rather than when the plate is clean. Over time, children and parents/caregivers will better understand what portion sizes are needed to feel satisfied, meaning less food left uneaten on the plate.
- *"You can have dessert if you eat your vegetables" or "If you stop crying, you can have a piece of candy."* Offering dessert as a reward for finishing vegetables teaches children that some foods are better tasting than others are. Using food to resolve upset feelings teaches children to eat to feel better, which can lead to overeating.

Phrases that Help

- *"This strawberry is sweet and juicy" or "These carrots are crunchy."* These phrases teach children to pay close attention to the sensory qualities that make each food unique and can be used to encourage children to try new foods in a mindful way.
- *"Are you feeling hungry?" or "Are you feeling full?"* These phrases can seem a bit obvious, but it is important to teach children to recognize feelings of hunger and fullness. This can prevent overeating and eating for reasons other than satisfying hunger.
- *"Everybody likes different foods" or "Which one is your favorite?"* These phrases acknowledge a child's ability to make choices regarding the food they eat. It also shifts the focus toward the taste of food, rather than who was right.
- *"I am sorry you are sad. Would a hug help you feel better?"* Instead of using food, reward children with your undivided attention and concern. Comfort each unique and individual child in the ways that work best for them.



Feeding Children is Challenging

Caring for and feeding young children comes with daily challenges, many of which shift and change in unexpected ways as the child grows and develops. If you have spoken the hindering phrases listed above in moments of frustration, or with the well-meaning goal of getting a child to eat their peas, know that you are not alone. When we know better, we can make the effort to do better for the children in our care.

Check out more Food Fun for Young Children Newsletters:

<http://go.unl.edu/chi>

Sources:

1. Fletcher, J., Branen, L., (n.d.). *Phrases that Help, Phrases that Hinder. Feeding Young Children in Group Settings*: <http://www.cals.uidaho.edu/feeding>
2. *Phrases that Help and Hinder, United States Department of Agriculture's ChooseMyPlate*: <https://bit.ly/2W0JpvS>