

# Mindful Living

Living with a focus on Food, Family,  
Money and Health

I hope this edition of Mindful Living finds you and your family happy and healthy. My goal with this newsletter is to provide you with helpful tips and programs to live a life focused on the health and wealth of yourself and those you love.

Now that we've survived the cold of January, I find myself dreaming of warm, dry days ahead when the flowers and veggies start to bloom again. We've already started making plans for our garden and the new adventures in growing that 2022 offers. With Spring comes a chance to get outside and enjoy all that nature has to give. Have a free afternoon? Go explore all the wonderful opportunities throughout Dubois County, such as Patoka Lake, Ferdinand State Forest or even one of the smaller park offerings. Find some of the amazing benefits that being in nature has to give you and your family on Page 4.

I've also included information regarding the upcoming Indiana Extension Homemakers Association District Meeting on March 8th in Washington, IN. If you're a member of IEHA looking for more information, check out Jan Gogel's letter on Page 6. Not a member of IEHA but want to know more? Feel free to give me a call. Enjoy!



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Extension - Dubois County

# Important Dates!

February 19—"Mind" Yoga Experience

February 26—"Body" Yoga Experience

March 3—Hidden in Plain Sight

March 5—"Soul" Yoga Experience

March 8—IEHA District Meeting—Washington, IN

March 12—"You" Yoga Experience

March 21-25—Dubois County Schools Spring Break

To stay up to date on current events, visit our website!

<https://extension.purdue.edu/county/dubois> or find us on social

 : Purdue Extension Dubois County

 : PurdueExtensionDuboisCo

 : @PurdueExDubois

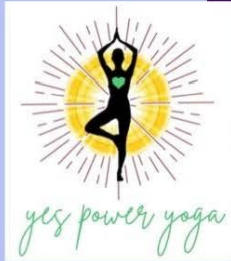
## Golden Nugget of Knowledge:

Interested in supporting Purdue Extension's mission throughout Dubois County? Follow the link to give or contact us at 812.482.1782 to find out how to do so.

<https://bit.ly/Give2PurdueExtDubois>

Most of the programs we deliver are free of charge and are only possible through generous donations from community members. We can't do what we do without support from amazing individuals and families like yours!

# Yoga Experience for ALL youth in Dubois County!



Yes Power Yoga is partnering with Dubois County 4-H to offer a unique yoga experience to all youth.

**Saturdays Feb 19-March 12**

**1:00 - 2:00 pm Grades 3-6**

**2:00-3:00 pm Grades 7-12**

## MIND - BODY - SOUL - YOU

**MIND:** Explore the labyrinth of your minds through mindfulness and meditation combined with a gentle yoga practice

**BODY:** This class is all about the physical benefits of exercise. We'll take a deeper dive into the science of how our breath fuels our bodies followed by a powerful yoga practice

**SOUL:** During this class, we'll discuss key social-emotional aspects and have some fun in an aerial yoga hammock

**YOU:** We'll bring it all together at the end of the series with a dedication to who YOU are!

**NO  
PREVIOUS  
YOGA  
EXPERIENCE  
NECESSARY**

*Register for 1 session or all 4!*

4-H Youth register FREE in 4honline Events  
Non-4-H Youth reserve your space at

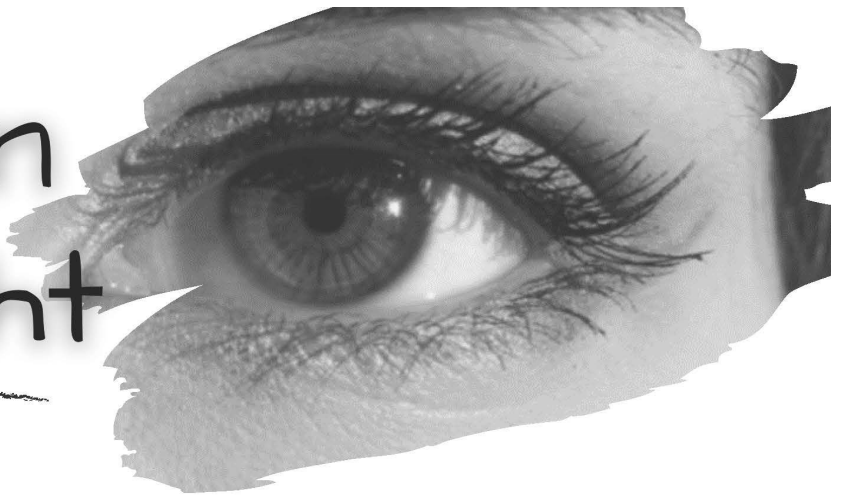
<https://bit.ly/4H-YPY>

*Sessions are \$10 each*





# Hidden in Plain Sight



It's no secret that youth engage in risky behavior. It's also no secret what those behaviors are, what age substance use is beginning and how parents and community members can impact their decisions.

