

Dear Delaware County Extension Homemakers,

These are unprecedented times for our state and nation. The spread of novel coronavirus (COVID-19) has interrupted all parts of our lives. Every day there is new information on the spread and recommendations on how to keep ourselves safe. I don't know about you, but if I watch too much of the news I find myself quickly feeling panicky.

It is important to make sure you are getting accurate and unbiased information, at all times, but especially now in relation to COVID-19. Please consider the Centers for Disease Control the ultimate authority over anything else you might read or hear. You can access regularly updated information at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

**Key points to remember:**

1. Create a [household plan](#) of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
  - a. Consider 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
  - b. Establish ways to communicate with others (e.g., family, friends, co-workers).
2. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.
  - a. Stock up on supplies.
  - b. Take everyday precautions to keep space between yourself and others.
  - c. When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
  - d. Avoid crowds as much as possible.
  - e. Avoid cruise travel and non-essential air travel.
  - f. During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

For the health and safety of our community and our participants, **all Extension events are cancelled or postponed through Sunday, May 17**. We are following Purdue leadership, as they have moved all classes to virtual instruction and cancelled commencement. These decisions were not made easily.

Stay safe, be well, and wash your hands. You are all in my thoughts during this time.

Molly Hunt  
Health & Human Sciences Educator



INDIANA EXTENSION  
HOMEMAKERS ASSOCIATION



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## Presidential Thoughts

As, I write this, it is a nice winter day (February 13), but tomorrow sounds COLD! March 11 is our District meeting at Union County with the Theme, “The Real You”. Farm Festival is just round the corner, March 17 & 18. Don’t forget your items that needs to serve if you just show up. We would like for you to join to eat. The meal are always GREAT thanks to Pat Brown and her club for doing most of the cooking. Of course, Susan Griffey, does a lot of work and organizing at Heartland Hall also. THANKS! Don’t forget the profit is used for our Scholarship.



Achievement Day will be April 28. Reservations need to go to Treena Smith. It sounds like a VERY interesting program. I hope many of you are able to attend. Don’t forget to be working on your Cultural Art projects as well as an Apron to bring for judging.

Home and Family Conference is June 1-3 at the Plainfield Embassy Suites. Some of the activities are: Melody Makers, Silent Auction, Cultural Arts exhibits, Gala Banquet and of course the break out session that we will find out about later. It is always a fun time.

**The mission of the Indiana Extension Homemakers is to strengthen families through continuing education, leadership development, and volunteer community support.**

**[ieha-families.org](http://ieha-families.org)**

If your club posts a picture of your activities, Purdue wants to be sure you have the Photo Release form filled out. I just received them and I can get you a copy.

Women’s Council Conference is September 14-16 in Indianapolis. The state officers are wanting as many as possible to try to attend.

The State Volunteer Focus group is asking us to donate Pasta to fight hunger. You can bring it to District Meeting or Conference.

Thanks for all the Craft for Cure items that were donated. The state has raised over \$190,363 for Cancer Research.

We are still in need of someone to Chair the Fair and Special Interest Lessons!

New Officers for the 2020-2021 Year:

President - Susan Griffey, Vice President—Robin Stevens, Secretary - Toni McKillip, Treasurer - Sharon Stewart.

Hope everyone is staying warm and I will see you at Farm Fest.

## Club News

### Sugar ‘N Spice January Meeting

Eight members of the club met at Pizza King in Yorktown to enjoy a variety of pizzas. Several of our members are traveling.

The question for roll call was “Name one thing you would like to accomplish or do in 2020”. The overwhelming response was to declutter and purge closets. No one mentioned losing weight or exercising more.

In December, Cheryll Crose, Linda Hiatt, Marilyn Jones, and Sharon Stewart attended the Christmas Luncheon. Four members attended the Masterworks Chorale concert. Several of our members



volunteered to donate cakes and bacon with onion for the upcoming Farm Festival and we presented gifts to a resident of Tru Harbor (a residential treatment program for survivors of human trafficking and commercial exploitation) at the Youth Opportunity Center.

In February we will meet in Mancino’s party room. In March we will meet at the Barking Cow in Downtown Muncie.

Marilyn Jones presented the lesson “Simply Mindful” that was given at the 2019 Living Well Conference.

Diane Scholar shared devotions regarding seeing the extraordinary in everyday life.

We would like to hear what other are clubs are doing when they meet.

We had a good visit and were happy that we did not have to trudge through snow to return home.

