



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

March - April, 2021



Dear Boone County Extension Homemakers,

Happy almost Spring!

This warmer weather and sunshine has me kicking up my heels and doing the happy dance! How about you? I would guess I am not alone in this celebration!

But as we celebrate this breath of fresh air, we are reminded that March 2021 is the "anniversary" of a year filled with physical, emotional, and financial chaos and distress for so many individuals and families. I found it a bit ironic that I just recently received the minutes to the March 2020 Extension Homemakers Spring District meeting in the mail. I believe this was the last program I attended in person last year outside of our August Council meeting.

Thankfully to date, COVID numbers are decreasing in most areas and I am finally feeling hopeful that we will have BCEH activities ramping up very soon! Yay!

As we prepare for our new 2021-22 BCEH year, I would like to encourage each of you to consider a leadership role in your club and/or BCEH Council. We need your ideas and talents especially as we begin our restoration. Please contact V.P. Clairbelle with your interest. And I encourage current club presidents and Council members to once again bring your ideas to our March Council meeting so we can get these programs and activities in place for the summer and beyond.

Until later, put on your dancing shoes and enjoy the new song of spring!

Bonnie Smith
BCEH County President





Dear Extension Homemakers,

I hope everyone is safe and healthy. Spring is just around the corner and I hope everyone can enjoy the many flowers that help mark the change in seasons.

Information for the next program year has been sent to club presidents, please work together as club members to completed the needed information and return it to me by the March council meeting, or drop it off at the office or it can be sent through email. This information is needed to plan the 2021-2022 program year.

Home and Family Conference is a few months away; as of now the conference will be in-person. The conference is June 1-3, 2021 at the Embassy Suites by Hilton Plainfield, Indianapolis Airport, 6089 Clarks Creek Road. Registration forms will be available soon.

I will be offering a Matter of Balance program again at Boone County Senior Services in Lebanon. The program is for individuals who have fallen or have a fear of falling. This eight week series will be Mondays, April 5 – May 24, 2021 from 10:00-12:00 noon, the cost is \$10.00. A flyer is included in this newsletter. Call Senior Services to register, question about the program please contact me. Space is limited.

March is National Nutrition Month; check out the smart ways to personalize your plate and make physical activity part of your day.

The next council meeting is planned for March 22nd at 6:30 pm in the dining room. Refreshments will be provided by Merri Mixers and Home & Garden and will be available at 6:00. Please plan to attend if you are on the executive council or a club president. As club president if you can't attend please ask a club member to attend in your place. If there is a change in plans an email will be sent to the executive council and club presidents.

Please feel free to contact me if you have questions or concerns.

Lisa

Lisa Cangany
Extension Educator, HHS



Important Dates

March 8	Spring District Meeting – Virtual	10:00-12:00 noon	
	Boone County will host the meeting in the dining room		
March 9	Sewing Day – Virtual / Sew on Your Own		
March 18	Educational Lessons		DR
	1:00 pm – <i>The Pet Connection</i>		
	2:00 pm – <i>Food Waste at Home</i>		
March 20	Quilt Show – Rescheduled March 18, 2023		
March 22	EH Council Meeting	6:30 pm	DR
	<i>Refreshments</i>	6:00 pm	
	<i>Merri Mixers & Home & Garden</i>		
April 1	International Night		Cancelled
April 6	First Tuesday	6:30 - 8:00 pm	AUD
April 15	Club dues & Coins for Friendship due to Co Treasurer		
April 24	4-H BBQ – Drive Thru	5:00-7:00 pm	
April 26	EH Council Meeting	6:30 pm	DR
	<i>Refreshments</i>	6:00 pm	
	<i>Sugar Creek & Perry Homemakers Plus</i>		
May 4	First Tuesday	6:30 - 8:00 pm	DR
May 6	Achievement Night	6:00 pm	AUD
June 1	First Tuesday	6:30 - 8:00 pm	DR
June 1-3	Home & Family Conference		
June 28	EH Council Meeting	6:00 pm	DR
	Pitch-In for old & new Presidents		
	<i>Marionettes - Drinks</i>		



All dates and activities are subject to cancellations or postponement

(by County Commissioners and BC Heath Department use of fairgrounds and/or coronavirus updates)



Educational Lessons March 18, 2021

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



Lessons will be held in the dining room.

***Please call the office to register for the lessons by
Monday, March 15, 2021***

Everyone is welcome!

