



**Elkhart County  
Extension Homemakers**

# *Over The Coffee Cup Newsletter*



*July/August 2021*

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## Letter From Your County President

Happy Summer Greetings to all!

As our Elkhart County 4-H Fair draws closer and closer, I am getting really excited! My family has taken their vacation at the fair since 1983! What an adventure it was that year with a first-time 4-Her and twin babies, a month old! Ok, so maybe some of the memories are not great, however the experience of being a 4-H family certainly was!

For someone who loves to be around people, I certainly missed the fair last year! Some of the grandchildren have completed their 10 years, however there are still some to come for quite a few years. Our Extension Homemakers organization is one that has been involved at the fair for many years and this year is going to be even better! The time we had at home gave us opportunities to create things and have projects to share with others. The HFA Committee is preparing for all those items you have to display and we are all hoping to see you at check-in on Monday, July 19th from 11am—7pm (except baking and cake decorating).

I have just heard from the office that we are getting some new members joining our clubs and that is wonderful! I would like to encourage each one of you to “talk up” our organization and your club to someone that may not know we even exist! On the first page of Elkhart County Extension Homemaker flyers, there is a list of benefits to joining a club! Everyone is encouraged that *“The more you invest in your club, the more you’ll gain. So be a club investor and reap the many benefits your club has to offer!”* These flyers will be available to you in the Home and Family Arts building during the fair so please take some and give them to those you think would enjoy being part of our organization!

As you have heard and seen by now, our theme this year is to ***“Walk hand in hand, side by side!”*** In fact, it states that we WILL walk with our hands clasped together and we WILL stand by one another, side by side! After the year we have come through, I am totally excited to be able to shake hands, and even give out hugs! Let us truly be as one unit, believing that we are “improving, enlarging and endearing the greatest institution in the world, THE HOME!”

Blessings on you all!

Brenda Mestach

Elkhart County Extension Homemakers President



## 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 at Officer’s Training)
- \*Educational lesson sign-up sheets due in office after 1st club meeting/ASAP

### August 2021

- 9 **County Officers Board Meeting**, Ext. Office Conference Room—4:30pm
- 17 **IEHA Fall District Meeting** (Lake)
- 19 **EH Lesson:** Food Allergies 101
- 26 **Council Meeting** for Club Presidents, HFA Bldg.\* —7:00 pm

### September 2021

- 7 **County Officers Board Meeting**, Ext. Office Conference Room—4:30pm
- 13-14 **Camp ELKO Retreat**
- 14 **VCS Sewing Day**, Ext. Office Conference Room—9 am to 3 pm
- 16 **EH Lesson:** Tips for a Successful Doctor’s Visit



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

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

## Extension Homemaker News

### Welcome New Members!

Clinton Clique has welcomed new member, **Karen Honey**. Karen has three grown children and two granddaughters. She enjoys reading and is from Virginia. Welcome Karen!

*Welcome!*

### Thank You from Len Harms (Master Gardener) on the Quilt Garden Planting Day

"Please pass on a big thank you to the interns and Extension Homemakers that helped today. The whole experience was a good one for me, and I think the garden will be stunning as the plants begin to grow and fill in. Thank you for being part of the process."



### IEHA Threads of Compassion Program

Thanks to the faithful stitchers who continue to create shawls for the IEHA Threads of Compassion program. Six shawls from Elkhart County were recently delivered to the Organ Donor Network in Indianapolis by Della Wittgren from LaPorte County. The shawls are given to the families of organ donors. Each knitted or crocheted shawl needs to have final measurements of 24"-34" wide and 65"-70" long. Use size 11 needles and use 740 yards of 4 ply or worsted weight yarn. The County President has complete instructions and they are on the website [www.ieha-families.org](http://www.ieha-families.org) under the "Forms" tab. If you need yarn, there are some bags of enough yarn to make a shawl in the entryway at the Extension Office. Completed shawls may be delivered to the Extension Office. Please include a paper with the following information: name, mailing address, county, and number of shawls. If you have yarn you'd like to donate, contact Kris Peterson, Elkhart County's Volunteer Community Support Chairperson, at 574-238-2065.

### County Committee Training Items in Foyer

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

- Yearbook Committee Bag
- Historian Committee Folder

### ELKO Retreat

Sarah Major Lodge at Camp Mack on Waubee Lake  
114 East Mack Road, Milford, IN 46542  
(From SR 15 go east on CR 1150N, then south onto Camp Mack Road)

The ELKO Retreat will be held Sept. 13th-14th at Camp Mack on Waubee Lake. The theme is "The Reason for the Different Seasons".

For more information or to download a registration form, visit <https://extension.purdue.edu/elkhart/article/6344> They will be under "Forms" or can be picked up in the Extension Office.

