



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



May / June 2019

In This Issue:

- Letter From Your County President — pg. 2
- Mark Your Calendars — pg. 3
- Extension Homemaker News/Opportunities—pg. 4
- Council Meeting Minutes — pgs. 5-8
- Past County President's Brunch —pg. 9
- Camp Elko Retreat—pg. 10
- Leadership Development—How To Improve Your To-Do List—pg. 11
- Food and Nutrition— Questions To Ask Before Taking Vitamin and Mineral Supplements—pg. 12
- Family & Resource Management— Preparing Your Finances For Times of Disaster—pg. 13
- Human Development—Coping With Stress — pg. 14-15

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Letter from Your County President

Dear Extension Homemakers,

What a great time we have had these past months. We have worked together, played together, cried together, laughed together, and just had fun together.

The learning and growing that I have experienced this year was not possible without each and every one of you. Thank you!

This year has been full of activities, outreach, volunteering in many areas, and stepping up to the task of being on Committees and choosing to be officers of your club. Thank you for all your hard work and I encourage each one of you to grow and work together this next year.

We are getting ready for Officers Training that will be held on June 20th for all incoming officers at 6:30pm in the Home and Family Arts Building with dinner being served. Thank you for stepping up to the opportunity and I know you will do a great job. Also a big thank you to all of you who accepted a position as a County Committee Chairperson. Committee Training will be on June 27th in the Extension Office conference room.

The Quilt Garden is scheduled to be planted May 24th with a rain date of May 28th. Many helpful hands will be needed for planting and then maintaining the garden throughout the summer. The Quilt Garden is a great way that the Elkhart County Fairgrounds gets exposure along with Elkhart County and surrounding areas.

Thank you again for the great year we had. Each and every one of you have encouraged me.

Shirley Hershberger
County President 2018-19
Elkhart County Extension Homemakers

Mark Your Calendars

June 2019

1	Club Dues to County Treasurer
3-5	Home & Family Conference - Indianapolis
10	County Officer Board Meeting 5:30 p.m. Ext. Office
20	Officer's Training 6:30 p.m. HFA Bldg.
27	Needlework Network 9 a.m.—Noon Ext. Office Kitchen
27	County Committee Chair Training 6:30 p.m. Ext. Office Conf. Room

Coming Up...

July 8	Clean Building, 8am Until Finished —HFA Bldg.
July 11	Fashion Show Judging, 7 p.m.—HFA Bldg.
July 15	HFA General Entries Check-in
July 18	HFA Baking and Cake Decorating Entries Check-in
July 18	Open House and Fashion Show 7:30 p.m.—HFA Bldg.
July 19-27	Elkhart County 4-H Fair "4-H the information highway to the future"
July 28—29	Home & Family Arts Exhibit Release

Happy Birthday!

- **May**—Rosalie Bontrager, Katie Case, Sandra Cook, Barbara Fougerousse, Jenny Huffman, Ruth Hupp, Peggy Johnson, Sandy Kauffman, Donna Moser, Margaret Pettifer, Jeanne Raska, Rae Rolston, Alesia Stees, Mary Lou Stine, Iva Truex, and Mabel Wortinger
- **June**—Joellen Allison, Kathleen Alonzo, Evelyn Buss, Jane Detweiler, Marelda Doss, Sandy Farrell, Debra George, Barbara Griffith, Mary Herschberger, Donna Hibschman, Karen Honderich, Janet Little, Barbara Longcor, Teresa Mack, Jeannine Martin, Katie Mast, Martha Miller, Ramona Prough, Georgiana Rhodes, Julie Schrock, Lisa Stephens, Jennifer Tingle, Karen Trosper, Angie Yoder, and Janet Yoder

Extension Homemaker News

Opportunities for YOU!

Quilt Gardens— Your Extension Homemaker organization works with the Michiana Master Gardeners to plant and maintain the garden on the fair-grounds. The Extension Homemakers have the responsibility every other week of maintaining the garden. This means that we need to pull the weeds, sometimes trim the parsley, and just do general maintenance. The weeks we have the responsibility are the 2nd and 4th weeks and the days can vary but we need to make sure one of the visits is Thursday or Friday so it is nice for the weekend, and the other is earlier in the week.

