



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



May/June 2021

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Letter From Your President

Dear Extension Homemakers,

May is here and soon comes summer with all the busyness that comes with it. I want to thank the Achievement Night committee for all the work they did in planning that event. I think things went well.

We have a lot of things going on in the next couple of months. Getting ready for the Fair is a big one. The Home & Family Arts committee has been working hard to ensure we have a memorable fair. Some new contests have been added as some old ones needed to be dropped for this year. Look in your Open Class Fair booklet to see the new ones and their rules. I hope we all will do our part to bring items to be judged and displayed. We also need craft demonstrators and hostesses. Keep in mind cookbooks will be on sale. We still have a lot to sell.

We are needing more people to be on some committees for next year: Achievement Night, Fashion Show, Fall Holiday Program, Cultural Arts/Heritage Skills, and Membership. If you are interested in one of these committees, please call Brenda Mestach at 574-612-2449 or myself. If you want your organization to keep going, we need volunteers.

Some dates to remember:

- Quilt Garden planting—May 20th, 9:30am, The more help, the quicker we get done
- Club Dues due June 1st to Jan Ganger
- Officer's Training— June 17th, HFA Building, Time to be determined
- County Committee Training is June 24th, 7:00pm, HFA Building
- Elkhart County 4-H Fair— June 23rd-31st

I plan on going to State Conference from June 1-3. If anyone would like to go, let me know. Your registration needs to be in now.

As my year is coming to a close, I want to thank my Board and Jenn Fink for helping me through this year. It has been an honor to be your County President. Thanks for the opportunity and don't be afraid to say "yes" to being on the board when asked. Everyone helps out.

Kathy Stoltzfus
574-875-6914



Mark Your Calendars

May 2021

- 1 **Past County Presidents' Brunch**—Cancelled
- 3 **County Officer Board Meeting**—4:30 pm, Ext. Office
- 11 **VCS Sewing Day**— 9 am-3 pm, HFA Bldg.
- 31 **Memorial Day**—Office Closed

June 2021

- 1 **Club Dues to County Treasurer**
- 1-3 **Home & Family Conference**—Plainfield, Indiana
- 7 **County Officer Board Meeting**—4:30 pm, Ext. Office
- 17 **Officer's Training**— Time TBD, HFA Bldg.
- 24 **County Committee Chair Training**—7 pm, HFA Bldg.

Looking ahead...

- July 12 **Clean Building**, 8am until finished, HFA Bldg.
- July 15 **Fashion Show Judging**—7 pm, HFA Bldg.
- July 19 **HFA General Entries Check-in**—11 am-7 pm, HFA Bldg.
- July 22 **HFA Baking and Cake Decorating Entries Check-in** - 7:30-11 am, HFA Bldg.
- July 22 **Open House and Fashion Show**— 7:30 pm, HFA Bldg.
- July 23— **Elkhart County 4-H Fair** "Honor the Past. Celebrate the Present. Embrace the Future."
- July 31
- Aug. 1-2 **Home & Family Arts Exhibit Release**

Happy Birthday!

May— Katie Case, Sandra Cook, Barbara Fougerousse, Jenny Huffman, Ruth Hupp, Peggy Johnson, Donna Moser, Jeanne Raska, Rae Rolston, Alesia Stees, Mary Lou Stine, Mabel Wortinger

June— Joellen Allison, Kathleen Alonzo, Evelyn Buss, Jane Detweiler, Marelda Doss, Sandy Farrell, Susan Garberick, Deb George, Barbara Griffith, Mary Herschberger, Donna Hibschan, Kristine Hochstetler, Karen Honderich, Janet Little, Teresa Mack, Jeannine Martin, Ramona Prough, Georgi Rhodes, Angie Saunders, Julie Schrock, Lisa Stephens, Jennifer Tingle, Karen Trospen, Janet Yoder