A completed form and check must be turned in no later than August 27th to Eleanor Watkins, ELKO Treasurer. More information can be found on the forms.

#### **Monday, September 13**

|          |   |
|----------|---|
| 8:00 am  | Registration, light refreshments                                    |
| 9:00 am  | Opening and recognition of First Timers – Sue Martin                |
| 10:00 am | Kosciusko County Extension Educator Jackie Franks                   |
| 11:00 am | Auction, singing, etc   |
| 11:40 am | Devotions – Kosciusko County  |
| 12:00 pm | Lunch   |
| 1:00 pm  | Crafts  |
| 3:00 pm  | Marshall County Extension Educator Karen Richey                     |
| 4:00 pm  | Break   |
| 4:15 pm  | Speaker – Deanna Beckner from Camp Mack                             |
| 4:30 pm  | Business meeting and election of officers (or the end of Camp Elko) |
| 5:20 pm  | Devotions – St Joseph County  |
| 5:30 pm  | Dinner  |
| 6:30 pm  | Auction   |
| 7:00 pm  | Program – Lou Ann Parker  |
| 8:00 pm  | Closing Prayer and After Party – Everyone is welcome                |

#### **Tuesday, September 14**

|          |  |
|----------|--|
| 7:40 am  | Wake-up songs  |
| 7:50 am  | Devotions – Elkhart County   |
| 8:00 am  | Breakfast  |
| 9:00 am  | Auction, singing, etc  |
| 10:00 am | Elkhart County Extension Educator Virginia Aparicio<br>"Train Your Brain: Nutrition, Neurobics, & Notable Ways to Keep Your Brain Healthy" |
| 11:00 am | Business, Auction, Singing, Stories  |
| 11:50 am | Devotions – Marshall County  |
| 12:00 pm | Lunch  |
| 1:15 pm  | Finish any remaining business, auction any remaining items, etc, closing   |

# Human Development

## Know the 10 Signs of Alzheimer's: Early Detection Matters

*Reuters Health*

The terms “dementia” and “Alzheimer’s” are often used interchangeably. While they are related, there are distinct differences between the two. Dementia is the umbrella term for an individual’s changes in memory, thinking, or reasoning. There are many possible causes of dementia, including Alzheimer’s.

### Understanding Alzheimer’s and Dementia

Alzheimer’s disease is the most common cause of dementia, accounting for 60 to 80 percent of all dementia cases. Alzheimer’s is not a normal part of aging—it is a progressive brain disease. More than 6 million Americans are living with Alzheimer’s. By 2050, this number is projected to rise to nearly 13 million.

### FDA approves first therapy to delay decline from Alzheimer’s

On June 7, 2021, Aducanumab (Aduhelm™) was approved as a treatment for Alzheimer’s disease by the U.S. Food and Drug Administration (FDA). This is the first FDA-approved therapy to potentially delay decline from the disease, compared to current medications that only address symptoms. It is also the first therapy to demonstrate that removing amyloid from the brain may delay decline in people living with Alzheimer’s. Amyloid is the protein that clumps into sticky brain plaques that are a hallmark of Alzheimer’s disease. This means individuals may have more time to actively participate in daily life, have sustained independence, and hold on to memories longer.



The approval of this new therapy makes early detection and diagnosis even more critical to ensure individuals receive the most benefit at the earliest point possible. Early diagnosis has demonstrated better health outcomes for individuals and their caregivers. It may be hard to know the difference between age-related changes and the first signs of dementia, but memory loss that disrupts daily life is not a typical part of aging. Your memory often changes as you grow older. Some people recognize changes in themselves before anyone else notices. In other cases, friends and family are the first to observe changes in memory, behavior, or abilities. The Alzheimer’s Association has created a list of warning signs for Alzheimer’s and other dementias to help identify problems early. Individuals may experience one or more of these signs in different degrees.

#### **1. Memory loss that disrupts daily life**

One of the most common signs of Alzheimer’s disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. What’s a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

#### **2. Challenges in planning or solving problems**

Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What’s a typical age-related change? Making occasional errors when balancing a checkbook.

#### **3. Difficulty completing familiar tasks at home, at work, or leisure**

People living with Alzheimer’s often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game. What’s a typical age-related change? Occasionally needing help to use the settings on a microwave or to record a television show.

#### **4. Confusion with time or place**

People living with Alzheimer’s can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. What’s a typical age-related change? Getting confused about the day of the week but figuring it out later.

#### **5. Trouble understanding visual images and spatial relationships**

For some people, having vision problems is a sign of Alzheimer’s. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving. What’s a typical age-related change? Vision changes related to cataracts.

#### **6. New problems with words in speaking or writing**

People living with Alzheimer’s may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a “watch” a “hand-clock”). What’s a typical age-related change? Sometimes having trouble finding the right word.