4-H Fair Opportunities

Home & Family Arts Landscaping— We are in need of volunteers who can help maintain the landscaping in the front of the building. Gardeners are needed to pull weeds and follow-up with necessary deadheading and pruning.

Home & Family Arts—Your organization provides the foundation for great Open Class exhibits during the fair. There are numerous opportunities for yourself and/or friends to volunteer in the building. The following days are when helpers can be used so take these dates to the clubs and see who might be available. You can call to get details but if it's the spur of the moment and you know we're cleaning or checking-in exhibits, just come and help. (Debra Pepple, 333-2247 or Debbie George, 862-2660)

- **Monday, July 8:** Cleaning the building 8 a.m. until finished (bring buckets, rags, cleaners) The more volunteers the less time this takes.
- **Thursday, July 11:** Fashion Show Judging 7 p.m. Help is needed to set up tables after the show for check-in day.
- **Monday, July 15:** Check-in Day 11 a.m. to 7 p.m.
- **Tuesday, July 16:** Judging Day 9 a.m. Help needed to run items to judges' tables and set up displays.
- **Thursday, July 18:** Culinary Arts (Baking/Cake Decorating) entries and judging 7:30 to 11 a.m. and 12 to 3 p.m. Help needed as runners and to set up for fashion show and open house.
- **Sunday, July 28:** Check-out Day 1, 3 to 6 p.m. Help needed to run items to tables for pick up
- **Monday, July 29:** Check-out Day 2, Noon to 6 p.m. Again help needed.

Hostessing — There is still an opportunity for you to earn some points for your club and lend a helping hand!

Craft Potpourri — We are in need of volunteers! This is a wonderful way to spend some time working on your craft or needlework and sharing information with fair-goers. We encourage you to demonstrate both times.

To schedule a time for Hostessing or Craft Potpourri, call or email the office at:

533-0554 or fink24@purdue.edu

Extension Homemakers Presidents' Council Meeting March 21, 2019

The call to order was given by County President Shirley Hershberger. The Pledge of Allegiance was led by Beth Phillips, Zion. Judy Eldridge, Clinton Classics, led us in the Club Creed. The Positive Thought was given by Barb Jewett of Busy Homemakers. Roll Call was given by County Secretary Brenda Mestach who asked Club Presidents how many of their club members were attending Achievement Night. All but four clubs were represented. Brenda Mestach asked if members had read the minutes from the last Council Meeting. They were posted in the March/April Coffee Cup. It was voted to accept the minutes as printed by Deb Pepple and seconded by Theo Outman. County Treasurer Kathy Stoltzfus gave the report from the books. A motion to accept the report was made by Teresa Riegsecker and seconded by Deb Pepple. The council accepted. The Home & Family Arts Treasurer's Report was given by Sharon Lemmon who reported there is an ending balance of \$11,838.76 in the savings account and \$126.49 in checking. There is \$1,593.80 in the Helen Stewart Memorial account.

Committee Reports

Achievement Night Committee—Cathy Van Huystee reported the event for all Extension club members is on Tuesday, April 23rd. Plans are finalized for the event. They ask that we arrive between 5:30 and 5:45 so that we can chat with our club members, friends, and acquaintances and enjoy the cheese and crackers at each table. The evening program will begin at 6:00 and we will enjoy delicious salads and desserts that everyone has brought to share. The committee is asking for a chairperson for next year.

Award Winning Cookbook—Maryann Zerbe sent this report: No report except we will have them available again at the Fair in July. They are always available at the Extension Office for pick up when you need one.

Cultural Arts/Heritage Skills—Jenny Huffman reported that 28 attended the event and the committee has had a follow-up meeting to come up with some new ideas. They are considering moving the date to the end of February/early March in 2020. They are thinking about having both beginning crochet and beginning knitting. They ask for any ideas for heritage skills that would fit with the theme. The next meeting will be May 23rd.

Fashion Show—Katie Case sent in this report: a planning meeting is to be scheduled for this month. Volunteers are needed.

Fall Holiday Program—Kimberly McCreary sent in this report: The committee will have a meeting on April 1st at 1:00pm at the Extension office.

