



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



July/August 2020

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Letter From Your County President

Dear Extension Homemakers,

My name is Kathy Stoltzfus. I'm your 2020-21 County President. I've been in Home Extension for over 30 years and have enjoyed it very much.

My theme for this year is "Get Involved". In our organization, we have many talented ladies to keep it going. We need to be involved not only in our local club, but helping on county committees as well. I want to thank all of you who volunteered to serve in your club as well as being on committees.

Who knew 6 months ago, we would have our daily lives up ended. I hope you have all been safe and have found ways to cope with possibly a different lifestyle. I'm sure a lot of us have been saddened with events being cancelled. One of our biggest events that is not happening is the Fair. I'm hoping next year will be bigger and better. Keep your items for exhibit and start working on new ones.

As a board, we will try to keep you updated as we go along this new path. I hope when things open up and we can meet again that you will all be working to get involved and make this year great.

Kathy Stoltzfus
County President
Elkhart County Extension Homemakers



Mark Your Calendars

Looking Ahead...

- *Enrollment forms due in office after 1st club meeting
- *EEO statements due in office after 1st club meeting (if not turned in when picking up Officer Training items)
- *Educational lesson sign-up sheets due in office after 1st club meeting/ASAP

August 2020

- 3 **County Officers Board Meeting**, Ext. Office Table—5:30pm
- 20 **Council Meeting** for Club Presidents, HFA Bldg.* —7:00 pm
- 25 **IEHA Fall District Meeting** (Lake) **(CANCELLED)**
- 26 **EH Lesson:** Food Budgeting and Meal Planning
- 31 **County Officers Board Meeting**, Ext. Office Table—5:30 pm

September 2020

- *ELKO Retreat Cancelled for 2020
- 8 **VCS Sewing Day**, Ag Hall—9 am to 3 pm
- 30 **EH Lesson:** Brain Health: Nurture Social Connections



July— Diahanna Archer, Lucy Bontrager, Vicki Burnett, Linda Davis, Donna DeVito, Mary Ann Dubash, Georgia Gouin, Eleanor Hawkins, Betty Kern, Barbara Kulesia, Joanne Leonhard, Shirley Marks, Roanne Prough, Lauretta Schrock, Judy Teall, Nancy Thwaits, Cindy Westfall

August — Shirley Bailey, Jill Cohen, Sarah Downing, Judith Eby, Shirley Hershberger, Barbara Jewett, Carla Kelley, Sharon Lemmon, Patricia Osbourne, Kris Peterson, Betty Rohrer, Elaine Sheets, Phyllis Showalter, Jeanine Talley, Andrea Ulrich, Cathy Van Huystee, Allison Von Blon, Linda Weltz

Extension Homemaker News

Welcome New Members!

Homemakers of Today have welcomed new member, **Deb Tubbs**. Deb and her husband James (Rob) live near Middlebury. They have 2 adult children and 3 grandchildren. Deb graduated from Northridge HS and Manchester University with a degree in early childhood education. Deb likes to crochet and has a goal of learning to paint. She enjoys collecting hummingbird items. Welcome Deb!

Creative Homemakers has welcomed **Cindy Westfall** and **Kristine Hochstetler** as new members. Cindy and her husband Matthew live near Goshen. She works part-time and loves living in Elkhart County. Cindy was sponsored by Deb Pepple. Kristine and her husband David live south of Elkhart and have 2 sons. She works full time and has business degrees in accounting and business management. Kristine sings in the choir at Faith UMC and enjoys scrapbooking, baking, gardening, camping and fishing.

Welcome!

County Committee Training Items in Foyer

The following items are still in the foyer (open 24/7) for pickup:

- Yearbook Committee Bag w/Binder
- HFA Fundraising Committee Bag w/Binder
- Fall Holiday Program Committee Folder
- Fashion Show Committee Folder
- HFA Committee Folder
- HFA Landscape Committee Folder
- Historian Committee Folder
- Nominating Committee Folder
- Past County Presidents Committee Binder
- Auditing Committee Binder

Pop Tab Donation Update

The Extension Office will no longer be accepting pop tab donations. Unfortunately we did not have any volunteers to take them to a Ronald McDonald House Charities location.

IEHA Fall District Meeting Update

The IEHA Fall District Meeting in Lake County has been cancelled for August 25th.

Greetings Extension Homemakers!