#### **7. Misplacing things and losing the ability to retrace steps**

A person living with Alzheimer’s disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses. What’s a typical age-related change? Misplacing things from time to time and retracing steps to find them.

#### **8. Decreased or poor judgment**

People living with Alzheimer’s may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean. What’s a typical age-related change? Making a bad decision once in a while.

#### **9. Withdrawal from work or social activities**

A person living with Alzheimer’s disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. What’s a typical age-related change? Sometimes feeling weary of work, family and social obligations.

#### **10. Changes in mood and personality**

Individuals living with Alzheimer’s may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone. What’s a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

#### **What’s Next?**

These warning signs are intended to be a guide to help identify problems in memory, thinking, or behavior that may be related to Alzheimer’s or another dementia. Individuals may experience one, all or some of these signs in varying degrees, and in numerous or single occurrences. They do not have to experience them all for there to be concern. It’s important to discuss any changes in memory, thinking or behavior, in either yourself or someone else, with a doctor.

# Family Resource Management

## Garage Sales: Cash, Not Trash

*New Mexico State University*

A garage sale is a chance to clean out your garage and closets and earn some cash at the same time. But don't fool yourself by thinking this is an easy project. People who profit from garage sales work hard for every cent they earn. A successful garage sale requires extensive considerations and planning. Just because you have potential items does not mean you have to conduct a garage sale. Keep in mind that there are alternatives to garage sales: selling items online or donating your items to thrift stores or churches. Before you start piling items on your lawn, you should consider whether you can handle a sale. Are you physically strong enough to lift and carry all those clothes, toys, books, and appliances?

### The Right Place

Location, location, location. Another question to ask yourself is, "Do I have a good location for a sale?" Once again, a friend or friends could be the answer. Their homes may be better suited, so a multi-family sale away from your home could work for everyone.

### The Right Stuff

If you're up to your ears in priceless antiques, a garage sale is not the best place to sell them. Big, expensive, and antique items are best sold via auction houses, antique dealers, or online. But if you have old dishes, toys, small appliances, clothes, and books, you probably have the right stuff.

### Timing Your Sale

The best time to have a sale is spring through fall; bad weather can keep people at home in winter. You should always have alternative plans if the weather turns foul. Weekends are better than weekdays for a sale, with the exception of Fridays.

### Pricing Items, Handling Money, and Setting Up

Proper pricing methods can make the difference between a well-ordered sale and chaos. If prices are set, you won't have to make spur-of-the-moment pricing decisions during the rush of the sale. Attend other garage sales to get an idea of what to charge. It's a good idea never to price items below 25 cents as it is harder to make



change. Some shoppers will try to barter. Before the sale begins, decide whether you will take less than the marked prices.

Many people have found that masking tape or peel-off stickers work well for most items from clothing to appliances. If you are having a multi-family sale, you can use different-colored price stickers. When someone buys an item, peel off the sticker and put it on a sheet of paper designated for that family. At the end of the sale, stickers should reflect the sales made by each family.

Having all the money in your pocket while stashing away the large bills in the house may be the safest way to guard your cash. If you decide to go with a cash box, get one with a lid. **NEVER LEAVE THE CASH BOX UNATTENDED.** As the day progresses, don't let the money build up in the cash box. Take proceeds into the house and keep only \$30 or \$40 in the box. Keep a watch on items (including cash), transfer large bills from the cash box to your house, place valuable items closer to the garage, and do not let strangers in the house—even to use the bathroom.

Make sure you have plenty of space to display your items. Borrow tables, if needed. Use a clothesline or racks for clothing. Hanging clothes keeps items from being unfolded and jumbled in a pile. Allow plenty of space for people to move about and browse. Arrange for electrical outlets or an extension cord to be available so appliances can be tested. Mark items in your garage or yard that are not for sale. If necessary, cover these items with sheets or tarps.

### Spread the Word with an Ad

Be sure to include the dates, times, and address. List the kinds of items you have, especially the attractive ones. Include pictures if possible. Advertise online, in local newspapers, on road signs, etc.

### The Aftermath

Do not expect to sell everything. Keep on advertising items, or you can give them to a charity or to friends, keep them, or throw them away. Some charitable organizations will pick up your leftover items and give you a receipt so you can claim a tax deduction. It will take some time to clean up the lawn, patio, driveway, and garage and pack up everything. You may want to arrange in advance for extra help with this job. Be sure to take the signs down when the sale is over. Then it is time to perform the most enjoyable task of the day—counting your profits.