Purdue Extension, supported by Dubois County CARES, is providing a free two hour community event to share what we know. All parents, guardians, or trusted adults of high school or middle school students as well as members of the community are invited to attend. Everyone has a role in the lives of our community's youth!

Attendees can expect to discuss current drug use trends in Dubois County youth; practical, positive parenting strategies; and risk/protective factors specific to Dubois County.

Join us on

March 3, 2022 from 6-8pm  
@ Southridge Middle School



REGISTER HERE...  
OR SCAN THE QR CODE

<https://bit.ly/HIPS-22>



Questions? Please call Chelsea Brewer at 812-482-1782 or email [cebrewer@purdue.edu](mailto:cebrewer@purdue.edu).



Extension - Dubois County

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# Spend Spring Break in the Sunshine

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With the coming of March is the promise of spring weather and for those with kiddos, Spring Break. A much needed reprieve from the normal hustle and bustle of school and other responsibilities. The emotional downregulation that is needed by all during these times of “break” is significant and shouldn’t be discounted. So...how do you plan on spending your Spring Break?

I hope you are able to provide a quiet time for you and your family during the week to connect with each other and with nature.

## Being in Nature makes you...



**SMARTER**—improves cognitive function, memory and concentration



**STRONGER**—Exploring nature inherently provides your body with physical activity



**HEALTHIER**—improves heart health, lowers blood glucose levels, lowers blood pressure, enhances bone health and boosts your immune system. Not to mention the benefits of things like Vitamin D absorbed from the Sun



**HAPPIER**—reduced stress, improved mood, reduced attention fatigue, reduced anxiety and depression

For more information about the benefits of nature visit [Nature Makes You... \(U.S. National Park Service\) \(nps.gov\)](https://www.nps.gov/naturesmatters/)

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Need more of us in your life? Follow Purdue Extension Dubois County on social media to see what we’re up to.



# Campbell Creek Science Center

## Nature Scavenger Hunt

Here is a scavenger hunt to help you find nature’s hidden treasures! You can do this in your yard, your neighborhood, or out on a hike.

### Directions

Go outside and look for the items listed below. When you find each one, draw a picture or write a description of it in the box.

Animal home	Rock with something living on it	Animal track	Tree with a hole in it
Leaf	Critter with six legs	Moss growing on a tree	Something that’s not living
Bud on a tree	Place with nothing living in or on it	Animal that is living in a tree	Water

### Materials

- Print out this page or copy the chart onto a piece of paper
- Something to write or draw with (pencil, pen, colored pencils, markers, crayons)

### Questions

- What did you find that surprised you?
- Were you able to find all the items? Why or why not? Where might you look for the others?
- What season is it: spring, summer, fall, or winter?
- How do you know what season it is by exploring outside?





# Extension Homemakers News!

Written by : Jan Gogel

## Evansville Spring District Meeting

The Spring District Meeting will be March 8, 2022 in Washington, Indiana. Daviess County is the hosting county.

**Dubois County** is responsible for the Table Blessing and staffing the Logo Table. *I will be asking for volunteers at the February Council meeting.*

Districts will be collecting food donations at the District Meetings – food collected will be donated to a food bank in the host county. Food donations will continue at the District Meetings until all counties in the district have hosted a meeting so a food bank in their county receives the food donations collected.

**The meeting flyer is included with the newsletter.** *(Note that payment is requested in the form of one check from the county treasurer.)*

Daviess County isn't far – I hope to have many Dubois County Extension Homemakers attend and enjoy the day.

**Riley** is in need of the 1-ply fleece blankets. They use them when sitting in a chair or wheelchair. The instructions can be found in the Blue Book or requested from the Extension Office.

Riley has an ongoing need for small denomination (\$5, \$10, \$15, and \$20) gift cards from Target, Amazon, and Walmart. The Riley website has direct links to Wish Lists on Amazon and Target. During the pandemic and accompanying restrictions Riley determined the safest way to have actual toys donated is to have them shipped directly to the Toy Room using the lists on the Target or Amazon websites.

**Bee-Cause Pollinators Feed the World** is the new NVON Project in Common the officially kicked off in January. This is a two-year project active from January 2022 – December 2024.

### *Pollinator Fun Facts:*

Chocolate depends on pollinators. A tiny fly (a “midge”) no bigger than a pinhead is responsible for the world's supply of chocolate.

Blueberry flowers have many different pollinators, including honey bees, bumble bees, sweat bees, and hoverflies.

Check out the Blueberry Pancake recipe!