Extension Homemaker News

Fair-time Thoughts

July 23—July 31, 2021

- **Educational Booth**— If you have an idea for a booth, get with your club members and reserve your spot!
- **Hostessing and Craft & Needlework Demonstrations**—We need volunteers to help greet visitors and answer questions. We also need your crafting/needlework skills for demonstrations.
- To schedule a time for Hostessing or Craft & Needlework Demonstrations, call or email the office at: 533-0554 or fink24@purdue.edu

Hostessing Schedule

Two hostesses per time slot. Times are as follows:

- Opening shift (arrive 8:45 am) from 9am—11am
- 11:00 am to 1:00 pm
- 1:00 pm to 3:00 pm
- 3:00 pm to 5:00 pm
- 5:00 pm to 7:00 pm
- Closing shift from 7:00 pm to 9:00 pm

Craft & Needlework Demonstration Schedule

Demonstrators are encouraged to participate in both shifts per day. Dates and times are as follows: Friday, July 23 through Saturday, July 31 each day from 1 to 3pm and 4 to 6pm

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.

- **Monday, July 12** Cleaning the building 8 a.m. until finished (bring buckets, rags, cleaners) The more volunteers the less time this takes.
- **Thursday, July 15:** Fashion Show Judging 7 p.m. Help is needed to set up tables after the show for check-in day.
- **Monday, July 19:** Check-in Day 11 a.m. to 7 p.m.
- **Tuesday, July 20:** Judging Day 9 a.m. Help needed to run items to judges' tables and set up displays.
- **Thursday, July 22:** 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, August 1:** Check-out Day 1, 2 to 5 p.m. Help needed to run items to tables for pick up
- **Monday, August 2:** Check-out Day 2, Noon to 5 p.m. Again help needed.

Quilt Gardens

Your Extension Homemaker organization works with the Michiana Master Gardeners to plant and maintain the garden on the fairgrounds. Planting day will be **Thursday, May 20th at 9:30am**. Volunteers are needed to help assist with planting, unpotting plants, etc. If it is rainy, call the office before you come out in case of a planting cancellation. The Ext. 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. We are responsible for the 2nd and 4th weeks from June through September. The days can vary but we need to make sure one of the visits is Thursday or Friday so it 's nice for the week-end and the other is earlier in the week. To sign up to help, maintain the garden, contact the Ext. office at 533-0554 or fink24@purdue.edu

Four Seasons Trip to Frederick Meijer Gardens & Sculpture Park

For a wonderful outdoor experience, visit the Frederick Meijer Gardens and Sculpture Park in Grand Rapids, Michigan. Recently, members and guests of the Four Seasons Club enjoyed this experience. The park is on 158 acres of beautiful gardens and art. All tickets are purchased on-site at various price-points. The staff is helpful in organizing group visits. Your membership at the Wellfield Gardens in Elkhart provides free admission. The picturesque pathways connect the sculpture and specialty gardens. There is a shade garden, Japanese garden, 1880's Michigan Farmstead with a 1930's farm garden, and interactive children's garden to name a few. There are yearly plant shows, concerts, and other special events.

During the recent visit, the annual spring butterfly exhibit in the Tropical Conservatory was concluding, featuring 7,000 butterflies flying freely. October features a special chrysanthemum display. The cafe provides a variety of cold sandwiches and hot entrees. A picnic area is also available for families and groups. Check the website for the current health protocols. If you decide to spend additional time in Grand Rapids, visit the Gerald R. Ford Presidential Library and Museum and the Grand Rapids Children's Museum. The downtown walkway along the river near the convention center is a lovely stroll. There are also shopping, dining, and lodging choices available.



Health & Human Sciences (HHS) Monthly Program Flyer

The Extension Office provides numerous educational programs to our community. Program flyers are created on a monthly basis to help promote these programs. Many of you have probably received the flyers via email, seen them online, or viewed them on our Facebook posts. We love getting the word out about our upcoming programs! We encourage you to share these opportunities with your family, friends, and neighbors!