Treasurer Report

Just a reminder that dues for the 2021 - 2022 membership year are due by April 15, 2021. If your club is going to be meeting after the 15th, please call or email me to let me know about your club's membership intentions. My phone number 765-730-2993 or email me at mmikesell152@sbcglobal.net. Please put membership dues in the subject line.

Also, if you have funds collected for Cancer Research or Coins for Friendship please pass those along by April 15th.

Melissa Mikesell
BCEH Treasurer

Membership

We have planned several First Tuesday programs which we hope we will be able to be presented.

April 6th, will be "Grow Your Own Veggies", learn how to grow them in the garden or in a container and how to start your own plants from seed to obtain the varieties that you really want.

May 4th, Ed Cambra, who is over the photography department for the Open Show, will help you take your best shot with various cameras. You are to bring any and all cameras.

June 1st, Learn how to make an outdoor pot using the method of papercrete (similar to hypertufa). All supplies will be provided, the cost will be \$8. Register by May 26th. Class is limited to 10 people

Remember you must call and register especially for the June session as supplies have to be purchased.

Joan Mohr
Chairman



Volunteer Community Support

The last Sewing Day we made an amazing amount of items! We made 84 tote bags for Riley Children's Hospital, 6 burp cloths, 14 bibs, 5 wash cloths and 2 baby blankets for Choices Pregnancy Center, 35 pillowcases, and 15 fleece blankets for the Boone Count Women's Shelter. Sixteen pillows were also donated to the Woman's Shelter!

Thank you for all the time and effort you all put into this and your donation of fabric and pillows. Also, 6 shawls were made and donated to the Threads for Compassion Project! Another big thank you to all who spent so much time knitting and crocheting for this important project.

Our next **Sewing Day is March 9th**. It will be another **Virtual Sewing Day**. We will be making tote bags for Riley Hospital as they are in need of them. We will also continue to make bibs, burp cloths and blankets for the pregnancy center. If you need fabric, I have some available, just contact me. I would like to have the items turned in by March 16th. You can take them to the Extension Office or contact me for pick up. I will also accept them after that, I would just like to get the tote bags to Riley Hospital soon. Thanks for all your help on this project!

Linda Fahrenbach
Volunteer Community Support Chair



CANCELLED

International Night Cancelled

Although International Night had been scheduled for April 1, 2021, the three sponsoring clubs, Bonnie Smith, BCEH County President, and Lisa Cangany, Extension Educator have had several discussions and agreed that the event will not be held this year. We shall hope to resume in 2022.

While working on the program in hopes of hosting another worthwhile session, we discovered that Purdue University, often the provider of our speakers, is not allowing students to engage in face-to-face sessions. We thought about seeking a local high school foreign exchange student. We thought about asking each attendee to bring a souvenir from an international trip and display/explain it. How to safely serve refreshments? In the end, it has been decided that the best course of action is to cancel the April 1, 2021, program and plan for 2022.

If anyone has a speaker that should be considered, please notify Karen Niemeyer and we'll keep that recommendation for a future program: 765-436-7518 or karenniemeyr44@gmail.com

Karen Niemeyer
International Night Committee Chair
Sugar Creek President

CANCELLED

2021 Cultural Arts Project

The special project for this year is an apron; this is a continuation from last year because there wasn't a conference in 2020. It should be made by an Extension Homemakers and can be a long or short apron from any material of their choice.

Additionally, an entry for the Quilts, Needlework, Knitting/Crochet, and Miscellaneous Crafts will be accepted.

Each county may enter one item for the Special Project, aprons, and one entry for the other categories for a total of two entries per county. Items selected by the county will be taken to Home and Family Conference to be entered in the state contest.



FIRST TUESDAY

Come Learn with Us April – June 2021 6:30-8PM

To be held at the Boone County 4-H Fairgrounds
Presented by the Boone County Extension Homemakers

Grow your own Veggies April 6th

Grow your own veggies in the garden or learn about container gardening, and how to start your plants from seed to obtain the varieties you want. Free class, register by April 1st.



Take Your Best Shot May 4th

Ed Cambra will show how to use your camera's settings to achieve the best pictures. Bring your digital, cellphone or other cameras with you. Free class, register by April 30th



Papercrete Flower Pot June 1st

Learn about papercrete; make and take home an outdoor flower pot. *The cost is \$8. Only 10 people will be accepted. Register by May 26th.* Presenter Joan Mohr.



Masks will be required for each session

Pre-registration is required
Call 765-482-0750





Ahoy Mates... All hands on deck, it seems we are in uncharted waters. In order to keep our vessel afloat we'd like to enlist your help!

