



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



January/February 2021

In This Issue:

- Letter from your County President—pg. 2
- Mark Your Calendars—pg. 3
- Extension Homemakers News—pg. 4
- Heritage Skills Classes—pgs. 4-6
- Family Resource Management—pg. 7
- Human Development—pg. 8
- Leadership Development —pg. 9
- Food & Nutrition—pg. 10
- Heritage Skills Registration Form—pg. 11

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Letter from Your County President

Dear Ladies,

Happy New Year! I hope you had an enjoyable and safe holiday. As we look into the future, we have a lot of things going on and dates to remember. I know some clubs have not met much and others have been doing so virtually. I hope you can find ways to get the information out to your members.

Club Presidents, you should have received a packet with information about club officers for 2021-22 as well as information to pass onto your newly elected President for the 2021-22 club year for County Committee sign-up. Club Vice Presidents, you should have received a packet with information about educational program planning. We would like them filled out in the next couple of months. Homemaker of the Year and First Timers Award for Conference applications will be due soon. We will use the ones you submitted last year and any others you would like to add. Don't forget Nickels for Leadership and Coins for Friendship.

Keep working on your Cultural Arts entries. Aprons are the Special Project. All of the dates for when these items are due are in your Yearbook.

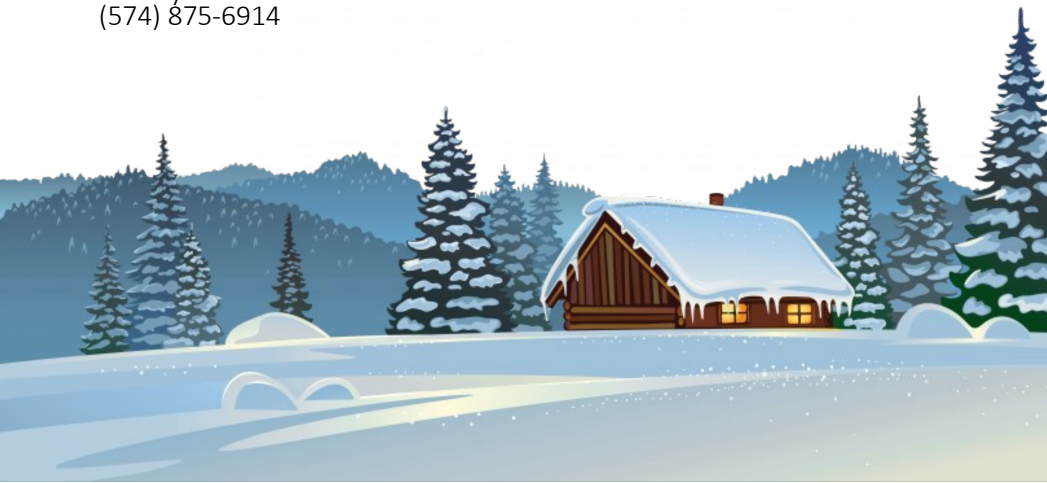
For those who would like to help on Sewing Days, they will be held January 12th and February 9th. You will be working on blankets for the homeless.

Check out the Heritage Skills Classes information on pages 4-6. The registration form is on the back page. Classes are on March 6th. Plan to join us! The committee has worked hard putting this day together.

Last of all, we have a Council meeting on February 11th in the Home & Family Arts building. Hope to see you there.

The County Board would like to be available for you. If you have any questions or comments, let us know. We are meeting once a month. You can find the names of your officers and how to contact them in the front of your Yearbook. Thanks for doing what you can to keep our organization going.

