



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



November/December 2020

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Letter from your County President

Dear Extension Homemakers,

We've had a beautiful fall, and winter is around the corner. I think the leaves were especially pretty this year.

As of this writing, our coronavirus cases have gone up. We've had two Council meetings and things have gone well. By meeting in the HFA building, we are practicing social distancing. The holiday season is upon us. I would like to encourage you to be vigilant and follow the guidelines.

Thank you to the 2021-22 County Officers. They are: President Brenda Mestach, Vice President Deb Pepple, Treasurer Jan Ganger, Asst. Treasurer Patricia Osbourne, and Secretary Patsy Berkey. For Home & Family Arts we have: 2021 Director Lisa Honey, 2022 Director Sharol Cloud, 2023 Director Ramona Huber, 2021 Treasurer Judy Teall, and 2022 Treasurer Mary Herschberger. Thank you for your willingness to serve. Hopefully next year we will be able to do the things we missed out on this year.

At each Council meeting, we have had clubs donate canned goods, paper products, and personal care items. We've decided to suspend that for this year due to clubs not always meeting. I urge you as clubs to do this on your own and give to organizations in your area. The need is great. This is a way you can get involved in your community.

The dates for the VCS Sewing Days are November 10 and December 8. They could use your help as well. If you don't want to come to the Sewing Days and you'd like to sew or crochet, you can work from home. Call Kris Peterson at 574-238-2065 for details.

Wishing you a safe holiday season and see you in the New Year!

Kathy Stoltzfus
County President



Mark Your Calendars

December 2020

8 VCS Sewing Day— 9am to 3pm, HFA Building

24-25 Holiday—Office Closed

January 2021

1 New Year's Day—Office Closed

4 County Officer Board Mtg., Ext. Conference Room

12 VCS Sewing Day— 9am to 3pm, HFA Building

18 Martin Luther King Jr. Day—Office Closed

27 Educational Program—What's the Deal with Diets?

Welcome Our Newest Member, JoAnne Graber!

JoAnne currently resides in Goshen, but hails from Spring City, PA. She is a mother to three and grandmother to three. When she was not serving her community as a waitress for 40 years, JoAnne followed her passions of embroidering, quilting, gardening, and food preservation which she is excited to continue to do with Homemakers. Please help us welcome JoAnne and give her a warm hello!



November— Paula Adams, Sandy Bartoe, Sherry Berry, Sharol Cloud, Judy Cook, Barbara Geiger, Ruth Anne Gray, Carla Hamilton, Lisa Honey, Nancy Jackson, Linda Miller, Sonya Miller, Becky Randolph, Edna Ringler, Shirley Snyder, Sheila Taylor, Gwen Turk, Diana Weldy, Linda Weybright, Susan Williams, and Catherine Yoder

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

Extension Homemaker News



Update

Yearbook Update—Please update your 2020-21 Yearbook to reflect the following changes: Lisa Honey is the HFA Director 2021. Sharol Cloud will be the HFA Director 2022. Jen Chupp is the new President of Friends & Neighbors. Her contact information is: (574) 831-4597; jchupp@fairfield.k12.in.us and 72393 Joseph Dr., Milford, IN 46542

Heritage Skills Date Update— Heritage Skills will now take place Saturday, March 6th, 2021 in the Home & Family Arts Building.

Homemaker of the Year Applications—If you submitted an application for 2020, we have it saved and can use it for 2021. Also, we are still accepting new applications for those who'd like to enter!



Cookbooks & Helpful Hints Booklets—Cookbooks are now on sale for only **\$10!** What a great gift idea! Helpful Hints booklets are also still for sale for \$5.

Pumpkin Bread

Barb Jewett & Ruth Miller

3 c. Sugar		
1 c. Vegetable Oil		
4 Eggs, Beaten	3-1/2 c. Flour	1 tsp. Nutmeg
2 c. Canned Pumpkin	2 tsp. Baking Soda	1 tsp. Allspice
	1 tsp. Baking Powder	1 tsp. Cinnamon
	1 tsp. Salt	1/2 tsp. Cloves
		2/3 c. Water

In lg. bowl, combine sugar, oil, eggs and pumpkin. Blend well. In a separate bowl, combine flour, baking soda, baking powder, salt and spices. Alternately add flour mixture and water to pumpkin mixture, beginning and ending with flour mixture. Blend well. Grease and flour 2—9"x5" loaf pans and bake at 350 degrees for 1-1/2 hours or until toothpick inserted into center comes out clean. Cool 10 minutes in pans then invert onto a wire rack to cool completely.