Share your memories of Home and Family Conference with your shipmates. Write, in 300 words or less your best memory or remembrance. Be specific and include dates, location, a favorite program, someone special you met, a funny incident or something heartwarming; include your name, county and District. Your memories will be compiled for a special glimpse into the past. Send your memory to your District Representative by March 15, 2021. We look forward to hearing from you!

Batten down the hatches and be safe,
2021 Conference Planning Committee

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Smart Tips for Personalizing Your Plate

Foods that we grow up eating are often influenced by our family's history and culture. Many cuisines offer dishes which include a variety of foods from all of the food groups.

Fruits, vegetables, grains, protein foods, and dairy come in all sizes, shapes, and colors. The combination of foods and amounts will depend on you.



Personalize Your Plate

by including foods that you prefer from each food group. Including a variety of foods can help you get all of the nutrients that are needed for good health.

These tips can help you get started:

- Fill half your plate with fruits and veggies. Get creative with produce by trying an assortment of colors and textures.
- Experiment with different grains. Try substituting whole grains for refined grains in recipes.
- Choose lean protein foods. Vary your choices to include seafood, beans, peas and lentils, as well as eggs, lean cuts of meat and poultry that are prepared in a healthful way, such as baked or grilled instead of fried.
- Complete your meal with dairy. Include low-fat or fat-free options like milk, yogurt, cheese or calcium-fortified soymilk.

A healthful eating style can be as unique as you!

Meal Planning Tips

Eating healthy doesn't have to be complicated or boring. Think about the foods you like from each food group – mixed dishes count, too!

These are just a few examples of how different foods can be eaten as a meal to personalize your plate. If a food you enjoy is not listed here, consider which food group it meets when planning your meals.

Breakfast:

- Oatmeal, amaranth or millet with fat-free or low-fat milk or soymilk, chopped unsalted nuts, and fruit
- Beans and brown rice, salsa, cooked plantain and a poached egg
- Low-fat yogurt with muesli and fresh fruit
- Scrambled egg with diced potato, bell pepper and onion, served with a fresh orange
- Fish tacos with avocado and salsa, sautéed chard and pineapple
- Shrimp gumbo with brown rice, okra and a side of fresh fruit
- Stir-fried bok choy, pork and brown rice with a kumquat and soymilk

Lunch or Dinner:

- Turkey and cheese sandwich on whole wheat bread with a cup of vegetable soup
- Chana masala with naan and vegetable raita
- Ravioli with sautéed tomatoes and mushrooms and fresh salad with pear and cheese
- Tabbouleh and lentil soup, with pomegranate and low-fat yogurt
- Grilled chicken with steamed broccoli, baked potato and shredded cheese

Snacks:

- Hummus with vegetables and whole wheat pita bread
- Low-fat plain yogurt and fresh fruit
- Cashews, almonds, or other nuts with dried fruit

Consider your nutrient needs when planning your meals and snacks!

If you have special nutrition needs, consult a registered dietitian nutritionist. An RDN can create a customized eating plan that is unique to you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Purdue Extension Boone County

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

©2021 Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Smart Ways to Make Physical Activity Part of your Day

While exercise may sound intimidating to some people, it doesn't have to be. Any type and amount of activity is better than none and there are so many enjoyable ways to get moving.

In order to “move more and sit less”, as the new physical activity guidelines recommend, it's important to find activities that you enjoy!

If you like group activities, you can look into virtual classes or those that can be done at a safe distance inside or outdoors. If you prefer being active alone, consider rollerblading, lifting weights or yoga.

Finding time may also be a struggle but being more active can be as simple as taking the stairs instead of the elevator, parking further away, walking or riding a bicycle to the store and cleaning the house or working in the yard.

It's important to choose activities that match your abilities*. If you've never run a mile, it would be better to work up to that goal before training for a marathon. Set realistic goals to avoid risking an injury or becoming discouraged and less active.

For adults, the recommendation is 150 minutes or more of moderate-intensity physical activity each week. This could be as simple as brisk walking for 25 minutes six days per week. Another option would be to walk briskly for only 15 minutes at a time, but twice a day for five days.

To realize the most health benefits, physical activity should be done regularly – meaning most days of the week. How often, how long and the intensity of the activity can make a difference, too.