Hello, everyone! I'm Virginia Aparicio writing to you from my home. Due to the current circumstance, I know many of you are spending more time indoors and may have some free time. I encourage you to use this time to try something new. Whether it's cooking with new foods and spices or learning a new language or how to dance, find ways to challenge your mind and body. This unexpected change has provided me the opportunity to do something I've never done. Write a column. Let me start by telling you a little about me.



I recently joined Purdue Extension Elkhart County as a Health and Human Sciences educator. I was drawn to Extension because it gave me the opportunity to apply my college education and experience to bring about a positive change in the lives of people. When I was offered the position, I remember thinking, "It's a miracle. A career doing what I love and a good paying job!" As a graduate with a compounding debt from college, this opportunity was an absolute dream.

I received my undergraduate degree in health administration from Indiana University Bloomington and obtained a master's in public health from the University of New England.

Before joining Extension, I worked as a community health worker for Memorial Hospital helping patients with chronic diseases navigate and access community resources and adopt healthy behaviors. During that time, I also served as a Spanish medical interpreter. Later, I worked as an insurance navigator for St. Joseph Health System, and assisted patients in enrolling in health insurance and government assistance programs as well. My experience in the public health field has prepared me to work towards creating a healthy community.

I love that Purdue Extension believes people of all backgrounds and perspectives bring opportunities for new skills and innovation that can benefit Extension, but more importantly the community they serve.

I've focused on building relationships with multiple sectors in the community to determine the needs in Elkhart County. I strongly believe community collaboration is key to addressing barriers to health equity. I've enjoyed meeting new people and building relationships and discovering all that Elkhart County has to offer.

As a Health and Human Sciences educator, my goal is to improve the quality of life of individuals and families in Indiana through delivering research-based information and programs that educate on the health, food, money and family and help address the community's needs while influencing attitudes, teaching skills and encouraging behavior change.

Working as a Health and Human Sciences educator, there is a great sense of fulfillment that comes from empowering others and giving people the tools they need to discover what they have within themselves to help themselves.

Fun Facts About Me

- I grew up in Walkerton and live in South Bend.
- My favorite dessert is all of them.
- I have 3 dogs. Their names are Rupert, Rizzo and Remy.
- I met my spouse Ismael online.
- My favorite cuisine is Asian, especially Thai food.
- My favorite physical activities are dancing, tennis and walking.

Human Development

Staying Connected While Staying at Home

National Council on Aging

The COVID-19 outbreak requires us to change our daily habits, stay indoors unless absolutely necessary, and—if we have to go outside—maintain significant physical distance from other people. These restrictions may exacerbate an already growing problem for older adults: social isolation. Social isolation can (but does not have to) lead to loneliness and studies have shown that both isolation and loneliness can put older adults at higher risk for heart disease, dementia, mental health issues, and stroke.

But limiting physical interaction does not have to mean stopping social interaction altogether. Doing a variety of activities online can help you remain connected with, and even expand, your social circles. We've gathered tips—some high-tech, some low-tech—from our Aging Mastery Program® to help you stay active and involved:

- **E-mail a friend** with whom you haven't been in touch in a while and rekindle your friendship.
- **Read a book** to a grandchild or family friend over the phone or via video chat.
- **Share memories** (and clean out a closet at the same time). Take out that box of photos that you've been meaning to sort through. Then, get in touch via e-mail or phone with the people in the photographs and reminisce about your shared experiences.
- **Do an online workout.** Choose from one of the thousands of fitness routines available on YouTube and work out together, but in separate locations, with your exercise buddy.
- **Host a virtual get-together.** If you can't meet your friends in person for coffee or lunch, move the gathering online via a group video chat.
- **Teach others your skills.** If you've been waiting to show the world your special talents, now's your chance. Use your phone to create short teaching videos and post these online.

Remember that despite the potential negative effects of social isolation, the COVID-19 outbreak demands we all practice it to protect our health and well-being. Try out some of our tips or come up with creative ideas of your own to use technology to help you stay connected to your social circles.

Family Resource Management

4 Coronavirus Scams to Avoid

National Council on Aging

Scammers are quick to exploit emergencies to cheat people out of money, and the coronavirus pandemic unfortunately is no exception. Follow and share these four tips to ensure you or an older adult you serve is not among their victims!

Beware fraudulent products claiming a cure. From special teas to essential oils to silver lozenges, numerous companies have been touting that their products have the ability to prevent or treat coronavirus. Recently, the Food & Drug Administration and the Federal Trade Commission (FTC) issued warning letters to seven companies whose advertisements made these false claims. Remember: There currently are no approved vaccines, drugs, or investigational products available to prevent or cure the virus.