## Leadership Development

### Becoming Aware of Your Blindspots

*Kevineikenberry.com*

One of the things you learn in drivers training is about the existence of blindspots, and why becoming aware of your blindspots is critical to your safety. But we have blindspots outside of our car as well. While not being aware of them might not be fatal, they can have a huge impact on our success, satisfaction, and happiness. When you can become aware of your blindspots as a leader, you can address them and become more successful and effective.

#### Why Awareness Matters

If I don't know about the blindspot as I drive and change lanes blissfully unaware of the danger, an accident could occur. Here is the point: If I don't know the blindspot is there, I can't do anything to overcome, or avoid the potential crash. Outside of our car, our personal blindspots could be strengths or weaknesses, but we typically think about them in connection to weaknesses or shortcomings. Just like while driving, if we don't know they exist, how can we learn from them to grow and improve? In short, becoming aware of, and understanding our blindspots could be one of the most important steps in your personal and professional development.

#### Becoming Aware

Newer cars use technology to help with our awareness of blindspots – lights and noises remind us to stay in our lane or check before making a move. As humans, we don't have beepers or flashing lights, so we must find other ways to become initially aware of and overcome our personal blindspots.

- Get feedback from others. Since we are blind to these behaviors, traits, and habits, we need someone to tell us what we can't see. For a variety of reasons (especially if you are their leader) people won't always share what they see, you must ask. Ask people for feedback, explaining to them that you want to improve.
- Get a coach. Hopefully, you see your boss/manager as your coach. Often, they are in a great position to help you see a blindspot, but also to help you work on the actions to overcome, develop, or learn from them. You can also reach out formally or informally to others to help you overcome any negatives of your personal blindspots.
- Look more frequently. The best drivers check their blindspots regularly. How closely are you checking yours? Once you know they exist, one of the best things you can do is to keep checking on them as a way to avoid or overcome any negative effects they are causing in your results or relationships.
- Resist explaining them away. When getting the feedback or coaching about your blindspot, be careful about explaining. Our explanations typically will reduce the likelihood we will get more feedback, lessen our understanding or how important the blindspots might be, and serve as a rationalization that the problem isn't that big or important.

## Food and Nutrition

### The Power of Blueberries

*Mayo Clinic*

Often labeled a “superfood,” this little berry is bursting with vitamins and minerals, many of which are classified as antioxidants. Much of the power of blueberries lies in their colors. The deep-blue hue comes from anthocyanin, an antioxidant whose abilities may help protect the body from heart disease and cancer, as well as reduce inflammation and increase immune function. Research also suggests the compounds found in blueberries may delay the effects of vascular dementia or Alzheimer's disease.

A 1/2 cup serving of blueberries contains 25 percent of the recommended daily value for vitamin C and 3 grams of dietary fiber — and only 30 calories. In addition, blueberries are juicy fruits, which means they contain mostly water. Juicy fruits are great for weight loss or weight maintenance, because they fill you up quickly (with their high water content) with few calories.



Whether you're eating blueberries for the health benefits, because you like the taste or both reasons, blueberries can easily be eaten plain. They can also be added to cereal, yogurt or incorporated into baked goods for added sweetness and nutrition. To prolong the shelf life of fresh blueberries, make sure to keep them refrigerated and wash prior to use.

During these summer months, be sure to take advantage of blueberries when they are plentiful and on sale by purchasing in large quantities and freezing them. Just wash and dry the berries, lay them on a pan, and freeze until they're solid. Package frozen blueberries in freezer-safe storage bags so they are ready for the winter months. You can easily substitute frozen berries for fresh.

#### Blueberry Baked Oatmeal

- 2 eggs
- 1/2 cup unsweetened applesauce
- 1/3 cup brown sugar
- 1 tablespoon vanilla extract
- 1/2 teaspoon salt
- 2 teaspoon cinnamon
- 2 teaspoon baking powder
- 3 cups old-fashioned oats (not quick, one-minute oats)
- 1 cup of nonfat milk
- 1 pint or 2 cups blueberries, fresh or frozen

Preheat oven to 350° F. Spray a 9" x 13" pan with nonstick cooking spray. In a large mixing bowl, whisk eggs, applesauce, brown sugar and vanilla until smooth. Stir in salt, cinnamon and baking powder. Once combined, stir in milk and oats. Fold in blueberries (fresh or frozen) and spread in pan. Bake for 26-32 minutes until oatmeal bake is browned and center appears cooked and not mushy. Cool before serving. Can be eaten alone or served with plain or vanilla yogurt. Store in the refrigerator for two to three days. Freeze any leftovers individually for quick and easy snacks or breakfasts. Reheat oatmeal in microwave from frozen or thawed.

**PURDUE**  
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*Elkhart County*

Elkhart County 4-H Fairgrounds

17746 County Road 34 STE E

Goshen, IN 46528-6898

*Cooperating with U.S. Department of Agriculture*

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