Stay Safe,
Kathy Stoltzfus
County President
(574) 875-6914



Mark Your Calendars

January 2021

- | | |
|----|---|
| 1 | New Year's Day —Office Closed |
| 4 | County Officer Board Mtg. , Ext. Conference Room |
| 12 | VCS Sewing Day — 9am to 3pm, HFA Building |
| 18 | Martin Luther King Jr. Day —Office Closed |
| 27 | Educational Program —What's the Deal with Diets? |

February 2021

- | | |
|-------------------------|---|
| After Feb.
Club Mtg. | Club Officers sheets due in office |
| 1 | Nickels for Leadership/Coins for Friendship due— mail to County Treasurer (<i>see pg. 3 of yearbook</i>) |
| 1 | County Officers Board Mtg. , Ext. Conference Room |
| 9 | VCS Sewing Day —9 am—3 pm, HFA Building |
| 11 | Club President Council Mtg. —7:00 pm (HFC 1st Timer Award Applications Due) |
| 15 | Heritage Skills Registrations Due |
| 24 | Educational Program —Building Your Financial Future |

Looking Ahead

- | | |
|----------|--|
| March 1 | County Committee Sign-up Sheets due in office |
| March 1 | Program Planning Suggestions due in office |
| March 1 | Homemaker of the Year Applications due |
| March 6 | Heritage Skills Workshop —HFA Building |
| March 15 | Volunteer Hour Sheet due to County Vice President |
| March 25 | Cultural Arts Entries due at 4th Council Meeting |

Extension Homemaker News

Happy Birthday!

January— Louanne Dunn, Pat Hochstedler, Nan Hummel, Laurie Hund-Schieber, Barbara Johnson, Phyllis Kehr, Holly Leeper, Kimberly McCreary, Brenda Mestach, Patricia Miller, Deb Noffsinger, Ruby Rink, Rebecca Smuts, Sue Stroup, Jan Troyer, and Marsha Wade

February— Lori Bontrager, Becky Carrington, Shilda Collins, Sheila Cook, Bonnie Craft, Veryl Elliott, Cheryl Hoffman, Deb Hoffman, Mary Lemmon, Debra Scheets, Judy Taylor, Deb Tubbs, and Martha Weirich

Home & Family Conference

Mark your calendars for June 1-3, 2021 for next year's Home & Family Conference at the Embassy Suites in Plainfield. Club members are encouraged to write (in 300 words or less) what they like most about Conference (or don't like). You may write about a special friendship, a funny anecdote, a favorite session, or just anything concerning attending Conference. Be sure to include your name and county in your comments. Send them to your District Representative by March 15, 2021 to be included in a special "Getting Back to Conference" publication.

Heritage Skills Classes Saturday, March 6, 2021

The Heritage Skills Classes provide the opportunity to appreciate and learn family heritage and heirloom skills. Information is available on our office website at <https://extension.purdue.edu/elkhart/article/6344>. Pre-paid registration is required. Registrations will be accepted through February 15. Registration form can be found in the back of this Coffee Cup. Classes will be held in the Home & Family Arts building. Masks are required to be worn inside the building. Social distancing will be in effect.

From Heritage Skills Chairperson Jenny Huffman—At this time we have 4 classes. Please remember that we are limited by Purdue's and the county's limits on gatherings. This would only allow us 7 in each class (or a combination of 21 in AM & PM), plus the instructors. If limits change, we can alter the number in classes. If we get another class, we will put that info on the website. That would further limit the number in classes, so if you're interested, please get your registration in early. Please remember that registration requires a check, but this is held until class is completed. If we do not get enough people or restrictions get worse, we will return your check. Our other consideration is lunch. We've decided to break for 45 minutes. You can brown bag it or go out and get food.

Full Day Classes

8:30am to 3:00pm

Casserole Basket by Lisa Hernley—\$40. Limited to 7 participants. Participants will learn how to make a casserole basket that fits a 9 x 13 casserole dish. Participants will need to bring a pair of sharp scissors and 10 clothespins/clips. All other materials will be provided. Pre-requisites: None required.



