



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



September/October 2020

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Letter from your County President

Hello ladies,

Fall is upon us and I hope you had a good summer. I did some canning and freezing. The rabbits got my garden soybeans. Does anyone have a good way to keep rabbits out of your garden?

I wonder how many clubs have met. If you haven't met yet, I hope you can find ways to keep in touch with each other.

We are going to have a Council meeting on September 24th. We will meet in the Home & Family Arts building following the safety guidelines. The Fall Craft Day has been cancelled. The Volunteer Community Sewing days will continue on the 2nd Tuesday of the month.

We have a way for some of you to get involved in our Extension. We are in need of an Assistant Treasurer and Vice President to be on the County Board for 2021-2022. We also need an Assistant Treasurer and Director for Home & Family Arts. We need people to be on the Home & Family Arts Fundraising Committee for this current year. It's a great way to learn to meet new people and work for your organization. Don't be afraid to volunteer for one of these positions. We need you to Get Involved! If interested, contact Shirley Hershberger (574-536-9890), myself (574-875-6914), or anyone on the Nominating Committee soon as we need to have a slate for the October Council meeting.

Stay safe,
Kathy Stoltzfus
County President



Mark Your Calendars

October 2020

5	County Officer Board Mtg., Ext. Conference Room
13	VCS Sewing Day— 9am to 3pm, HFA Building
19-23	IEHA Week
24	IEHA Make a Difference Day
28	Educational Program—Help Yourself to a Healthy Home
29	County Council Meeting—7:00pm, HFA Building

November 2020

2	County Officer Board Mtg., Ext. Conference Room
10	VCS Sewing Day— 9am to 3pm, HFA Building
11	Veteran's Day—Office Closed
18	Educational Program—Indiana CBD Update
26-27	Thanksgiving—Office Closed



September— Barbara Bender, Michelle Blough, Jennifer Chupp, Phyllis Cooper, Dianne Frandsen, Janet Gardner, Vickie Gortney, Charlene Hay, Marilyn Hochstedler, Carol S. Kauffman, Connie McGowen, Barbara Ogle, Debra Pepple, Marilyn Potthast, Kathy Royer, Norma Schrock, Nikki Stump, Elnora Weaver, and Margaret Weybright

October — Sherie Archer, Mary Foster, Kathy Graber, Nancy Hawkins, Karen Hershberger, Tena Jakubowicz, Alice Moy, Marlys Prough, Diana Rohrer, Janet Ryman, Ruby Snyder, Nancy Stucker, and Sherry Weaver

Extension Homemaker News

We've had a few new members either not turn in an enrollment form or turn in an enrollment form without the "About Me" back page filled out. Please make sure to turn in your 2020-21 Enrollment Form to the Extension Office— the back page is optional. If you've already turned in your enrollment form and want to share information about yourself, you can email a brief description to fink24@purdue.edu to be included in the next Coffee Cup (optional). We'd love to learn more about our new Extension members!

Some information you may like to share could be:

- What are your hobbies/interests?
- What are some interesting experiences you have had in life?
- Tell us about your family.
- Where are you from?
- Anything else you'd like to share?



The Council Meeting for Club Presidents, Committee Chairs, and County Officers is September 24th at 7:00pm in the HFA Bldg. Please RSVP (574-533-0554 or fink24@purdue.edu) if you will or will not be coming so we can get a count. Remember that masks are required. We will be following all protocols for your safety.

Fall Holiday Program Update

The Fall Holiday Program on October 10th has been cancelled. We hope to see you next year at the 2021 Fall Holiday Program!



