



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



November/December 2019

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Extension

Letter From Your President

We are in the fall and winter season. Hope you have your leaves raked. This year we received snow early.

Thank you to all who helped with the Fall Craft Day. We made some nice crafts to take home. We got to taste some great food.

The County Officers for 2020-21 are President—Kathy Stoltzfus, Vice President—Brenda Mestach, Treasurer—Georgiana Rhodes, Assistant Treasurer—Jan Ganger, and Secretary Patsy Berkey. Home and Family Directors are 2020—Deb George, 2021—Lisa Honey, and 2022—Sharol Cloud. Judy Teall will be Treasurer—2020. Mary Herschberger will be Assistant Treasurer—2020. Thank you for your willingness to use your gifts and serve.

December 10th is Volunteer Community Sewing from 9a-3p in the Home and Family Arts Building. The Extension Office Open House is the same day from 11:30a-2:00p. Come and show your support.

The holidays are a great way to use your gifts. Together we can party with friends. Have a safe holiday season.

ECEH President Fern Mast
Fairfield Homemakers

Extension Office Holiday Open House

December 10, 2019

11:30 a.m. to 2:00 p.m.

Please plan to attend! Meet the staff; enjoy light refreshments and hot cinnamon cider.

*Happy
Holidays*

Mark Your Calendars

November 2019

- 4 **County Officer Board Mtg**, 5:30 pm, Ext. Back Table
- 11 **Veteran's Day**—Office Closed
- 12 **VCS Sewing Day**, 9 am—3 pm, HFA Building
- 21 **Educational Program**—How Sweet It Is... Is Sugar Addictive?
- 28-29 **Thanksgiving**—Office Closed

December 2019

- 10 **VCS Sewing Day**, 9 am—3 pm, HFA Building
- 10 **Extension Office Open House**—11:30 am—2:00 pm
- 24-25 **Holiday**—Office Closed

Looking ahead...

- After Feb. Club Mtg. **Club Officer sheets** due in office
- Feb. 1 **Nickels for Leadership/Coins for Friendship** due—mail to County Treasurer (*see pg. 3 of yearbook*)
- Feb. 1 **Heritage Skills Registrations Due**
- Feb. 29 9 a.m. to 3 p.m.—**Heritage Skills Day**, Extension Office

New Members

Sherie Archer is a new member to York Homemakers. She has been invited to join by Phyllis Cooper. Sherie lives near Middlebury and enjoys spending time with her two boys.

Welcome **Mary Wagner** to Fairfield Homemakers. We are excited for you to join the Elkhart County Extension Homemakers!

Creative Circle has welcomed **Becky Carrington** as a new member. Becky grew up in Greencastle, Indiana and currently lives with her husband in Goshen. They have 7 children and 20 grandchildren.

Extension Homemaker News

Happy Birthday!

November— Paula Adams, Sandra Bartoe, Sherry Berry, Sharol Cloud, Judith Cook, Barbara Geiger, Ruth Anne Gray, Waneta Haarer, Carla Hamilton, Lisa Honey, Nancy Jackson, Linda Miller, Sonya Miller, Gloria Oesch, Michelle Radkey, Becky Randolph, Edna Ringler, Shirley Snyder, Sheila Taylor, Gwen Turk, Diana Weldy, Linda Weybright, Susan Williams, and Catherine Yoder.

December— Patsy Berkey, Lana Evans, Jan Fribley, Gerry Geyer, Mildred Ginger, Lisa Hernley, Doris Hostetler, Sandra Jacobs, Vivian Kaser, Helen Koller, Paula LaPlace, Mary Leach, Fern Mast, Ruth Middleton, Sharon Moore, Theo Outman, LuAnn Sassaman, Madeline Smith, Kathy Stoltzfus, and Vicky Stroman.

Thank You

Many thanks to everyone who helped make the Fall Holiday Program successful this year. The Fall Holiday Program Committee was Kimberly McCreary, Joellen Allison, Sandy Bartoe, Lucy Bontrager, Marian Hostetler, Brenda Houser, Ramona Huber, Cathy Mabie, Beth Phillips, and Linda Weybright. There are additional copies of the Fall Holiday Program booklet available for purchase at the Extension Office for \$2.