**EVANSVILLE SPRING DISTRICT MEETING**

March 8, 2022

Daviess County

9:30 ET – Registration    10:00 ET – District Meeting

Washington Park Community Building

501 Burkhart Drive, Washington, IN 47501

**MENU**

Little Cheddars, Fried Chicken, Cheesy Potatoes, Green Beans, Salad, Roll, Dessert

**SPEAKER**

Sandy Noble Barton, Daviess County native, Indiana State Fair’s Aunt Verbena

**DONATE**

Items for silent auction and any of the following food items:

Peanut Butter, Spaghetti Sauce, Spaghetti O’s, or Ravioli

IEHA state board has asked each district to collect and donate food at their district meetings for a food bank in the host county.

**Registration fee: \$ 12.00**

**Registration deadline: March 1, 2022**

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**REGISTRATION FORM**

County: \_\_\_\_\_

Number attending: \_\_\_\_\_

Name of attendees: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

County treasurer and phone #: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

Detach and send this form with one check from your county treasurer to:

Lawana Hand 1672 W. 400 S., Washington, IN 47501; (812) 257-9665; lawana.hand@gmail.com



## No Sew Fleece Blanket

### You will need:

**Polar Fleece:** 1 1/2 yard piece or choose your own custom size. (Fleece is usually 50-60" wide)  
"Ruler or Shape Cut Ruler and Rotary Cutter" works best to create neatly cut fringe. If you are using scissors, please make sure your cuts are clean, even and straight with no frayed edges.

This blanket is simply made in 5 easy steps.

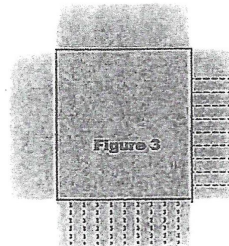
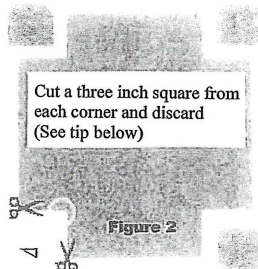
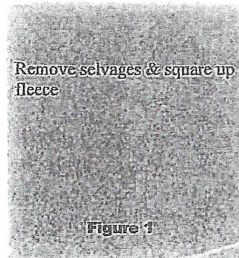
**Step #1:** Before you begin, trim off selvage edges and square uneven edges as needed. (Fig. 1)

**Step 2:** (Fig. 2)

Cut a three inch square from each corner of the fleece.

**Step #3:** (Fig. 3)

Cut 3" x 1" wide fringe around blanket



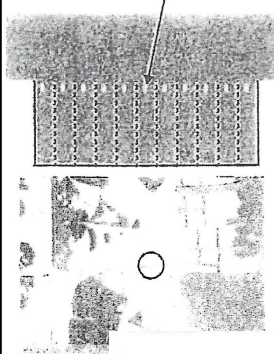
**Tip:** Cut a 3" piece of fabric or batting to use as your corner template. (Fig. 2) It won't slip and it will make cutting easier. Using your ruler and rotary cutter cut vertically and horizontally—(arrows) ALMOST to the corner (red circle) but NOT QUITE. Then use your scissors to finish the corner cut. This will give you a crisp, clean cut and you won't cut into the neighboring fringe. NOTE: Fringe may be cut in 1/2" or 1" increments.

**Step #4:**

Using a seam ripper, make a tiny slit in the top of each piece of fringe

**Step #5:**

Feed the end of the fringe through the back side of the slit you just cut and pull through to create a neat and secure fringed edge.



**Approved Sizes:**  
45 x 60  
72 x 60

## BLUEBERRY PANCAKES

by Vicki Wojcik of Pollinator Partnership, who loves breakfast for dinner!

### Ingredients

- 3/4 cup flour
- 1 T baking powder
- 1 t sugar
- 1/2 t salt
- 3/4 cup milk
- 2 T oil
- 2 eggs
- 1 cup blueberries  
(even better if they are wild)
- 2 T butter for frying




### Directions

1. Mix the dry ingredients in a large bowl. In a separate, smaller bowl mix the wet ingredients. Add the wet ingredients to the larger bowl of dry ingredients, mix until ingredients are combined and let sit for 5 min.
2. Add frying butter to the pan, and dollop your desired batter amount to the pan. Batter amount varies based on how large you'd like your pancakes to be.
3. After the pancake begins to take form and develop small pores, add your desired amount of blueberries (make sure to save about half of the blueberries for topping). Let the blueberries cook and rise a little. Flip, and cook until both sides on the pancake reach a golden brown color.
3. Garnish with the remaining blueberries, and serve with maple syrup, powdered sugar, butter, or any other desired topping.

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**The next issue of Mindful Living will be published Summer 2022. Until then, keep up with what's going on at Purdue Extension by visiting us on Facebook, Twitter, Instagram or on our website:**

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