If you have not received the monthly flyers via email and would like to, please email fink24@purdue.edu and we will get those to you. If you would like to receive the flyers via postal mail (and are currently not), please email Jenn or call 574-533-0554. Below is a brief snapshot of our two programs coming up in May. RSVP to the Ext. Office.

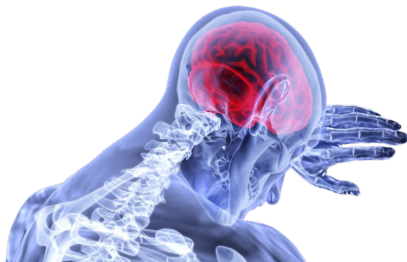
Health Benefits of Gardening

As spring arrives, many people are using their time to start gardening. In the case of a vegetable garden, a rich harvest may bring more than just dinner! Gardening is also good for your body and mind. Learn about the mental and physical health benefits of gardening. "Dig in" with us on May 19th at 1:00pm or 6:00pm (in-person).



Spot a Stroke FAST

Someone in the United States has a stroke every 40 seconds while every 4 minutes someone dies of a stroke. Learn about types of strokes, identifying symptoms, prevention, and how a stroke affects you. Offered in-person May 27th at 1:00pm and again at 6:00pm. It will also be offered virtually via Zoom on May 28th at 10:00am.



Human Development Reconnecting with Gratitude *National Council on Aging*

When John Donne wrote that "no man is an island," he recognized that our lives do not happen in isolation. Human connections are vital; people do poorly when they are isolated from one another as current research shows. Nearly every aspect of our lives—from the mundane (like buying groceries) to the more profound (like attending a wedding)—relies on an interconnected web of individuals. And the experiences that we have interacting with others leave an imprint on our lives that shapes who we are.

Yet, over the past year, many people have lived in isolation or semi-isolation due to the COVID-19 pandemic. It's been challenging to connect with one another in meaningful ways. And while we've all gotten creative about finding ways to stay in touch, from talking to one another through windows to having video conversations, there is no substitute for direct human interaction. Pandemic fatigue is real, as outlined by the Greater Good Science Center, and pandemic fatigue has caused some individuals who were already isolated to withdraw more from society. Even with vaccine availability opening the door to more "normal" interactions, many are struggling with how to reconnect after a year of so many challenges and changes.

We think that gratitude offers a way to reconnect with our family, with our friends, and with our communities. Why gratitude? For one thing, being grateful for another person automatically means remembering that we are social beings and that we need each other. It reconnects us instantly to one another and to the world around us.

Practicing gratitude also helps us notice and appreciate not only the things that are going well in our lives, but also develop better attitudes about the negative things, potentially changing those negatives to positives. And this past year has had its share of negatives with so many suffering losses such as the loss of work or steady income to the loss of loved ones. Our lives have been profoundly changed. Gratitude cannot repair every loss, of course, but it can help us connect with others who have experienced similar losses.



With age, we experience losses and everyday annoyances that can frustrate us or make us sad, angry, or even resentful. When things are going well in our lives, it can be relatively easy to express gratitude on a daily basis. Gratitude

truly does come naturally, whether we express it outwardly or not. However, when things are not going so well, expressing gratitude can become more of a challenge. Adopting an attitude of gratitude means tackling the negative things and challenging ourselves to find ways to be grateful for them.

Feeling and expressing gratitude does not just make us smile inside; it also has a positive impact on our health. When people have higher levels of gratitude, they tend to be more socially connected, better able to handle stress, have lower levels of depression, better sleep quality, and stronger biomarkers such as higher rates of good cholesterol. All of these positives could help counteract the dangerous effects of loneliness, especially the loneliness that so many experienced during the pandemic.