“This letter is a thank you and acknowledgement of the baby blankets your organization generously donated to CAPS. Your generosity will help the children and families of Elkhart County... On behalf of the staff and board, as well as the children and families we serve, thank you for making a difference with your community.” From Jenna VanDePutte, Development Director at CAPS (Child & Parent Services)

Heritage Skills—February 29, 2020

Please plan to come, be a part of, and invite a friend to your organization’s Heritage Skills Day. The committee has been working hard to put the classes together. Classes will be:

Full Day

- Piecing by Mary Ann Lienhart Cross

Half Day

- Beginning Knitting by Sue Martin (Morning)
- Drop Spindle Spinning by Elaine Pyle (Morning and Afternoon)

- Knitting Question & Answer Session by Sue Martin (Afternoon)
- Intermediate Crochet by Jill Cohen (Morning and Afternoon)
- Wool Applique by Judy Hunsberger (Morning and Afternoon)
- Woven Angel by Lisa Hernley (Morning and Afternoon)

Your committee that has been networking to plan these classes includes Jenny Huffman, Margaret Weybright, Joanne Holtzinger, Kimberly McCreary, Bonnie Rife, and Angie Saunders. Watch for your January/February Coffee Cup or visit the office website for more details and a registration form. Make sure to sign up promptly to reserve your spot.

President’s Council Meeting Minutes

October 17, 2019 — 7:00 pm

Submitted by Brenda Mestach

Call to order was given by President Fern Mast. Pledge of Allegiance was led by Linda Wertz, York. Deb Sheets of Creative Circle led us in the Club Creed. Positive Thought was given by Alice Moy, Busy Homemakers. Roll call was given by Secretary Brenda Mestach. Each club was asked to give an idea of how we could grow our organization. Kathy Stoltzfus recorded responses. Only 4 clubs were not represented. Brenda Mestach asked if members had read the minutes. Sharol Cloud made a motion to accept the minutes as they were in the Coffee Cup newsletter. Beth Phillips seconded the motion and the council unanimously accepted them.

Jan Ganger, County Treasurer, gave the report from the books. There is a balance of \$7,550.00 in our checking account. For the Home & Family Arts Treasurer’s Report, Sharon Lemmon turned in a report that there is an ending balance of \$168.81 in checking and \$17,043.89 in savings.

Committees

Achievement Night: Sharol Cloud reported that the committee will be meeting October 28th at 1:00pm at the office for the first planning meeting for Achievement Night in April.

Auditing & Budgeting: No report

Award-Winning Cookbook: Opportunities to sell.

Cultural Arts: No report except the committee has revamped the categories: Quilting (for a bed), Needlework, Knitting/Crocheting, Crafts/Misc. (small quilts such as table runners, wall hangings, and general crafts), 2020 Special Project—Aprons. Each county can enter two items: one item in the special

category (aprons) and one in all the other categories combined. There will be a winner in each category and then a winner selected from all of them.

Elko Retreat: Sharol Cloud, Homemakers of Today, reported for Jill Cohen of Homemakers of Today. The drumming was a huge hit as well as relaxing for all. Those who attended were quite enthused.

Fall Holiday Program: Kimberly McCreary, Modern Homemakers, gave this report. The Fall Holiday Program was held on Oct. 12 from 9-11am. It was a brisk day with a good turn out. We had 30 paid attendees; many were faces I remembered seeing from prior years. Our end-of-program meeting is tentatively scheduled for Oct. 29 at 4:30PM. Expenses will be turned in at that time to finalize our finances. Thank you to all the volunteers who helped with set-up, program details, and tear-down. We had a good selection of crafts and really good food.