She would like to have some new volunteers and members as they will be brainstorming new ideas for this year's program.

Home and Family Arts—Deb Pepple reported the committee met on March 14. The books have been printed and mailed out. Copies can be picked up in the office. All of the department chair positions have been filled. We can always use extra hands from non-committee members for Cleaning Day on July 8 from 8am until done, Check-in Day on July 15, Judging and Arranging Exhibits on July 16, and Foods Day on July 18. You can volunteer 2 hours or an entire day. We appreciate all the help. See Deb, Debbie George, Lisa Honey, or call the office if you or your club members would like to help. Please be sure to sign up for a shift to hostess in our building during the fair. If you have a special talent in arts, crafts, needlework, etc., that you would like to share, sign up for craft potpourri. We are continuing to look for sponsors for the various events in our building. If any of you know someone personally who has a business and would be willing to sponsor a \$25 award, let one of us know or call the office. We have a group of ladies who are looking at ways we could honor our past members of the HFA Committee. These would be women who served many years on the committee and gave us hours and hours of their time. There are signs available for you to take and post in public places like libraries, stores, etc. to advertise entering projects in our building. You can post on social media also! The next meeting is scheduled for May 16 at 1:00 pm.

Home and Family Arts Fundraising—Judy Eldridge and Katie Case reported there are donations coming in. They are still looking for a car seat canopy, chunky blanket, car seat poncho, and gauze baby blanket set. A letter was sent to patrons, explaining our silent auction and when the donations would need to be in. The letter also explained that the patron's business cards and any flyers they may have would be displayed with the item donated.

Membership—Lisa Honey reported the committee met on March 14th with all members present. The committee focused on how we can get new members and how we can reach potential young members. We discussed needing to be prompt if someone shows interest and follow through with plugging them into a club. Keeping growth of our organization is our focus, as well as appealing to the younger generation. We brought in a new young member to discuss how she thought we were doing and how we could do better. She was able to shed some light on what young people are looking for and how we can better reach them. We will be meeting again April 8th at 4 pm to make an action plan and you will be hearing more about that in the near future.

Needlework Network—Shirley Hershberger gave this report: The co-chairs of this committee contacted the County Officer's Board about their concerns with the lack of participation. The Board discussed what could be done to get more participation and determined that most of the options had already been tried. As a result, the decision has been made to discontinue this committee. The Board and the former co-chairs are willing to start this up again if people are interested in attending.

Volunteer Community Sewing—Kris Peterson reported that they are continuing to work on baby and toddler blankets, caps, and lap blankets for Goshen Center for Cancer Care. Many little quilts need to be knotted. She encouraged us to take as many as you can do. It was suggested that it would be a great club activity. If you have a seamstress in your club or have family and friends that would like to help out, we always have quilt tops and backs that can be made. Instructions are basic. Use the fabric provided to make a quilt top and back only. You do not need to put it together into final form. You may use any quilt pattern, design, or create your own! We're not asking for perfection. We're asking for help. We'd love to have these created by the end of August so that they can be assembled into comforters during VCS sewing days. We suggest $\frac{1}{4}$ inch seams. Contact Kris Peterson - 574-238-2065. There are skeins of yarn in the Extension Office foyer and HFA building that can be used to make Shawls of Compassion. April 9th is our next Volunteer Sewing Day. We will be making lap blankets and baby blankets that will be distributed to CAPS and Goshen Center of Cancer Care. We need pinners to make the comforter top, batting, and back "sandwich". No sewing experience needed. We always need sewers and fabric cutters. Come when you can from 9-3; a free delicious lunch will be served.

Yearbook Committee—Cathy Van Huystee reported that committee members have turned in the areas they were responsible for to Jenn.

Old Business

Club Committee Sheets—These were to be turned into Fern Mast. She reported that 4 clubs still have not turned theirs in.

Spring District Meeting in Marshall County—Shirley reported 10 people from our county attended. The subject was on bees.

Homemaker of the Year—Shirley reported the board is working on this.

Quilt Garden—Preparation and planting day is to be announced. Sign-up sheets were passed around.