Don't give money to charities you don't know. Whenever a crisis occurs, scammers will try to draw on individual goodwill to seek "donations" for a worthy cause. It's very easy for anyone to set up an account on crowdsourcing platforms to request support from the public. If you would like to contribute to efforts to support those affected by the coronavirus pandemic—such as older adults who are homebound and unable to access food or medication, or those who've lost employment and need financial relief—be sure to research a charity first. Sites like Charity Navigator, Guidestar, and the Better Business Bureau Wise Giving Alliance provide comprehensive, vetted reviews of top charities.

Hang up on impostor callers. Phony callers pretending to represent a government agency were one of the top-reported scams in 2019. Last year alone, more than 166,000 people complained to the FTC about fake Social Security calls, wherein victims lost a median \$1,500 each. As more Social Security offices temporarily close and the IRS offers leniency on tax filing, you can bet that scammers will take advantage of these to cold call older adults and convince them to release personal information or face discontinuation of benefits. Get a call like this? Hang up!

Be wary of new investment opportunities. A biotech company you've never heard of is working hard on developing a vaccine for the coronavirus. If you buy company stock now, you're sure to get a windfall when the markets go up, right? If this sounds too good to be true, it probably is. The U.S. Securities and Exchange Commission has warned that fraudsters are using the current news to promote investments in their companies that promise dramatic returns based on so-called "research reports".



Food and Nutrition

Support Your Health with Nutrition

Academy of Nutrition and Dietetics

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but you may help support your immune system by including these nutrients in your overall eating plan on a regular basis.

Protein plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

Vitamin A helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified," such as milk or some cereals.

Vitamin C supports the immune system by stimulating the formation of antibodies. Include more sources of this healthy vitamin by choosing citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals.

Vitamin E works as an antioxidant and may support immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts and peanut butter.

Zinc helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.



Leadership Development

The Physics Lesson We All Know

Kevineikenberry.com

Even if you never took a physics class, and even if you hated science class in high school, you know, loosely, what is known as the Law of Gravity. Stated in less scientific terms (you're welcome), it says this: What goes up, must come down.

The inverse is true, though not in the physical world: What goes down, will go back up. When a hitter's batting average drops while in a slump, it will likely go back up to its former level. When you lose weight, all too often that weight comes back on (I'm sorry.). It applies, in the big picture, to everything related to our current situation too. Things on many measures have dropped or gotten worse. And while we are mired in the current reality, it is hard to see what we know will happen.

Things will get better. The stock market will recover. Businesses, in general, will reopen, spring is coming, and overall, the future still looks bright to those who look to the future. This is also true on the micro, personal level. I know people who have tested positive (like you perhaps). And while there will undoubtedly be tragedies around you, the overwhelming majority of people will recover, and then have immunity.

I know people who have been furloughed or laid off, and while many will struggle in the short term (and if we can help, we should), long term employment levels will rebound. You don't have to believe in gravity for the ball you toss in the air to come back down. But the more you believe that what goes down will come back up, the faster it will happen. We can acknowledge the current situation and still deal with it proactively.

I don't know when people won't have to shelter-in-place, but I know they won't have to forever. I don't know when schools will reopen, but I know they will. Will everything be exactly like it was before? Maybe not – but some of the people lamenting that it will change were complaining about the way things were three weeks ago.

Will some things be better when we get through this? While I can't tell you which things, I have no doubt that it is true. If you remain focused entirely on the mess, you can't see any of that. Look up and you will see the sunrise. The earth is still rotating. The daffodils are still blossoming in my yard. People are moving heaven and earth to help others and move us forward, even during and despite the mess.

What goes down, will go up. And how you see and think about both today and tomorrow will impact the speed of the rebound.

Berry Fruit Salad

- 1 c. Blueberries
- 1 c. Raspberries
- 1 c. Strawberries, Hulled and Halved
- 1 c. Blackberries
- 2 T. Fresh Lemon Juice
- 1 T. Honey
- Chopped Fresh Mint Leaves to Taste (Optional)

Rinse all fruit. Place all the fruit together in a bowl. Add in mint. In a separate container, whisk the lemon juice and honey together to make a light dressing for the fruit salad. Pour the dressing over the berries and gently stir.



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