Fashion Show: No report

Heritage Skills: Jenny Huffman, Busy Homemakers reported that the committee met on Oct. 15. We have 8 potential classes. We are repeating the woven basket angel in case you missed it in 2018. Intermediate crochet will be a crocheted market bag. Beginning knitting will be a circle mug mat in the morning and a Q&A session in the afternoon. We'll have a drop needle spinning class and a wool embroidery class. There will also be a fabric piecing class. Registrations will be sent out the first week of January. Please be sure to respond promptly as instructors need to get supplies ready.

Home & Family Arts: Deb George, Progressive Homemakers, had no report as the committee hasn't met. Elkhart County 4-H Fair—July 24-August 1, 2020. Theme: "Honor the Past. Celebrate the Present. Embrace the Future"

Home & Family Arts Fundraising: Judy Eldridge and Katie Case had no report.

Leadership & Membership: Lisa Honey of Clinton Clique shared we need more members. No report, however Mary Ann Lienhart Cross told of an idea the committee came up with which is to have a Wine and Cheese Tasting Evening. It would be an educational program and would feature local wineries. The proposed date is November 4th. Mary Ann said she would like the Council's thoughts about this before moving forward. Linda Weltz made a motion that the committee should move forward. Sharol Cloud seconded the motion. The vote was not unanimous, but the motion did pass. Note: There has been some new developments since our meeting. Please watch for further information.

Nominating: Janet Ryman (Chair), Jan Ganger, Shirley Hershberger, and Kathy Stoltzfus reported. Two meetings were held on August 26 and September 24 at the Extension Office. There were phone calls and messages used with the committee members. There is a need for a Vice President, Secretary, Assistant Treasurer, and a Director and Assistant Treasurer for Home & Family Arts. The

slate of officers for 2020-21 includes: Brenda Mestach accepted the call to be Vice President. Patsy Berkey will serve as Secretary. Jan Ganger will serve as Assistant Treasurer for the board. Sharol Cloud will serve as Assistant Director 2021/Director 2022 and Mary Herschberger will serve as Assistant Treasurer 2020/Treasurer 2021 for Home & Family Arts. My heartfelt thank you to those who said yes and those who were contacted and said maybe next year! Alice Moy made the motion to accept the ballot as presented. Linda Weltz seconded the motion and the vote was unanimous to accept it.

Volunteer Community Sewing: Jenny Huffman, Busy Homemakers, reported for Kris Peterson. In September and October we continued making twin size comforters for local shelters. Granger Community Church knotted two of them. On Columbus Day, we were blessed with 20 volunteers from First State Bank who knotted all 46 comforters and helped pin, sew and knot 22 more baby items including receiving and lap blankets. The baby blankets will go to CAPS and the lap blankets will go to Ribbons of Hope. Crochets and knitted baby hats will go to local hospitals. In a continual process, if you have a seamstress or two in your club or have family and friends that would like help out, we always have quilt tops and backs that can be made. The instructions are basic. Use the fabric provided to make a quilt top and back only. You do not need to put it together in 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've love to have these items created by the end of August so they can be assembled into comforters during VCS Sewing Days. We suggest 1/4 inch seams. If there is a piece of fabric you don't like, don't use it. If you want to add something, feel free! If we have any suggestions, they're on a note inside. Please contact Kris Peterson (574-238-2065). Additionally, there are skeins of yarn in the Extension Office foyer and HFA building that can be used to make Shawls of Compassion, baby hats, or any other charitable yarn project. Tuesday, November 12 is our next VCS day. We will be making fleece mittens and hats for local shelters/day care centers and schools. We need people to trace patterns with a marker. We always need sewers and fabric cutters. Come when you can from 9-3 (includes a free delicious lunch!)

Yearbook: Evelyn Buss, Clinton Clique, called to say they would be meeting after the first of the year.

Program by Mary Ann Lienhart Cross—"Curb Your Urge to Splurge During the Holidays". She gave 2 steps to get ready for the holiday: decide what's important and make a plan for your time, energy and money.

Old Business: None

New Business:

Club to Club—Kathy Stoltzfus, Creative Circle, explained that this is to get people together and interact with one another.

County Officers Visiting Clubs—Please ask them.