New Business

Past Presidents Brunch—Maryann Zerbe sent this report: Only a few people have responded to our invitation that was sent out for the Past County President's Brunch. It will be held Saturday, May 4 at 9:00 am at the Extension Office Conference room. Please let us know no later than April 26 so we can plan. They can respond by contacting Maryann Zerbe via phone or e-mail.

Officer Training—June 20 at 6:30 pm (HFA Bldg.—dinner served)

County Committee Chair Training—June 27 at 6:30 (Ext. Office—dinner served)

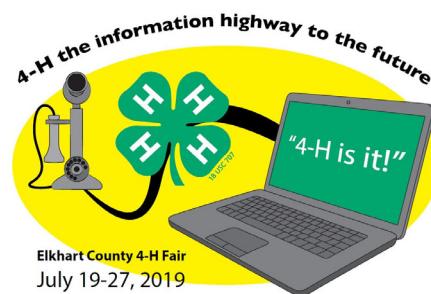
Home & Family Conference—June 3-5 in Indianapolis. First-timer award went to a member of LaPorte County. Shirley reported that registrations are now available in our office as well as online.

4-H Fair: July 19-27

- President Josh Culp's Baked Item—Chocolate Raspberry Cream Pie
- HFA Work Day—Clean building on July 8 from 8am until finished

Shirley Hershberger asked for questions or comments. Seeing none she adjourned the meeting at 8:02pm.

Respectfully submitted,
Brenda Mestach



2019 Garden Tour

Saturday, July 13 from 10 a.m. to 4 p.m.

This year's tour is in the Nappanee and Wakarusa area. The Hospitality Center, located at the West Park Pavilion, 500 N Nappanee St., Nappanee, will be open 9 a.m. to 2 p.m. No ticket is needed for admission to the Hospitality Center. The center will host a Plant/Craft Sale. Tour will be held "rain or shine". Presale ticket books are available at the Extension Office through noon on July 12 for \$10. The 22nd Annual Elkhart County Garden Tour is presented by Michiana Master Gardeners' Association.

Extension Homemakers Past County President's Brunch May 4, 2019

The Elkhart County Extension Homemakers Past County President's Brunch was held on Saturday, May 4, 2019 at 9 am in the Extension Office Conference Room. Sixteen Past Presidents attended and were served various breakfast casseroles, cinnamon rolls, and fresh fruit along with coffee, tea, and water. The 2020 Past President's Committee was determined with Tena Jakubowicz, Jennifer Chupp, Ramona Huber and Sheila Cook serving. The question was asked, "What did you enjoy or learn during your time as President of Extension Homemakers?" Most women indicated it was very much of a learning experience and now knew more about how Extension Homemakers was not just a local affiliation, but a State and National organization. Everyone appreciated the assistance that Mary Ann Lienhart Cross gave to them while President. Many were fortunate to get to know many other women in the county and appreciated being involved in many ways. It was suggested that we should encourage our members to get involved in County Committees, as they will learn a lot by serving on a committee. It was a good morning enjoyed by all and the Committee of Doris Hostetler, Donna Hibschman and Maryann Zerbe appreciated their attendance and contributions to the morning.

Needlework Network Time Change

We're going to try evening meetings for Needlework Network. In May we will meet Wednesday, May 22nd from 6-8pm. In June we will meet Wednesday, June 26th from 6-8pm. Both meetings will be held in the Extension Office Kitchen.

- Jenny Huffman

Camp Elko Retreat

“You Got Rhythm”

September 9-10th, 2019

Elko Retreat is an overnight outing that includes attendees from Elkhart, Kosciusko, Marshall, and St. Joe Counties in Indiana. Come ready to have fun as you meet old friends and make new friends as you listen to various speakers cover a variety of topics and as we do fun activities. We also set aside some time for you to enjoy some quiet time for a walk and enjoy the beauty of Camp Mack area. You do not need to be a member of an Extension Homemaker club to attend. Come together with a friend or a group of friends.

Bring bedding, towels, and personal items. Also, bring a quality item/s to be auctioned off. We will also have some special mystery bags/purses (contents have a value of at least \$10) that will be auctioned off. The proceeds from the auction help keep the cost of the retreat reasonable and help to cover the cost of the entertainment and donations to Camp Mack and several other groups as determined by attendees.