Volunteer Community Sewing

Submitted by: Kris Peterson

We were able to meet last March before the quarantine stopped us dead in our tracks. Incomplete blankets are stacked in unfinished piles everywhere. We have yet to get back to finishing them as facemasks for medical workers and now students have become the priority.

Upon hearing of the shortage of personal protective equipment on the news and that Deaconess Hospital in Evansville had a plan to use cotton fabrics to make masks, I raided the dozens of quilt kits in my basement and converted them into mask making kits. I found a group in central Indiana that was organizing the effort among multiple counties. I took what I learned from them and I began making Ziploc bags that contained all the supplies to make 24 masks for local medical and emergency workers. They were available for free on my porch. Friends joined the effort by purchasing and cleaning out closets for more Ziploc bags, ribbon and pipe cleaners. I felt so loved as people stepped in to help.



Photo: Blair Yankey, The Elkhart Truth

Friends and strangers would come silently day and night, take kits, sew them and return to pick up another. I will never know how many people came and went, but I am so thankful for each and every one of them. I partnered with the Elkhart County Emergency Task Force who had already partnered with Joann Fabrics, Elkhart City Police and the Purdue Extension office as drop off points. That was a relief as I didn't have to do the distribution to the medical workers too.

By the end of May, 11,000 masks had been made by many Extension Homemakers and our community and picked up from just my porch. Amazing.

I took the month of June off and then thought about my kids. They needed to get back to school. And that would likely include wearing masks. My kids are talented enough to sew on their own, but what about the rest of the kids in our county? I contacted via email the superintendent of each public school corporation in Elkhart County. I knew they didn't have their school reopening plans in place, but did those plans include masks and could we, as a community help with that? It was a resounding "yes!" Requests for 26,000 then 30,000 and finally 34,000 masks came in.

I had my son, Micah set up a Facebook page to organize the effort and get more recruits and once again Extension Homemakers and the community stepped in to support my dream. There are now 12 porches/host sites throughout the county distributing kits and collecting completed masks. (One of our volunteers stepped away to start the same kind of mask drive with South Bend Schools on a much smaller scale using our organization as a guide.)

By the first day of school, 11,800 masks had been delivered. Two weeks later another 5,400 and on September 9 another 6,000. We have currently delivered 23,200, have at least 3,000 to be delivered and have 7,800 to go. I have kits and instructions with me if you'd like to help.

We had a VCS sewing day on September 8 and had new people join us. They had been making masks at home via our Facebook page but it was fun to get together to do it.

This past Monday I spent the day at Elkhart General Hospital with Beacon staff, many who hadn't sewn since Jr. High, making more masks.

I'm hoping we've met our goal by the end of October. I know Interra Credit Union is having a volunteer day with Elkhart Community Foundation making masks on Columbus/Indigenous Peoples' Day.

On that same day the VCS committee will be partnering with First State Bank getting back on track with blankets for the homeless along with fleece hats, mittens and scarves.

The next day, Tuesday, October 13 is VCS sewing day for the whole community in the Home and Family Arts building, where we will be finishing those blankets. We always need sewers, pinners and fabric cutters. Come when you can, 9-3. Due to COVID restrictions from Purdue and budget restraints, no lunch will be provided. Please bring your own.

In a continual process, if you have a seamstress or two 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. The 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! (Many of the leftover cuts of masks are already precut and ready for sewing.) We're not asking for perfection. We're asking for help. We suggest ¼ inch seams. If there is a piece of fabric that 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 Home and Family Arts building that can be used to make Shawls of Compassion, baby hats or any other charitable yarn project.

Due to COVID, we haven't delivered any crocheted/knitted baby hats to the hospitals and will need to check with the nursing facilities and cancer centers to see if they want the lap blankets that are in process. So much has changed.

Council Meeting Minutes

October 29, 2020

Submitted by Patsy Berkey, Elkhart County Extension Homemakers Secretary

The meeting was called to order by President Kathy Stoltzfus. The Pledge of Allegiance was given by the whole group. Club Creed was lead by Jeannine Martin, Jefferson Club. The Positive Thought was done by Kimberly McCreary, Modern Homemakers. Roll call was done by Patsy Berkey, County Secretary. The minutes were approved by Kimberly McCreary and seconded by Lisa Honey.

Treasurer report was given by Jan Ganger with a checkbook balance of \$7,857.67.

Home & Family Arts Treasurer Report was \$89.13 in checking and \$16,619.46 in savings.