Dates:

February 29, 2020—Heritage Skills Day

March 25, 2020—Spring Michigan City District Meeting

April 21, 2020—Achievement Night

June 1-3, 2020—Home & Family Conference, Plainfield

Future Council Meetings:

February 13, 2020—Bring paper goods

March 26, 2020—Bring personal care items

Seeking New Members

The roll call question in our last Council Meeting on October 17 was “what ideas do you have to help increase membership?” Here are the responses we received:

- Keep things open to the public
- Keep publicizing and inviting friends
- Get the word out about our organization
- Emphasize Extension Homemakers at the fair
- Make announcements that our classes are open to the public
- A club could suggest they would pay for the first year to join
- Give a presentation at the Career Center
- Invite your daughter or daughters-in-law
- Offer to pick up 1st timers for your meetings
- Emphasize that they do not need to be at EVERY meeting

As your county board, we always welcome your thoughts and ideas on how we can improve our organization, including membership. Please feel free to contact any one of us with your suggestions or any concern you have. Thank you for your participation in helping your Elkhart County Extension Homemakers organization continue to grow and serve our community.

Brenda Mestach, County Secretary



Our Visit to Goodwill Industries of Michiana, Inc.

Submitted by Vickie Gortney, President of Four Seasons Club

Many of us have either donated items or shopped at our local Goodwill store, but Goodwill Industries of Michiana, Inc. is so much more than just stores. This is what the Four Seasons Extension Homemakers discovered when we toured the South Bend, Indiana facility. In 1902, Rev. Edgar J. Helms (a minister with the Morgan Methodist Chapel) wanted to help the Boston, Massachusetts community. His congregation collected used household goods and clothing. They trained and hired unemployed or impoverished individuals to mend or repair items. Helms described Goodwill as an “industrial program, as well as a social service enterprise.” There are currently over 158 Goodwill organizations across the United States, Canada and 12 other countries. Each of these organizations have helped individuals find jobs, support for their families and also helped individuals feel the satisfaction that comes from working.

Goodwill organizations assist people through a variety of employment placement services, job training programs and other community based services. A few of these include:

- **Excel Center for Adults** to help adults earn their high school diploma.
- **Inspired Reads** for teachers to receive book giveaways and lending libraries in local neighborhoods.
- **Nurse-Family Partnership** for women who are pregnant with their first baby.
- **Paid On-the-job Training** to hone skills for the business community, The end goal resulting in the individual being hired in the local community.
- **Tech Step** bridges the gap between manufacturing skills and businesses that are seeking qualified team members.
- Goodwill Rocks produces beautiful one-of-a-kind items from recycled granite. Approximately 30% of a slab of granite used to make countertops typically ends up in landfills.

In 2018, local Goodwill organizations diverted over 4 billion pounds of usable goods from landfills. Goodwill also gives 88 cents of every dollar earned back to their mission. You might ask “what is Goodwill’s mission?” Goodwill’s mission is to strengthen the community by empowering individuals and families through education, training and job placement. Goodwill believes in the power of work. Contact Goodwill’s advancement team (574-472-7300, PR@goodwill-ni.org or www.facebook.com/GoodwillNI) or attend the 1-hour “More than a Store” tour to get a closer look at how their programs work. Well, what are you waiting for? Plan a tour for your group. You will be glad you did!

Leadership Development

Communicating Unpopular Decisions

KevinEikenberry.com

Communicating unpopular decisions is a task that all leaders will tackle at some point in their career. In a recent workshop, I was asked for tips to do this with greater confidence and skill. I wanted to share my answer here so you could benefit also.

I have six ideas to help you prepare for and deliver these potentially unpopular or negative messages.

Don't wait—Once the decision has been made, share it with others; even if it is unpleasant news. Procrastination won't make the news any better, and the longer you wait the more anxiety will grow and perhaps gossip will begin. Once there is gossip around the situation, your communication job gets even harder. Once you have a decision and needed information, rip off the band-aid and share the decision.