Half Day Classes

Morning classes: 8:30am to 11:30am

Afternoon classes: 12:30pm to 3:00pm

Festival of Lights Bracelet (Morning) by Sue Martin—\$20. Limited to 7 participants. Participants will learn how to make a bangle bracelet using several different kinds of beads. Participants will need to bring a primary-type (kid's school) scissors for cutting Fireline, a bead mat (if you have one), and magnification tool (if needed). All other materials are included in the class price. Pre-requisites: None required. Please note your color choice for the bracelet kit on the registration form: Pearl or Gunmetal Grey.



Gunmetal Grey



Spiral Rope Necklace with a Beaded Bead Embellishment (Afternoon) by Sue Martin—

\$25. Limited to 7 participants. Participants will learn how to make a spiral rope necklace with a beaded bead and tassel embellishment. Participants will need to bring a primary-type (kid's school) scissors for cutting Fireline, a bead mat (if you have one), and magnification tool (if needed). All other

materials are included in the class price. Pre-requisites: None required. Please note your color choice for the bracelet kit on the registration form: Pearl or Gunmetal Grey.



English Paper Piecing (Morning and Afternoon) by Cheryl Baker —\$23. Limited to 7 participants. Participants will learn English Paper Piecing techniques for making quilts or small projects. During the class, participants will make a hexagon Christmas tree ornament. Participants should bring small fabric scissors and a thimble (if you use one for hand sewing). All other materials are included in the class price. Pre-requisite: Participants must have basic hand sewing skills.



Family Resource Management

Resolve to Take Control of Your Debt in the New Year

Source: *Consumer Financial Protection Bureau*

Many people make it their New Year's resolution to get a handle on debt and improve their finances. Here are six steps you can take to make that resolution a reality.

Budget: Creating a budget will help you figure out how much money you have to pay down your debts, while also covering your needs and obligations. Knowing what you owe on a monthly basis, and where you actually spend your money, can help you prioritize so you can pay your bills on time, get control of your debt, and start saving for the future.



Track Your Spending: Once you have a budget in place, it becomes easier to find areas where you can cut back on spending. Track your spending for a week and compare it to your budget on a regular basis. Are you actually spending more or less than you originally planned? Adjust your budget as needed to make sure you still have money left over to pay off debt.

Strategize: With the snowball method, you focus on getting rid of your smallest debt first and work your way up to paying off larger debts. This can be a great motivator as you may see progress quickly, but you may pay more in the long run as more costly debts continue to add up. With the highest interest rate method, you prioritize paying off the debt with the highest interest rate first. While this approach can save you money in the long run, you may not feel like you're making progress quickly, especially with large debts.

Work with Debt Collectors to Pay Off Your Debt: If you have an account that has fallen into collections, you can use your budget or cash flow tool as a starting point for negotiating a repayment agreement with debt collectors. First, get more information about the debt, including the name of the creditor, amount owed, and who to contact if you need to dispute the debt. Next, be honest with yourself about how much you can pay each month, and decide on the total amount you're willing to pay to settle the entire debt. When you talk to the debt collector, explain your situation and your plan. Make sure to record the agreement in writing with the debt collector before making a payment.

Consider Working with a Credit Counselor: A reputable credit counseling organization can advise you on your money and debts, help you with a budget, and offer money management workshops.

Acknowledge Your Accomplishments: After paying down the balance on one of your outstanding accounts, make sure you take some time to celebrate your accomplishments and take a look back at your situation and how you have improved.

Human Development

The Heart Health Risks of Being a Single Parent

Source: American Heart Association

The U.S. Census Bureau estimates the U.S. had 10.4 million single-parent households in 2019. Those numbers, and previous research, make single parenthood a potentially significant public health concern.

Hoping to shed new light on the toll single parenthood takes on heart health, Dr. Natalie Stokes, a cardiology fellow at the University of Pittsburgh Medical Center, and her colleagues recently analyzed a federal health survey of 2,180 parents, which included 462 single parents, a quarter of who were single men. Researchers looked at seven heart health indicators such as blood pressure, obesity, diet, and whether the person smoked. The single-parent group was 1.31 times more likely to have below-ideal cardiovascular health.

