



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

October - December, 2020

Dear Homemakers,

"Let your feet wander, your eyes marvel, and your soul ignite" Unknown

I am writing this article from Florida, arriving here today from a trip to Lafayette, Louisiana where my nephew was recently married.

Mom and I set out last week for our first trip outside of Indiana since before you had to dissect every step and every mile to feel fairly confident about leaving the safety of your home. We had to consider things that we would have never thought could be a concern. I bought a vat of hand and surface wipes and made sure Mom and I reviewed how we would handle stops for gas and overnight lodging. We stopped in Nashville, TN to pick up my daughter and set out. They were not very excited about the goggles I had bought for them to use in the public restrooms but they humored me and used them anyway.

We thoroughly enjoyed the wedding and are hopeful that all remain healthy. We did our planning and executed best we could. And yes, we experienced our souls igniting!

Another exciting experience was gathering with fellow Extension Homemakers in August for our first meeting since January 2020!

It was wonderful seeing everyone including Betty Fowler who was celebrating her 93rd birthday that day! What a treat it was to have her with us that evening!



Many difficult decisions had to be made about upcoming events and you can read about those decisions in officer reports. I am really looking forward to getting those activities back on the calendar bigger and better than ever next year!

With the Holidays right around the corner, I am also hoping to plan an Extension activity in December/January to support those in our communities that support each of us- more to come.

Did you make it to the 4-H BBQ in September? What a well oiled machine! It was obvious that a lot of planning and preparation had gone into this novel and successful evening! And of course it was delicious! Thanks to all that were involved!

Lastly, I hope each of you celebrate Extension Homemakers week this month in some way. Maybe you can consider bringing a guest to your meetings, and/or pondering starting/supporting a new club. You all have so many interests and talents that it might be just the right time to share them with others at a monthly club meeting!

Until next time,
Bonnie Smith
BCEH President

PS- October is National Dyslexia Awareness Month. Please take time to find out what it is all about and how affects 1 out of 5 children. It may make all the difference in the world to that child.



October – December 2020

Dear Extension Homemakers,

The Extension Homemakers held their first council meeting on August 24th after a long shut down from COVID. The meeting was held with social distancing and COVID protocols in place. It was good to see everyone and to reconnect. As things continue to evolve the Homemakers have decided to adjust some activities. We will keep everyone updated on the status of events through the newsletters and the county website. Please feel free to call the office if you have questions.

The October education lessons are scheduled for October 20th. I hope club members can attend the lessons. Please check out the information on the lessons in this newsletter. Call the office or email me to register for the lessons by October 16th.

The next council meeting is October 26th. Refreshments will be available at 6:00 pm and the meeting will start at 6:30 pm. Attendance is important so information can be shared with club members. As president, if you can't attend please ask a club member to attend in your place.

Social distancing, face masks, and hand sanitizing will be required for the educational lessons and the council meeting.

Below is a quote from Brian Dyson, former president and chief executive officer of Coca-Cola Enterprises Inc. in his closing comments from his speech at Georgia Tech's 172nd commencement. Something to remember during this time....

“...Imagine life as a game in which you are juggling some five balls in the air. You name them work, family, health, friends and spirit. And you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls – family, health, friends and spirit – are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.”

Please have a safe and healthy holiday!

Lisa
Lisa Cangany
Extension Educator, HHS

Important Dates

October 19-23	IEHA WEEK		
October 20	Educational Lessons 10:00 am – <i>Girlfriends</i> 11:00 am – <i>Let's Move More!</i>		DR
October 24	Make a Difference Day		
October 26	EH Council Meeting <i>Refreshments</i> <i>Boone County Quilters</i>	6:30 pm 6:00	Pavilion Rm 1 & 2
October 29	Sewing Day	9:00 – 3:00 pm	AUD
December	HAPPY HOLIDAYS!		
January 25	EH Council Meeting <i>Refreshments</i> <i>Gleaners & Marionettes</i>	6:30 pm 6:00	DR



Dates are subject to change



Quilt Show

The Quilt Show scheduled for March 20, 2021 has been cancelled, due to the possible risk of exposure to the coronavirus, especially to those who help set-up and work during the show. Safety first!

Save the date, the next Quilt Show is scheduled for March 18, 2023. The show will be reinvented into something fresh and a little different!

Take care!

Luanne Sherman
Quilt Show Chair



October Educational Lessons



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. Also, bring pictures and stories to share! 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

***Please call the office to register for the lesson by the
Friday, October 16, 2020***

Everyone is welcome!! Bring a girlfriend!

Membership

Because of the current uncertainty of how long the virus will be active we will not be offering First Tuesdays this fall. We will decide later on the spring offerings.

Extension Homemakers Week is October 19-23 with Make a Difference Day on October 24th.