Marilyn Jones,  
Reporting

## Club News continued...

### Modern Mystics

We started the new year off right by meeting for lunch at the Red Apple Café for our noon meeting. We welcomed one guest, Amber Evans, and one new member Lana Heavenridge-Glessner to the group. Lana's mother, Karen Coleman, is a long time member of Modern Mystics.

Following lunch and a business meeting, we settled into a lesson prepared by DeeDee Healey concerning volunteerism in Muncie. She chose this topic because **V** is the next part of the word **LOVE** that our state president, Anne Moore, set forth as a personal challenge and focus to learn about this year.

**L = Literacy; O = Opioid Abuse; V = Volunteerism; and E = Education**

DeeDee highlighted ten charities in Delaware County where volunteers are welcome to assist and our club works with many of them already in one way or another. She gave a brief historical background on each and offered suggested ways to help and/or ideas of possible donations they desperately need. She also provided a means of contacting them individually.

A good lesson, good food and fellowship, and a most hospitable establishment in which to meet, got us off on the right track for the new year!

Toni McKillip, President

### Modern Mystics

Modern Mystics' met on a cold, snowy day at MCL for lunch and meeting. We had a delightful time as we enjoyed being together chatting and sharing secret pal goodies. Toni McKillip, our president, opened the meeting with this thought for the month, "*No act of kindness, no matter how small is ever wasted.*" -Aesop

Since the first of the year we have received two new members, Lana Glessner and Amber Evans. We are excited about getting to know them and sharing our club days with them.

Special reports were given regarding our "little" club cookbook, Ladies Night out in April to Red Lobster and Civic Theatre, Farm Fest, and Achievement Day. These thoughts brighten our long winter days! Our service project this month was bringing blankets for the Blanket Pantry.

Lesson was given by Ginny Baize, "Sweethearts in History & Love is in the Air." Our main focus was how we show love for others. The lesson got started with a game of Jeopardy. Topics were Misc., Famous Couples; Foods and Lyrics. An example of our game included the following: Category -Misc: What is a gift on paper? You may have received several. What is a greeting card or Valentine card. Category -Famous Couples: What couple shared an apple? Who are Adam & Eve? Category-Foods: What is the most popular Valentine candy? What is chocolate? Category-Lyrics: Complete this song "What the world needs now is ..... What is "Love Sweet Love"? Those answering cor-

[Club News continued on next page...](#)

Red Apple



Cafe

### Save the Dates:

**2020 Delaware  
County 4-H Fair:  
July 13 - 22**

**2020 Indiana  
State Fair:  
August 7 - 23**

rectly received a token treat. A fun way to share the day!

We took a few minutes to remember adult books regarding love: *Gone With the Wind*, *Romeo and Juliet*, *Lillie Women*. Children's included books such as, *I Love You to the Moon and Back*, *Love You Forever* and *Wherever You Are: My Love Will Find You*. A few best movies on the subject were *Titanic*, *Casablanca*, *Pretty Woman* and *Beauty and the Beast*.

A little bit of information was shared about five couples showing true love goes way back in time or as recent as today. These couples gave us a dose of inspiration. (Cleopatra & Mark Antony, Paul Newman & Joanne Woodward, Bob & Genie Newhart, David & Victoria Beckham and Prince William and Kate Middleton. A quote was given by Bob Newhart - *I am most proud of the longevity of my marriage, my kids, and my grandchildren. If you don't have that, you really don't have much.*"

The following two books share love and friendship with our children So, cuddle up and read with your children. Bonus -you get extra bonding time! •.

**For in Love** -tells about diversity and different cultures. Frog is head-over-heels in love with Duck, but too shy to tell here so. He paints her a picture, send her flowers, and jumps the high jump to demonstrate his affection.

**Hug Time** -a kitten so filled with love that he travels the world to give everyone & everything a hug. The world is so big and yet so small, it's time that we embrace it all.

The other day I found this Little Golden Book entitled the Hug Book.

"Old hugs, New hugs, Nice-to-see-you-too hugs! Hugs are special.  
Hugs are free. Will you share a hug with me?"

That is something we all can do. Start with the one who is closest to you. **HUG TIME!** I then passed around a basket of Hershey's Hugs to share.

- Submitted by Ginny Baize

## Dates to Remember

### APRIL

April 10.....Club dues/membership lists due  
April 18.....Past County President Luncheon (cancelled)  
April 28.....Achievement Day (cancelled)

### MAY

May 4.....Council Meeting - Riverside (Cancelled)

### JUNE

June 1-3.....Home & Family Conference  
June 8.....Council Meeting - Heartland Hall, North