See their position—Yes, you have a decision to deliver, but you will be more successful in delivering it if you understand the position, perspective and concerns of your audience first. Think about what you think they will be thinking, anticipate their concerns and worries and address them as best you can in your communication. You won't know all their concerns, but the more you address those you do recognize upfront, the easier and more effective your communication will be.

Be clear—Describe the bad decision clearly. Be careful not to vacillate or leave openings for possible changes that don't exist. Describe the decision, what it means and what the next steps are. You don't need to be blunt (and if you have worked to understand their position you likely won't be), but you owe it to people to be clear on the decision, even if it is unpopular and unpleasant.

Acknowledge resistance—You already know this will be one of those unpopular decisions, so you know there will be resistance. Most people don't want to deal with or acknowledge the resistance, which is a bad idea. Just like the pressure builds in a can of soda when you shake it; if you don't acknowledge the resistance to the decision or change, the resistance will continue to build. You don't have to have all the answers or agree with the resistance to give people a chance to share it. Some of the energy that the resistance creates will be reduced simply by allowing it to surface and be shared.

Make it a true conversation—Too often unpopular decisions are announced in an email, or quick announcement, without the chance for people to ask questions and respond. The best way to help people understand the decision (and to use the advice above) is to create a real conversation. That doesn't mean sharing the decision and then simply asking for questions; it means creating time and space and encouraging questions and conversation.



Talk about the future—When you help people see the future, you may help them move past the unpopular decision and see the value in the future after that decision. This isn't a magic pill or a guarantee, but as you help people see the future, they will begin to move towards it, getting past the decision itself.

These actions likely won't transform an unpopular decision into a joyful one – but they will help you and your group move past the decision to a future that can be more successful.

Human Development

Tips for Caregivers During the Holidays

AARP

For some family caregivers, the holidays can be a joyful time when spirits are lighter. It feels good to care for loved ones and enjoy time together, celebrating with family traditions. But for many the holidays also bring added stress — an already busy caregiver finds there's even more to do during the holidays. Here are some tips to help you make it through the holiday season with more joy and less stress.

Focus on what is most meaningful—As much as we'd like to create the perfect holiday experience, remember that perfection is not the goal of the holidays — meaning and joy are. There are many factors we can't control when it comes to our loved ones' health and abilities, so adjust your view of a successful holiday. Talk about prioritizing the holiday activities that hold the deepest meaning.

Simplify your holiday activities—

If going all out for the holidays will push you over the edge this year, remember that it doesn't have to be all or nothing. If you can't put out all of your decorations, choose a few items that are most significant. If going to all religious services feels like too much, choose one service that means the most.



Start new traditions—Instead of focusing on losses and what you and/or your loved ones aren't able to do this year, try doing something new. If your care recipient has trouble getting around, drive through a holiday light display or watch a holiday concert on TV. If you can't make it to a holiday gathering, have a video chat.

Adjust meals—Food is a big part of many holidays, so it's especially difficult to think about changing mealtime traditions. Simplify the menu. Split up the grocery shopping and cooking among other family members and guests. There's nothing wrong with a potluck. Purchase all or part of meals at a local grocery store or restaurant. Eat at some-

one else's home, or at a restaurant.

Approach gift-giving more efficiently—Gift-giving is a part of many traditions, but it can be costly and time-consuming. Try shopping online (many online stores will also gift-wrap). You might ask a friend or relative to do your shopping and wrapping for you. You can always fall back on gift cards, too. Family caregivers are often financially stressed, so it might be necessary to lower your gift-giving budget this year and scale back the number of presents. Try giving the gift of time or attention.

Anticipate holiday hot buttons—Are there holiday activities or toxic relatives that trigger stress or unhappy memories? Perhaps feelings of grief or loss overcome you at certain times of day. Do unhelpful relatives arrive for the holidays and criticize your caregiving? Maybe old family issues inevitably flare up at gatherings. It may be best to limit your exposure to — or even avoid — certain places, events, conversations or people. If you can't do that, prepare yourself. Minimize the drama; don't try to resolve problems over the holidays. Instead, try short encounters and develop quick exit strategies. Mentally put yourself in a protective bubble, letting negative energy bounce off without hurting, annoying or distressing you.