We will reach out to the community by sorting clothing for The Caring Center. This will be held on Thursday, October 22, 1-5 pm in the Auditorium of the Farm Bureau Building. The Caring Center will bring the bags of clothing there and we will have tables set up to sort the items. Each person must wear a mask and will have a table of their own. We will also be holding a food drive for The Caring Center. Items should be brought that same day. If you are planning to attend please call the office so we can have enough tables set up.

Saturday, October 24th we will be serving a meal at the Shalom House. Only about 5 people will be needed. If you wish to help with the dinner please contact Stephanie Rapp or Hannah Myers, Co-Presidents of the Gleaners Club. They are coordinating the meal.

An article will be sent to the Lebanon Reporter and a display will be set up in the Lebanon Library.

Joan Mohr
Chairman



Holiday Workshop

The Holiday Workshop will not be held this fall because of the virus. We chose not to move it to the spring because of the uncertainty of the virus and also because there are a lot of activities already scheduled for that time.

Volunteer Community Support

Happy Fall to everyone!

First of all, I would like to thank BCEH for the \$25 gift card to Starbucks! It was given to me for heading up our mask making project. I wish I could share it with all my great sewers who helped on this project! Another thank you to all our sewers!

As of the last Kaleidoscope, we have donated an additional 9 sewn masks and 10 no sew masks to the Caring Center for distribution to their clients who need them.



Sewing Day
Thursday October 29, 2020
Farm Bureau Building, Auditorium
9 a.m. - 3 p.m.

Bring your own lunch and drink. Please wear a mask and we will be social distancing in the large room of the Farm Bureau Building. Please **RSVP- 765-894-2123 or ljfahrenbach@gmail.com**

Due to the pandemic, an RSVP is necessary so that I know if enough people will be attending and that I will be able to notify you of any changes or cancelations.

I am also offering the option of sewing at home. Let me know if you would rather sew at home and return your items by November 6, 2020. I can also provide you with fabric and patterns if you need them. I will have them available for pick up on Sewing Day. We will be sewing tote bags for Riley Children's Hospital, pillowcases and fleece blankets for the Woman's Shelter, and baby bibs, burp cloths and receiving blankets for the Boone County Pregnancy Center. If you are sewing at home and need fabric, let me know what it is that you would like to make so I can have it ready.

Since our in-person Fair was cancelled and we were not able to do the Pillowcase Contest, I am asking for donations of pillows and pillowcases to be given to the Boone County Woman's Shelter. You can drop them off at the Extension Office by November 6th or bring them to the Sewing Day.

I hope your Holiday Season is filled with good health, peaceful times and joy.

Stay safe and well,

Linda Fahrenbach
Volunteer Community Support



Fall Fun Bucket List Ideas in Indianapolis

A full list of fabulous activities for families to enjoy in Indianapolis this Fall

Sep 17, 2020

Indy's Child

There's something so romantically fall about cardigan sweaters, cooler mornings and curling your fingers around a cup of hot chocolate. When swimsuits are replaced by corduroys, the sun lazily rises in the morning and the smell of fallen leaves fills the air.

Whatever makes fall one of your favorite seasons, we're highlighting all the special things in the Indianapolis area perfect for fall family fun.



Indianapolis Fun Fall Activities to try all Fall Long

1. Go apple picking.
2. Run through a corn maze.
3. Hit up an outdoor farmers market while you still can.
4. Enjoy the colors of fall at one of these top 5 spots to witness fall foliage in Indiana. Farmers' Almanac predicts peak fall foliage dates for 2020 are October 5-21 in northern Indiana and October 12-28 in southern Indiana.
5. Explore a local nature center.
6. Pack the family for a walk in downtown Indy.
7. [Pick your own pumpkin.](#)
8. Check out the trails at the Marian University EcoLab for a fall hike.
9. Rake a big pile of leaves and jump in!
10. Go see some southern Indiana waterfalls!

Russell Farms Pumpkin Patch



11. Step into Daniel Tiger’s Neighborhood at the Indiana State Museum’s. Make sure to reserve your time. Only 10 families are allowed in at a time to follow social distancing recommendations.
12. Go on a hike and enjoy the fall colors. Here are some great hiking trails for kids.
13. Schedule a camping trip. Here are our favorite spots within a 90 minute drive of Indianapolis.
14. Spend a cool morning climbing the Conner Prairie Treetop Outpost.
15. Test your wits at a local haunted house or scare park.
16. Get in your final creek stomping at Cool Creek Park.
17. Consider a family zipline trip.
18. Buy a pumpkin spice latte.
19. Explore a new-to-you children’s museum.
20. Carve a pumpkin.
21. Conner Prairie’s corn maze was is one of the top 10 in the US! Give it a visit.
22. Host a socially distant family-friendly chili cookoff.
23. Cheer on the Indianapolis Colts!
24. Take the family to try their hand at archery at Koteewi Archery Range of Noblesville.
25. Road trip and visit some caves.
26. Plan a trip to your favorite park or playground before winter comes.