An international study in 2016 found that being a lone working mother predicted a higher risk of heart disease and stroke among women in the U.S. In the early 2000s, researchers who tracked Swedish women for up to 20 years found that single mothers had greater odds of dying during the study period than women who had partners. A Canadian study in 2016 found single fathers were three times more likely to die during the study's decade-long follow-up than single mothers or partnered fathers.

Dr. Gina Lundberg, clinical director of the Emory Women's Heart Center in Atlanta, states, "I think the study supports what we suspected all along: It's very stressful to be a single parent. Single parents have less time for their own health because there's no one to offload the sharing of responsibilities to. So, they tend to do more for their kids and neglect themselves. That's certainly what I witnessed. My father died when I was 14". Her mother raised her and her sister. Before her father died, Lundberg remembers her mother making regular medical appointments. After his death, "I can't remember her going to the doctor at all. And I think there just wasn't time."

Lundberg had several ideas for how health care providers could be more accommodating. "I think we've got to have some options to make things more flexible for these parents," she said. Family care providers, for example, might offer appointments where parents and children could get their checkups at the same time. "Maybe on Saturday morning, when the kids aren't in school. And OB-GYNs could offer appointments for women to have bloodwork, blood pressure, breast and general physical exams done during a single visit."

Lundberg also said "society needs to stop stigmatizing single parents. They come from all kinds of income levels, education levels and ethnic backgrounds. It's mothers as well as fathers. And whether they started out as single parents or became one because of the death of a spouse, they deserve support. I think we need to be doing more to realize they're stressed, it's affecting their health, and they need our help".

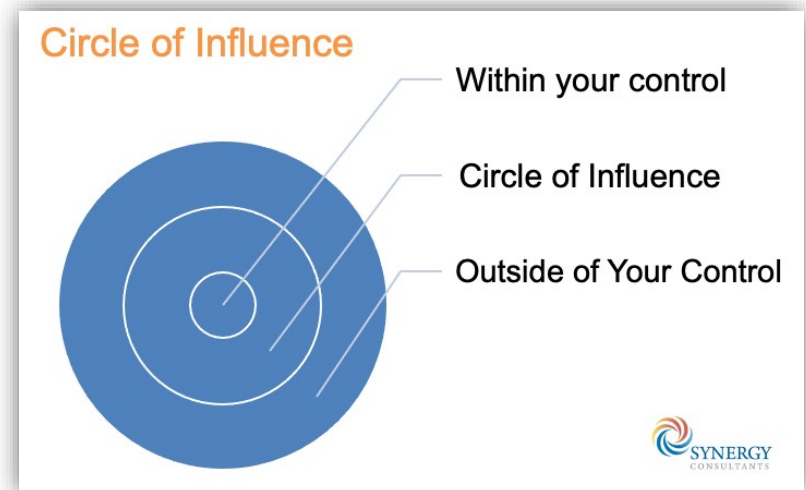
Leadership Development

Where Do You Target Your Thoughts?

Source: Mary Ann "Skipper" Singer

Most everyone I talk to these days is tired. We are experiencing COVID fatigue, economic worries, and indecision on what to do for family gatherings. So many of the concerns around these issues are out of our control. When will a vaccine go to market? When will I be able to get it? What happens if I can't pay my employees or if I lose my job? How much longer will I be on Zoom calls?

When we focus on the areas that are out of our control, we lose energy and our power. Instead, I want you to start focusing on what is in your control, or, at the least, your circle of influence. Try this exercise. Choose a situation that is stressing you out. Draw a target. In the bullseye, write down all the things that are within your control. In the next outer ring, write down all the things that are within your circle of influence. They are not within your control, but you can influence them. Then go to the outer circle. Write down all the things about this situation that are out of your control.