The best way to practice gratitude over time is to build it into your routine as a habit, much the same way that you make brushing your teeth a daily habit. NCOA's Aging Mastery encourages the daily practice of gratitude. Here are a few tips to both make gratitude a daily habit and to use gratitude as a way to reconnect with others:

- Write thank-you notes to people who have made a difference in your life. The words thanks and think are directly related. When you thank someone, you are truly thinking of them.
- Make a small gift for someone who has helped you out, whether it was recently or several years back. It's never too late to show gratitude.
- Do a random act of kindness for someone you don't know.
- Acknowledge the work of a colleague or a fellow volunteer.
- Offer to help with a task that you know your friend, family member, neighbor, etc., does not like doing.
- Donate your time to an organization you are thankful for and use that time to reconnect with others in your community.
- Take a photo of something that makes you smile and send the photo to your loved ones explaining why the object makes you feel grateful. Ask them to share a photo with you of something that makes them feel grateful.
- Similarly, share a positive or interesting news item with your loved ones explaining why the news item makes you feel grateful. Ask them to share positive news items with you that make them feel grateful.



Practicing gratitude in small ways reaps dividends over time. Gratitude grounds us in life and helps us be mindful of our place in the world and our connections to others. If you are feeling pandemic fatigue or struggling to find your way back to social activity right now, try using gratitude as a way to reconnect with others.

Family Resource Management

How to Save Time and Money Food Shopping

Consumer Reports

Whether you're venturing into grocery aisles at last, never stopped shopping in-store, or added delivery and curbside pick-up to your modes of shopping, it's always wise to economize. Pick a few of these money-saving tips and tricks to try in the coming weeks to shave dollars off your bill.

- Plan, plan, plan. Planning well to minimize your trips to the store can keep you safer, save you time, and reduce your impulse purchases.
- Use the calculator on your phone. Unit price shelf stickers under each product can help you better compare prices of like items. But if the store doesn't have the stickers, use your smartphone's calculator. Divide the price by the number of units in each package you're comparing. You can often do the same calculation from home when checking a store's offerings online, saving you time in the aisles.
- Go with store brands. The cost of store-brand foods is at least 20 to 25 percent lower than the cost of name brands of the same product.
- Shop at quiet times. Type a specific store location into Google's search and you'll get a "Plan your visit" box in the company profile that lays out the busiest and slowest times for every day of the week so that you can see exactly when the store will be the least crowded.
- Review and compare store circulars in advance. You can find most circulars online. Checking the ads in advance allows you to make price comparisons, so you can plan where to shop ahead of time.
- Embrace coupons. A grocer's app may allow you to automatically access electronic coupons and sale prices.
- Do a pantry inventory. A four-person family could lose at least \$1,500 per year on wasted food, says the Natural Resources Defense Council.
- Get senior discounts. In some cases, you can be as young as 55 to qualify; in other cases, you'll need to be at least 60. The discount may be available only on certain days or on select items.
- Buy in bulk. When 10 cans of your favorite soup go on sale for \$10, it's always wise to load up. And larger packages often have lower per-unit pricing.
- Barter and share. If you buy in bulk or find yourself with more of some items that you need, consider trading with neighbors and friends.
- Do the math on grocery delivery annual memberships. If you expect to use grocery delivery on a regular basis, calculate the value of an annual membership before you sign up. Alternatively, skip the delivery altogether and opt for pickup, which is typically free. While Walmart's annual delivery fee is \$98, its pickup is free and its employees do not accept tips.



Food and Nutrition

How to Get More Vitamin D From Your Food

Cleveland Clinic

Vitamin D is an essential component of health. This hailed vitamin is most famously responsible for bone health, but some data suggests this vitamin may also play a role in protecting you from diseases such as diabetes, heart disease, certain types of cancer and even depression. Vitamin D deficiency can cause osteoporosis, osteomalacia, brittle bones and increase your risk of fractures. It can even affect your immune and nervous system. Luckily, sunlight (in moderation), supplements and food sources can help get your numbers up to where they should be. For most children and adults, about 600 IU per day is recommended, however it can range up to 4,000 IU per day depending on health needs. (Most supplements offer about 2,000 of vitamin D per pill.)