Election of Officers was held with results as follows:

- President—Brenda Mestach
- Vice President—Deb Pepple
- Treasurer—Jan Ganger
- Asst. Treasurer—Patricia Osbourne
- Secretary—Patsy Berkey

The results for Home & Family Arts were:

- Director 2021— Lisa Honey
- Treasurer 2021—Judy Teall
- Director 2022—Sharol Cloud
- Treasurer 2022—Mary Herschberger

Committee Reports

Cultural Arts: Jenny Huffman—We are planning on having the

Heritage Skills classes, but the date has been moved to Saturday, March 6th, 2021 because the HFA Bldg. was reserved for our previous date. Please have members change the date in their books. We have 4 classes and are working on 2 more. Class size will be limited to 5 per class to allow for social distancing and masks will be required. We are looking at lunch options. We hope to have that decided by December so that registrations can go out. Please check future Coffee Cups for more information. It is not too late to let us know if there is something you are interested in learning. Call Jenny at 574-370-0699.

Elko Retreat: September 13th and 14th, 2021 at Camp Elko

Fall Holiday Program: Cancelled for 2020

Fashion Show: No Report

Home & Family Arts: Lisa Honey, Director—The directors met along with Virginia on October 20th to begin planning. A lot of things were already in place from last year. We discussed still needing an Assistant Director for 2022 and are happy to announce Ramona Huber has accepted the position. Thank you Ramona! We have been working on calling workers from last year to see if they are willing to continue to work in 2021. I understand there are concerns and we will keep all safety measures in place. If anyone not listed in the book wants to be on the committee or has questions, please call Lisa Honey (574-849-6463) or the office. November 17th will be our first HFA meeting in the HFA Bldg. at 4:00pm.

Home & Family Arts Fundraising: No Report

Homemaker of the Year: Clubs should think about this.

Membership: No Report

Volunteer Community Support: Kris Peterson—Our goal is 34,000 masks for students of Elkhart County Schools. We have 2,005 to go though I expect to meet our goal by November 1st. Our direction with leadership of this grand undertaking is undetermined. We know there is still a need for masks, but we as sewers need a break and there are other community sewing needs. Interra Credit Union had a volunteer day with Elkhart Community Foundation making a few dozen masks on Columbus/Indigenous People's Day. On that same day, the VCS Committee partnered with First State Bank getting back on track with blankets for the homeless along with fleece hats, mittens, and scarves. The next day, October 13th, was VCS Sewing Day for the whole community where we finished 33 of those blankets. They were delivered to Hospice and Interfaith Hospitality Network. We will meet again on Tuesday, November 10th to sew blankets, mittens, and hats. We always need sewers, pinners, and fabric cutters. Come when you can 9am-3pm. Due to COVID restrictions from Purdue and budget restraints, no lunch will be provided. Please bring your own. In a continual process, if you have a seamstress or two in your club or family/friends that would like to help out, we always have quilt tops and backs to be made. Use 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. (Many of the leftover cuts of masks are already precut and ready for sewing.) We are not asking for perfection. We are asking for help. We suggest 1/4 inch seams. If there is fabric you don't like, don't use it. If you want to add something, feel free! If we have any suggestions, they are on a note inside. Contact Kris Peterson at 574-238-2065. Also, there are skeins of yarn in the Extension Office foyer and the Home & Family Arts building that can be used to make shawls of compassion, baby hats or any other charitable project.

Old Business

- Club-to-Club is on hold until COVID gets better in Elkhart County.

New Business

- Home & Family Arts Conference is June 1-3, 2021 at the Embassy Suites in Plainfield, Indiana.
- The new date for Heritage Skills is March 6, 2021.
- The donated items brought in for Council Meetings should be donated by each club to the places they prefer.
- We have cookbooks and Helpful Hints books for sale. The cookbooks are on sale for \$10 each.

**Elkhart County
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4-H Fair**



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Keep up-to-date on our Extension Homemakers' upcoming events, lessons, past events, and news!

**Elkhart County
Extension Homemakers**

Family Resource Management

Social Media: Encourage Your Child to be a Good Digital Citizen

Source: PennState Extension

Millions of people, including children and teens, use social media (Facebook, Twitter, YouTube, Snapchat, Tumblr, and Instagram... to name a few) every day. Guiding your child to be a good digital citizen means using social media safely and respectfully to protect themselves and others. Teach your child to:



Follow the "Golden Rule". Being polite is essential. Encourage your child to treat others the way he or she would want to be treated: with respect, honesty, fairness and kindness.