Conner Prairie Treetop Outpost



Koteewi Archery Range of Noblesville



As many people in the United States begin to plan for fall and winter holiday celebrations, CDC offers the following considerations to help protect individuals, their families, friends, and communities from COVID-19. These considerations are meant to supplement—**not replace**—any state, local, territorial, or tribal health and safety laws, rules, and regulations with which holiday gatherings must comply. When planning to host a holiday celebration, you should assess current COVID-19 levels in your community to determine whether to postpone, cancel, or limit the number of attendees.

Hosting gatherings

Remind guests to stay home if they are sick

- Remind invited guests to stay home if they have been exposed to COVID-19 in the last 14 days or are showing COVID-19 symptoms. Anyone who has had close contact with a person who has COVID-19 should also stay home and monitor their health. Invited guests who live with those at higher risk should also consider the potential risk to their loved ones.
- Consider keeping a list of guests who attended for potential future contact tracing needs.

Encourage social distancing

- Host your gathering outdoors, when possible. If this is not feasible, make sure the room or space is well ventilated (for example, open a window).
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart – just 6 feet away from other families.
- If planning activities for adults and/or kids, consider those where social distancing can be maintained, like sidewalk chalk art or Frisbee.
- When guests arrive, minimize gestures that promote close contact. For example, don't shake hands, do elbow bumps, or give hugs. Instead wave and verbally greet them.

Wear masks

- Wear masks when less than 6 feet apart from people or indoors.
- Consider providing masks for guests or asking them to bring their own.

Clean hands often

- Consider providing hand sanitizer in addition to clearly marked hand washing areas.
- Wash your hands for at least 20 seconds when entering and exiting social gatherings. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Make sure there is adequate soap or hand sanitizer containing at least 60% alcohol available in the restrooms and encourage guests not to form a line at the door. Consider also providing cleaning supplies that allow guests to wipe down surfaces before they leave.
- Remind guests to wash their hands before serving or eating food.
- Use single-use hand towels or paper towels for drying hands so guests do not share a towel.



Limit the number of people handling or serving food

- Encourage guests to bring their own food and drinks.
- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.
- If serving any food, consider identifying one person to serve all food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, and condiments, so that multiple people are not handling the items.

Limit contact with commonly touched surfaces or shared items

- Use touchless garbage cans or pails.
- Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.
- Clean and disinfect commonly touched surfaces and any shared items between use when feasible.
- If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event.

Attending an event or gathering

Prepare before you go:

- Stay home if you have been diagnosed with COVID-19 (symptoms of COVID-19), if you are waiting for COVID-19 test results, or may have been exposed to someone with COVID-19.
- Check with the organizer or event venue for updated information about any COVID-19 safety guidelines and if they have steps in place to prevent the spread of the virus.
- Prioritize attending outdoor activities over indoor activities and stay within your local area as much as possible.
- Bring supplies to help you and others stay healthy—for example, masks (bring extra), hand sanitizer with at least 60% alcohol, and drinking water.

Use social distancing and limit physical contact

- Maintain a distance of at least 6 feet or more from people who don't live in your household. Be particularly mindful in areas where it may be harder to keep this distance, such as check-in areas, parking lots, and routes of entry and exit.
- Select seating or determine where to stand based on the ability to keep 6 feet of space from people who don't live in your household, including if you will be eating or drinking.

- Arrive to the event early or at off-peak times to avoid crowding and congested areas.
- Avoid using restroom facilities or concession areas at high traffic times, such as intermission, half-time, or immediately at the end of the event.

Wear masks

- Wear a mask when interacting with other people to minimize the risk of transmitting the virus.
 - Wearing masks is most important when social distancing is difficult.
 - Masks are strongly encouraged in settings where individuals might raise their voices, such as shouting, chanting, or singing.



Limit contact with commonly touched surfaces or shared items

- Use touchless garbage cans or pails and cashless payment options when possible. Otherwise, exchange cash or card by placing payment in a receipt tray, if available, or on the counter.
- Avoid any self-serve food or drink options, such as buffets, salad bars, and condiment or drink stations. Use grab-and-go meal options, if available.
- Use disposable food service items including utensils and dishes, if available.
- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer immediately before eating food or after touching any common surfaces like hand railings, payment kiosks, door handles, and toilets.

Source: CDC - Centers for Disease Control and Prevention, Sept. 2020

WHERE DOES YOUR **MONEY** GO?

A two session educational program to sharpen your financial skills.
Participants engage in hands-on money management activities.

- Tracking expenses
- Identifying spending leaks
- Identifying needs vs. wants
- Establishing written financial goals
- Developing spending-savings plan



Session 1

October 13, 2020
6:30-8:00 pm

Session 2

November 10, 2020
6:30-8:00 pm

Thorntown Public Library
124 N. Market Street
Thorntown, IN 46071
765-436-7348

*Presented by: Purdue Extension Boone County in partnership with
Thorntown Public Library*

Register by calling the library by October 9, 2020