The retreat will be held September 9-10th at Sarah Major Lodge at Camp Mack on Waubee Lake (114 East Camp Mack Road, Milford, IN 46542). Monday, September 9th will begin with registration and light refreshments at 8:00 a.m. and conclude with a facilitated drumming circle starting at 7:30 p.m. Bring a percussion instrument, use one of ours or create your own to participate in this interactive drumming event. Tuesday, September 10th will begin with singing at 7:40 a.m. and close at 2:40 p.m.

For an Elko Retreat registration form, check with your club officers, contact the Extension Office (533-0554), or download a copy at the Purdue Extension Elkhart County office website at <https://extension.purdue.edu/elkhart> under the Elkhart County Extension Homemakers section.

Leadership Development

How to Improve Your To-Do List

Source: blog.kevineikenberry.com

You fall into one of two camps: you make to-do lists or you don't. If you are a to-do list person, what I am going to share with you today will instantly make your list more helpful and enable you to get more done. If you aren't a to-do list person, read on because this advice may change your mind.

Following are some problems with most people's to-do lists:

- **They are too big or broad.** Most people will put items on their lists that look more like projects. Have you ever looked at an item on your to-do list and been immediately overwhelmed? If the item on the list is too big, it will be hard to accomplish it.
- **They are streams of consciousness.** While a to-do list can be a memory aid; a repository for actions that we can't forget can create problems of its own. Yes, we need a way to remember what we need to accomplish, but if that is all it is, it is no wonder it becomes unmanageable.
- **They aren't clear enough.** If you are using the list to guide your activities during the day, you should be able to read them and know what needs to occur. If you have ever looked an item on your list then had to think through what it meant you have experienced this problem.



The Solution

To make your to-do list as helpful as possible, the items on the list must be action focused. When you turn every item on your list into an action with a clear outcome, you will be focused and better able to get it done. How do you do that? First, let's look at items on a typical list:

- Article
- Project A

These may trigger our memory, but aren't very actionable or clear. Instead, let's write them as outcomes to be achieved. Specifically, write them in a noun verb, past tense format. Here are some examples:

- Budget reviewed
- Article written
- Project plan updated

This makes them all bite-sized, clear, and actionable. It also makes it completely clear when you can get the satisfaction of crossing the item off your list.

Food and Nutrition

Questions To Ask Before Taking Vitamin and Mineral Supplements

Source: nutrition.gov

Are you considering taking vitamin or mineral supplements? Do you think you need them? Or that they “can’t hurt” so you may as well take them?

Do I really need them?

First and foremost, nutritional needs should be met by eating a variety of foods as outlined in the Dietary Guidelines for Americans. In some cases, vitamin/mineral supplements or fortified foods may be useful for providing nutrients that may otherwise be eaten in less than recommended amounts. If you are already eating the recommended amount of a nutrient, you may not get any further health benefit from taking a supplement. If some cases, supplements and fortified foods may actually cause you to exceed safe levels of intake of nutrients.

The Dietary Guidelines for Americans makes these recommendations for certain groups of people:

- People over age 50 should consume vitamin B12 in its crystalline form, that is, from fortified foods (like some fortified breakfast cereals) or as a supplement. (Note that older adults often have a reduced ability to absorb vitamin B12 from foods. However, crystalline vitamin B12, the type of vitamin B12 used in supplements and in fortified foods, is much more easily absorbed.)
- Women of childbearing age who may become pregnant and adolescent females should eat foods that are a source of heme-iron (such as meats) and/or they should eat iron-rich plant foods (like cooked dry beans or spinach) or iron-fortified foods (like fortified cereals) along with a source of vitamin C.
- Older adults, people with dark skin, and people who get insufficient exposure to sunlight should consume extra vitamin D from vitamin D-fortified foods and/or supplements.

You and your doctor should work together to determine if a vitamin/mineral supplement is right for you.



Family Resource Management

Preparing Your Finances for Times of Disaster

Source: extension.org

If you think your household finances are invulnerable to disaster, think again. Just one flood, fire, earthquake, or tornado can wipe out a lifetime of savings. Make it a priority to secure your finances from unexpected events of nature. Below are steps everyone can and should take to protect their homes and finances.