As you step back and look at your diagram, notice where you are putting your attention and energy. Are you focusing on the things out of your control? What things could move from one circle to the other? What if you started to focus on the bullseye and what is in your control? I invite you to implement this exercise around a situation that is stressing you out, to do with your children when they are worrying about something or to diagram with your team when they are concerned about a change. Even getting it out of your head and on paper is powerful because it allows you to step back and see the situation from a different perspective. As you become aware of where you are targeting your thoughts, you can choose to shift them to areas where you have more control.

Food and Nutrition

January is National Fiber Focus Month

Source: MSU Extension

Fiber is essential in our diets. Our bodies cannot make fiber, so we must eat it (and eat enough of it) to benefit from its many healthy properties. Fiber helps to relieve and prevent constipation. You have probably heard that before! But what you might not realize is that fiber can assist with either indigestion extreme. Fiber absorbs water, so if you are experiencing constipation, fiber will maintain more water in your digestive system, helping to lubricate and move things along. On the other hand, if diarrhea is inconveniencing you with frequent trips to the restroom, fiber can help by (you guessed it) absorbing extra water! This type of water-loving fiber is called insoluble fiber. But the benefits don't end there.

Another type of fiber, soluble fiber, offers additional nutritional benefits. Soluble fiber dissolves in water and can trap fat, which means your body absorbs less. Also, your stomach takes longer to empty when your diet is high in fiber, which means sugar is absorbed more slowly. Eating enough soluble fiber can help to lower cholesterol and improve blood glucose levels!

Many plant foods contain both insoluble and soluble fiber. Some excellent sources of fiber include navy beans (9.6 grams of fiber per serving), lentils (7.8 grams), pear (5.5 grams), and avocado (5 grams). By including a variety of fiber-rich foods in your diet, you can help to lower your risk of diseases like diabetes and high blood pressure. Additionally, you will feel fuller longer and benefit from all of the vitamins and minerals found in high fiber, plant-based foods.

Below is a nice recipe from the USDA that provides a boost in fiber.

Lunch Wraps (Makes 8 servings)

1 cup brown rice (uncooked)
 2 cups water
 1 can low-sodium pinto beans (rinsed, about 15.5 ounces)
 2 cans low-sodium black beans (rinsed, about 30 ounces)
 2/3 cup low-sodium corn (drained)
 2/3 cup low sodium tomatoes (diced, drained)
 8 flour tortillas (10 inch)
 1 cup pepper jack cheese (shredded)

Combine rice and water in a saucepan and boil. Reduce heat to low, cover and cook for 35-40 minutes. Remove from heat and cool. Preheat oven to 350 degrees F. Place beans, corn, and tomatoes in a large bowl and toss to mix. Add the rice and cheese, mix well. Spoon the mixture evenly between tortillas and roll up. Bake for 10 minutes or until cheese is melted.

Registration Form – Heritage Skills 2021

Registration will be accepted through February 15, 2021. All classes will be held in the Home & Family Arts building. Prepaid registration is required. Checks will be held until after the event. Questions can be directed to Jenny Huffman at 574-370-0699.

Please print all information clearly. Thank you.

Participant 1:

Name: _____ Daytime Phone: _____

Address: _____ City, ST, Zip _____

Email: _____ (for future events)

Participant 2:

Name: _____ Daytime Phone: _____

Address: _____ City, ST, Zip _____

Email: _____ (for future events)

Select classes and circle preferred time for participant 1 (and participant 2 if applicable).

Part 1	Part 2	Time	Class	Cost x # of Part. =	Total
		Full Day	Casserole Basket	\$40	\$
		AM	Festival of Lights Bracelet <i>Color: Pearl or Gunmetal Grey (please circle one)</i>	\$20	\$
		AM PM	English Paper Piecing	\$23	\$
		PM	Spiral Rope Necklace <i>Color: Pearl or Gunmetal Grey (please circle one)</i>	\$25	\$

Total amount enclosed: \$ _____

Make checks payable to: Elkhart County Extension Homemakers

Mail check and completed registration form to:

Jenny Huffman · 4 The Willows · Goshen, IN 46526

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