Keep private information private. Teach your child to never share certain "private" information:

- his or her address, phone number, social security number, usernames or passwords
- any images that make it possible to identify where he or she lives
- his or her current location, vacation plans or daily schedule
- sexual messages or images
- anything he or she wants to keep truly private

Protect his or her image. Every photo, message or comment your child posts will make an impression and can affect his or her reputation. Inform your child to:

- never post anything that he or she would be ashamed to share in public
- think twice before posting anything
- never post something out of anger- feelings go away, angry posts do not
- do not pass along any information that could cause embarrassment, hurt feelings or harm others

Speak up. If anything makes your child feel uncomfortable, encourage him or her to tell a trusted adult. If your child ever receives any kind of offensive or sexual messages, he or she should:

- never respond or communicate
- never pass it on
- always tell a trusted adult immediately

These basics are not just one conversation; they should be ongoing reminders and discussions. Whether you know a lot (or a little) about social media, you can help make your child's online activities as safe and rewarding as possible.

Human Development

Substance Abuse in Older Adults: Underdiagnosed and Undertreated

Source: MSU Extension

Alcohol and substance misuse, particularly prescription opioids, among older adults has been called one of the fastest-growing health problems in the United States. According to the most recent US Census Bureau data, there were 52.4 million people age 65 and over in the United States as of 2018. Substance use among those 60 years and older (including misuse of prescription drugs) currently affects 17 percent of this population.

Now that the baby boom generation, people born between 1946 and 1964, is between 56 and 74 years old, attitudes about the use of alcohol and drugs have also changed. According to an article titled "Substance Abuse Among the Elderly" by Dr. Frederic Blow, professor in the Department of Psychiatry at the University of Michigan and a Huss Research Chair on Older Adults and Alcohol/Drug Problems at Hazelden's Butler Center for Research, "[t]hese individuals have had more exposure to alcohol and illegal drugs, and there is more acceptance among them about using substances to 'cure' things. We expect to see an increase in drug and alcohol use, and more use means more problems."



Dr. Blow and other experts in the field note that people's sensitivity to alcohol changes as they age; specifically, their tolerance to alcohol decreases and their sensitivity increases. Also, the percent of their body weight composed of water decreases, and alcohol affects them more quickly and more strongly. Alcohol takes longer to metabolize in older persons, accumulating in their bodies and leading more quickly to intoxication if consumption is not controlled. Because of their physical make-up, older women are more vulnerable to the negative effects of alcohol.

Greater numbers of older men have substance use problems, but women are more likely than men to start drinking heavily later in life. According to Dr. Blow's article, substance use is more prevalent among persons who suffer losses, such as the death of loved ones, retirement and loss of health. The fact that women are more likely to have lost a spouse because of death or divorce, to have had experience with depression, and to have been prescribed medicines that increase the negative effects of alcohol help explain these gender differences.

Health care providers often underdiagnose substance use among older adults because they have not been trained to look for unique features of substance use in older adults. Symptoms of substance use in older adults can often look like symptoms of other medical and behavioral disorders common among this population, such as diabetes, dementia and depression.

Leadership Development

5 Leadership Styles for Effective Management

Source: University of Vermont

What kind of leader are you? Do you follow the classic definition of a leader: someone who aims to influence and motivate employees to meet organizational goals and effectiveness? If you're doing your job, then this definition might sound familiar. But let's get more specific. Do you have a particular leadership style that you usually use? Do you want to learn how to use your leadership skills more effectively?

Most leaders generally adhere to one or two preferred styles of leadership with which they feel comfortable. But the challenge is that great leaders have multiple leadership styles in their toolkit, and they are adept at diagnosing situations and using the right leadership styles at the right times, according to David Jones, professor of management at the University of Vermont Grossman School of Business. Jones identifies five styles drawn from theory and research on leadership that he thinks are important for all leaders to have in their toolkit:

- **Directive:** You're no dictator, but you're very clear in establishing performance objectives for your team. You're adept at providing structure and skilled at clarifying employees' perceptions of their roles. When needed – and this isn't always a bad thing because some situations might require it – you tend toward micro-managing.
- **Supportive:** If you're approachable and empathetic, then you're probably a supportive leader. You show concern for employees, and you treat them with dignity and respect. Your employees, in turn, feel valued and cared for. In times of change, they trust you to help manage uncertainty.
- **Participative:** If you're someone who works hard to get employee input, then you're most definitely a participative leader. You encourage employee involvement in decision-making and, more importantly, ensure they know that their views will be – and have been – considered. Depending on the situation, you consult directly with employees; other times, you delegate your authority to employees who engage in the decision-making.
- **Achievement-Oriented:** If you always think you and your team can do better, and you push everyone to reach higher, then you clearly are achievement-oriented. You like to set "stretch" goals, and you encourage continuous improvement. You also empower employees and give them autonomy, assuming they'll do their personal and team best. You constantly show confidence in the ability of individual employees and teams.
- **Transformational:** Most leaders aspire to be transformational. If you are, you lead through vision. You have your eye on the future, and you model and communicate your forward-thinking commitment. You are an inspiration to employees, and they follow you because they believe in the common goals that you've shared and articulated.