Get The Right Insurance: Review your insurance policies and find out what they do and do not cover. Learn the difference between replacement cost coverage versus standard coverage, which only pays the actual cash value of insured property. Be sure that you have enough insurance to cover recent home renovations or improvements. Know that most homeowners insurance policies do not cover flood damage, so be sure to consider flood insurance for both your structure and its contents.

Inventory Your Household Possessions: For insurance purposes, be sure to keep a written and visual (videotaped or photographed) record of all major household items and valuables. Create files that include serial numbers and store receipts for major appliances and electronics. These documents are critically important when filing insurance claims.

Protect Important Financial Documents:

Store copies of irreplaceable financial and family documents in a safe place, preferably one that is protected from both fire and water. Documents include auto titles, tax records, stock and bond certificates, deeds, wills, birth and marriage certificates, insurance policies, etc. Keep originals in a rented safe deposit box.



Keep “Emergency Fund” Cash or Savings Account: In case of an emergency or sudden evacuation, be sure to keep enough cash or traveler’s checks in a safe place and one that can be quickly accessed as ATMs may not be available in the event of a disaster.

Human Development

Coping with Stress

Source: extension.org

Unexpected income changes are among the most stressful events a person can experience. Unemployment, a disaster, divorce, or the death of someone you love can be personally devastating and can trigger the same reactions.

Personal Crises are Stressful

In a personal crisis, you may feel tense and angry. You may have mood swings and find yourself lashing out at others. Feelings of frustration can lead to family arguments. You may feel depressed and discouraged. These feelings may be normal and common. Other family members usually share some or all of your emotions, either directly or indirectly. Allow yourself and other family members to express feelings. Do not talk about "snapping out of it." This denies the seriousness of someone's feelings.

A personal crisis may force you to make rapid changes in your life. It can disrupt your habits and normal routines and give you too much or not enough free time. Maintain your daily routines as much as you possibly can. Try to fill your time in satisfying and rewarding ways. Unemployment may mean you can spend time with your children, spouse or other family members; work on household projects that you have not had time to do; or read up on a topic you have wanted to learn more about.

Every member of the family feels stress during tough times. It is vital that you support and communicate with one another. Some roles and responsibilities may need to be changed until the crisis is over. Be flexible and willing to try new things. Studies show families who meet challenges head on are the most likely to successfully cope with crises. Change can be difficult, but all family members need to pull together during a crisis.

Take Care of Yourself

In order to better cope with stress, keep your body healthy. Eat balanced meals, get enough sleep, and exercise regularly. One approach to

coping with stress overload is to take a break from the stressful situation. Here are some suggestions:

- Watch a movie.
 - Spend time on yourself - take a long bath or shower.
 - Listen to music.
 - Work in the yard or garden.
 - Work on your favorite hobby, or start a new one.
 - Take a walk, jog, dance, or participate in some other physical activity such as relaxation exercises.

Easy Relaxation Techniques

- Deep Breathing—Sit or lie comfortably in a relaxed position. As you slowly breathe in, let your stomach expand. Think of it as a balloon filling with air. As you exhale, let the air out slowly.
 - Slower Respiration Rate—Slow down your breathing rate by seeing how few times you can breathe each 60 seconds.
 - Massage—Massage the back of your neck, concentrating on the part that feels tense. Cup your thumbs at the front of your neck and massage on both sides of your spinal column, letting your head fall limply back against your rotating fingers. Use your fingers to massage around your hairline and under your jaws and your cheekbones.
 - Mental Vacation—Enjoy the pleasures of a vacation through your imagination. First, close your eyes and think of some place where you would like to be. Then go there in your mind's eye. You may go alone or you might imagine being with someone.

When To Get Professional Help

The following symptoms indicate a need for outside help: feeling depressed, changes in sleep patterns, feeling guilty, and misusing drugs.

Your Stress Symptoms

A few symptoms of stress are headaches, dizziness, dry mouth/throat, heart beats faster, loss of appetite, heartburn, upset stomach, diarrhea, and backaches.



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