Vitamin D: Whole Foods vs. Fortified Foods

Fortified foods are meant to help boost vitamin and mineral intake. They're designed to add nutrients that don't naturally occur in the product. Sometimes iron, fiber, zinc or vitamin A is added. For instance, most milk is fortified with vitamin D and calcium is sometimes added to orange juice. Since so few foods found in nature are good sources of vitamin D, fortified foods provide most of the vitamin D found in the American diet.

Vitamin D Foods

Foods that provide vitamin D include:

- Beef liver (cooked). 3 ounces: 42 IU.
- Cereal, fortified with 10% of the daily value of vitamin D. 0.75 to 1 cup: 40 IU.
- Cod liver oil. 1 tablespoon: 1360 IU.
- Egg yolk. 1 large egg: 41 IU.
- Margarine, fortified. 1 tablespoon: 60 IU.
- Milk, fortified. 1 cup: 115-124 IU.
- Orange juice, fortified. 1 cup: 137 IU.
- Salmon (sockeye, cooked). 3 ounces: 447 IU.
- Sardines (canned in oil, drained). 2 sardines: 46 IU.
- Swiss cheese. 1 ounce: 6 IU.
- Swordfish (cooked). 3 ounces: 566 IU.
- Tuna (canned in water, drained). 3 ounces: 154 IU.
- Yogurt, fortified with 20% of the daily value of vitamin D. 6 ounces: 80 IU.

Leadership Development

A Lesson Learned at the Indiana State Fair

Kevineikenberry.com

(Archived blog article from 2006)

Though I am not a native of Indiana, I look forward to a little slice of heaven each August – the twelve days of the Indiana State Fair. My affinity for the Fair started out as a way to reconnect with my farm kidhood – a chance to see animals, smell familiar smells, and eat some great food and share those things with my kids.

My father and I have cultivated a hobby of collecting antique tractors. Seven Fairs ago, I set a goal to exhibit a tractor there in the future, and for each of the last five Fairs I have had either one or two tractors there. One of the best parts of having a tractor at the Fair is that you can participate in the parade each evening. Dad built a beautiful wagon for us to tow – so that family, friends, and neighbors can ride in the parade.



Parading slowly across the Fairgrounds with thousands of people stopping to watch is a very cool thing. In each parade I see older people smiling pointing to a tractor while talking to their spouses and/or grandkids. I know what they are saying – the smile tells the story. They worked on, rode, or knew someone that had a tractor like that. I see little kids mesmerized by the sights and sounds of the tractors, waving as enthusiastically as they can. And as the years have passed I almost always see someone I know in the crowd too.

This year's Fair was no different. I had a tractor and Dad's wagon on the grounds. My family was ready for the parade. I hitched the wagon and everyone got in. I pushed in the clutch, opened the throttle, adjusted the choke and turned the key. Nothing. It was completely dead! I unhooked the wagon and we tried some tricks learned long ago to try to start the tractor. After several tries, and the procession about to commence, I told everyone that we wouldn't be parading that night.

It is just a tractor parade, and logically I knew that, but I was still disappointed. As is always the case, obstacles or challenges provide us opportunities to learn. This evening was clearly one of those times. Instead of parading, I went through a 4-H Building with my Mom that we wouldn't have otherwise done. It was something she really enjoyed, and I enjoyed being there with her. I got to ride two rides on the Midway with Kelsey, and I got to think about disappointment. I'll never forget that night at the Fair. I had two great parades later in the Fair, but I wouldn't trade that night for anything.

Looking back, I got over my disappointment by focusing on others rather than myself. I spent more time with my Mom. I rode the rides. And I ate the best \$2.00 milkshake ever. The next time you are disappointed, focus on others and their pleasure. Put yourself in a place that you love (whether physically or mentally). Look for the lesson in the disappointment.