Food and Nutrition

Some Myths About Nutrition

Source: NIH.gov

Are you overwhelmed by daily decisions about what to eat, how much to eat, or when to eat? If so, don't be discouraged because you're not alone. With so many choices and decisions, it can be hard to know what to do and which information you can trust.

Myth: To lose weight, you have to give up all your favorite foods.

Fact: You don't have to give up all your favorite foods when you're trying to lose weight. Small amounts of your favorite high-calorie foods may be part of your weight-loss plan. Just remember to keep track of the total calories you take in. To lose weight, you must burn more calories than you take in through food and beverages.

Tip: Limiting foods that are high in calories may help you lose weight. The Dietary Guidelines for Americans 2015-2020 have estimated daily calorie needs based on a person's age, sex, and physical activity level.

Myth: Grain products such as bread, pasta, and rice are fattening. You should avoid them when trying to lose weight.

Fact: Grains themselves aren't necessarily fattening—or unhealthy—although substituting whole grains for refined-grain products is healthier and may help you feel fuller. The Dietary Guidelines for Americans 2015-2020 recommend consuming grains as part of a healthy eating plan. At least half of the grains you eat should be whole grains. Examples of whole grains include brown rice and whole-wheat bread, cereal, and pasta. Whole grains provide iron, fiber, and other important nutrients.



Tip: Try to replace refined or white bread with whole-wheat bread and refined pasta with whole-wheat pasta. Or add whole grains to mixed dishes, such as brown instead of white rice to stir fry. Visit ChooseMyPlate.gov for more tips to help you add whole grains to your eating plan.

Myth: Choosing foods that are gluten-free will help you eat healthier.

Fact: Gluten-free foods are not healthier if you don't have celiac disease or are not sensitive to gluten. Gluten is a protein found in wheat,

barley, and rye grains. A health care professional is likely to prescribe a gluten-free eating plan to treat people who have celiac disease or are sensitive to gluten. If you don't have these health problems but avoid gluten anyway, you may not get the vitamins, fiber, and minerals you need. A gluten-free diet is not a weight-loss diet and is not intended to help you lose weight.

Tip: Before you decide to avoid a whole food group, talk with your health care professional if you believe you have problems after you consume foods or drinks with wheat, barley, or rye.

Myth: You should avoid all fats if you're trying to be healthy or lose weight.

Fact: You do not have to avoid all fats if you're trying to improve your health or lose weight. Fat provides essential nutrients and should be an important part of a healthy eating plan. But because fats have more calories per gram than protein or carbohydrates, or "carbs," you need to limit fats to avoid extra calories. If you are trying to lose weight, consider eating small amounts of food with healthy fats, such as avocados, olives, or nuts. You also could replace whole-fat cheese or milk with lower-fat versions.

Tip: The Dietary Guidelines for Americans 2015-2020 recommend consuming less than 10 percent of your daily calories from saturated fats. Try cutting back on solid-fat foods. Use olive oil instead of butter in cooking.

Myth: Dairy products are fattening and unhealthy.

Fact: Dairy products are an important food group because they have protein your body needs to build muscles and help organs work well, and calcium to strengthen bones. Most dairy products, such as milk and some yogurts, have added vitamin D to help your body use calcium, since many Americans don't get enough of these nutrients. Dairy products made from fat-free or low-fat milk have fewer calories than dairy products made from whole milk.

Tip: Adults should have 3 servings a day of fat-free or low-fat dairy products, including milk or milk products such as yogurt and cheese, or fortified soy beverages, as part of a healthy eating plan. If you can't digest lactose, the sugar found in dairy products, choose fortified soy products, lactose-free or low-lactose dairy products, or other foods and beverages with calcium and vitamin D:

- Calcium—soy-based beverages or tofu made with calcium sulfate, canned salmon, or dark leafy greens such as collards or kale
- Vitamin D—cereals or soy-based beverages



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