**For people who are sedentary or have chronic diseases or disabilities, check with your health care provider before increasing physical activity.*

Research has shown that regular physical activity can lead to better health, including a reduced risk for many chronic diseases, such as heart disease, high blood pressure and diabetes.

Aerobic activities, such as brisk walking or bicycling, are important for cardiovascular health, because they work out your heart.

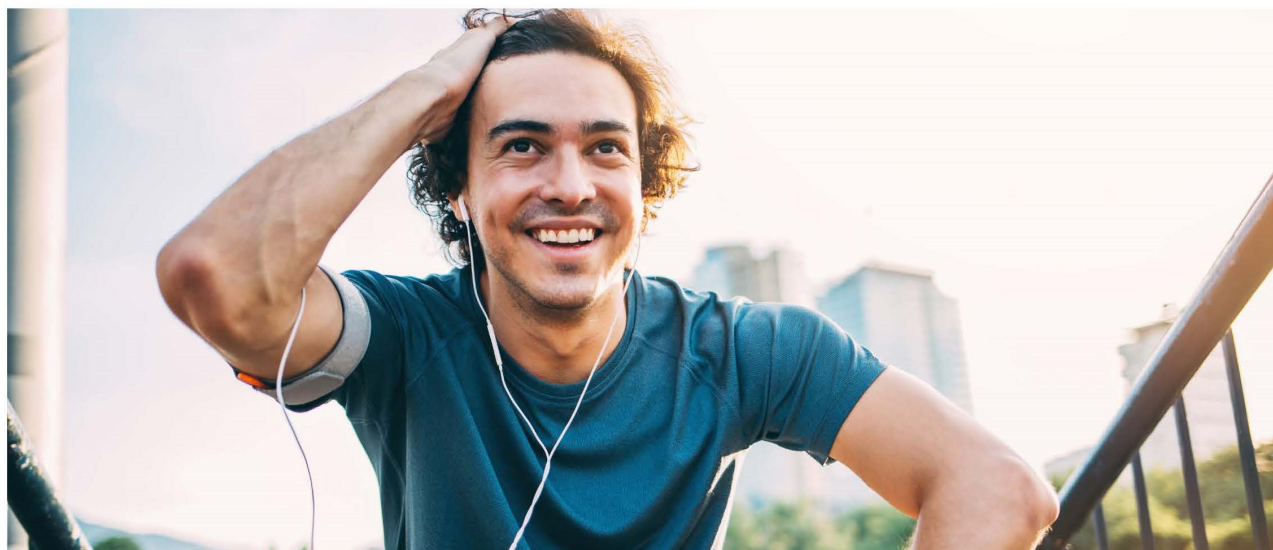
Muscle-strengthening activities include some type of resistance, such as weights, elastic bands or your own body weight. Activities that help you increase the strength of different muscles is recommended two times or more per week.

Both aerobic and muscle-strengthening activities may also offer **bone-strengthening benefits**. Activities that involve stretching can help to increase flexibility, or the range of motion for joints.

In order to stay active, find activities that you enjoy. Try these tips to get started:

- Plan ways to gradually increase your physical activity. This could involve setting reminders to move more throughout the day or by scheduling times to be active during the week.
- Think about the best time for physical activity. Some people prefer to be active in the morning, whereas others dedicate time mid-day or after school or work.
- Decide how you want to be active. Walking is convenient for many people. However, others may choose to participate in organized sports or specific exercise programs.

For more information, check out the **Move Your Way** website at www.health.gov/moveyourway.



For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

eat right[®] Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Purdue Extension Boone County

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

©2021 Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.

Do You Have Concerns about Falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- ◆ view falls as controllable
- ◆ set goals for increasing activity
- ◆ make changes to reduce fall risks at home
- ◆ exercise to increase strength and balance

WHO SHOULD ATTEND?

- ◆ anyone concerned about falls
- ◆ anyone interested in improving balance, flexibility and strength
- ◆ anyone who has fallen in the past
- ◆ anyone who has restricted activities because of falling concerns

When: Mondays
April 5 - May 24, 2021
10:00-12:00 noon

Where: Boone County Senior Services, Inc.
515 CrownPoint Dr.
Lebanon, IN 46052

To register contact:

Boone County Senior Services, Inc.
765-482-5220

For more information about the program contact:

Lisa Cangany, Extension Educator
Purdue Extension Boone County
765-482-0750

This is an 8 week program

Program fee is \$10.00

Check made payable to:
Purdue Extension Boone County



Connecting Generations
since 1978



AREA IV AGENCY
On Aging and Community Action Programs

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).