Mind your mindset—Negative thinking actually activates your body's stress response, so steer your mind to the positives when you start down that slippery slope. Try to stay mindful, concentrating on the present moment. Think about what you can accomplish instead of what isn't getting done; celebrate what your loved ones can do, rather than dwelling on what they can no longer participate in.

Keep self-care at the top of the list—As caregivers, we give and give and give, and during the holidays we give even more. All that giving can leave you running on empty, with high stress levels or even full-on burnout. Be aware of emotional ups and downs, fatigue, foggy thinking, inability to sit still or the opposite — feeling frozen and unable to get anything done. These red flags have to be dealt with, but when we're busy it's easy to let self-care slip — just when we need it most. Find ways to fill your tank. Get plenty of sleep. Walk with loved ones in a decorated shopping mall, dance to holiday music, stretch or do jumping jacks while watching holiday movies. Enjoy holiday goodies, but be aware that too many sugary treats can make your energy crash later. Be aware of unhealthy coping skills, like overeating or drinking too much. Get outside for some mood-elevating vitamin D from sunlight, or consider therapeutic lighting if you suffer from Seasonal Affective Disorder. Relax with some holiday-scented aromatherapy to soothe and boost your mood.

Food and Nutrition

How to Make Your Holiday Traditions Healthy *American Heart Association*

The holiday season is about family and food – and all too often, adding a few extra pounds to our waistlines. Try these smart substitutions for your favorite holiday meals.

Baking

- Instead of butter, substitute equal parts cinnamon-flavored, no-sugar-added applesauce.
- Instead of sugar, use a lower-calorie sugar substitute.
- Instead of whole or heavy cream, substitute low-fat or skim milk.
- Instead of using only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

Cooking

- Use vegetable oils such as olive oil instead of butter.
- Use herbs and spices, like rosemary and cloves, to flavor dishes instead of butter and salt.
- Use whole-grain breads and pastas instead of white.
- Bake, grill or steam vegetables instead of frying.
- Instead of whole milk or heavy cream, substitute low-fat or fat-free/skim milk.

Beverages

- Instead of alcohol in mixed drinks, use club soda.
- Instead of adding sugar to mixed drinks, mix 100-percent juice with water or use freshly squeezed juice, like lime.
- Instead of using heavy cream or whole milk in dairy-based drinks, use low-fat or skim milk.
- Instead of using sugar to sweeten cider, use spices and fruit, like cinnamon, cloves and cranberries.

Family Resource Management

Holiday Scams *AARP*

The holiday season brings the blessings of gift-giving, good cheer and time with family and friends. It also brings plenty of opportunities for cybercrooks to spoil your celebrations. A few scams are specific to the holidays, but most are variations on everyday frauds, ramped up to match seasonal spikes in spending and web traffic. With a little preparation and vigilance, you can lessen your chances of being victimized.

- **Charity scams:** Thirty percent of giving to nonprofits is done from #GivingTuesday (the Tuesday after Thanksgiving) through New Year's Eve, fundraising software company Network for Good reports. That means more scam charities exploiting Americans' goodwill via fake websites and pushy telemarketers.
- **Delivery scams:** As holiday packages crisscross the country, scammers send out phishing emails disguised as UPS, FedEx or U.S. Postal Service notifications of incoming or missed deliveries. Links lead to phony sign-in pages asking for personal information, or to sites infested with malware.
- **Travel scams:** Going home for the holidays carries risks other than family feuding. Spoof booking sites and email offers proliferate, with travel deals that look too good to be true and probably are.
- **Letter from Santa scams:** A custom letter from the jolly old elf makes a holiday treat for the little ones on your list, and many legitimate businesses offer them. But so do many scammers looking to scavenge personal information about you or, worse, your kids or grandkids, who may not learn until many years later that their identity was stolen and their credit compromised.





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