Upcoming Health & Human Sciences Programs

(Programs require pre-registration)

- **Brain Health: Nurture Social Connections (Extension Office)** - September 30th 1:00-2:00pm
- **Brain Health: Nurture Social Connections (Extension Office)** - September 30th 6:30-7:30pm
- **Brain Health: Nurture Social Connections (Virtual)** - October 2nd 11:00-12:00pm
- **Cooking Under Pressure (Virtual)** - September 29th 6:30-7:30pm
- **Food Budgeting and Meal Planning (Virtual)** - October 15th 10:30-11:30am
- **Food Budgeting and Meal Planning (Nappanee Public Library)** - October 15th 6:00-7:00pm
- **Help Yourself to a Healthy Home (Extension Office)** - October 28th 1:00-2:00pm
- **Help Yourself to a Healthy Home (Extension Office)** - October 28th 6:30-7:30pm
- **Help Yourself to a Healthy Home (Virtual)** - October 30th 11:00-12:00pm
- **Indiana CBD Update (Virtual)** - October 5th 6:30-7:30pm
- **Managing Your Debt When Your Income Drops (Virtual)** - October 29th 9:00-10:00am
- **Recovering from a Financial Setback (Virtual)** - October 8th 9:00-10:00am
- **Saving Dollars When You Don't Have Anything Left (Virtual)** - September 24th 9:00-10:00am
- **Smartphone & Tablet 3-Part Series (Syracuse Public Library)** - October 7th, 14th, and 21st 1:30-3:30pm (Must attend all sessions)
- **Where Does Your Money Go? 2-Part Series (Virtual)** - October 1st and 22nd 9:00-10:00am OR 5:30-6:30pm (Must attend all sessions)
- **Where Does Your Money Go? 2-Part Series (Virtual)** - October 13th and October 27th 10:00-11:00am (Must attend all sessions)

**REGISTER
TODAY**

Visit <https://bit.ly/HHSFall2020Programs>
Call the office at 574-533-0554
Email fink24@purdue.edu

For virtual programs, you will either be emailed a link to a live Zoom session or receive a pre-recorded version of the program accessible by a link to YouTube.

Pumpkin

Purdue Extension FoodLink
www.extension.purdue.edu/foodlink

Available from: September to October

Pairings: Cinnamon, fruit, apple, caramel, nuts

Selection Info: Look for pumpkins that are deep orange and heavy for their size. Avoid pumpkins that are soft, cut, or bruised.

Preparation: Pumpkins are always used cooked and the peel is not eaten. Pumpkin flesh is quite hard and can be tricky to cut safely. One way around this difficulty is to bake the pumpkin whole on a baking sheet until it is soft and easier to cut. To do this, prick holes in the pumpkin first and bake at 350°F for about 1 hour.

Once soft, allow the pumpkin to cool, cut it in half, remove the seeds and stringy bits with a spoon, then scoop the orange or yellow flesh from the skin. This cooked flesh can be used whenever pumpkin puree is called for: pumpkin pie, pumpkin soup, pumpkin bread.

Bake—Cut pumpkin into desired pieces face down in baking dish in preheated 350°F oven for 1 to 2 hours or until tender. Let cool, then scrape out the flesh.

Seeds—Remove seeds from the pumpkin. Clean with water and boil in salt water for about 10 minutes. One quart of water and two tablespoons of salt to every two cups of seeds. Drain the seeds and lightly dry with a paper towel. Heat oven to 325°F. Spread seeds on a baking sheet, drizzle with 1-2 tablespoons of olive oil, and sprinkle with salt to taste. Roast seeds for about 10 minutes.

Storage: For short-term storage, pumpkins can be kept at room temperature for a few months. There is no need to refrigerate them, but they will keep longer in a slightly cooler location. For long-term storage, pumpkin can be canned or frozen.



Family Resource Management

Caller ID Spoofing

Source: FCC.gov

Spoofing is when a caller deliberately falsifies the information transmitted to your caller ID display to disguise their identity. Scammers often use neighbor spoofing so it appears that an incoming call is coming from a local number, or spoof a number from a company or a government agency that you may already know and trust. If you answer, they use scam scripts to try to steal your money or valuable personal information, which can be used in fraudulent activity.

- Don't answer calls from unknown numbers. If you answer such a call, hang up immediately.
- If you answer the phone and the caller - or a recording - asks you to hit a button to stop getting the calls, you should just hang up. Scammers often use this trick to identify potential targets.
- Do not respond to any questions, especially those that can be answered with "Yes" or "No."
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information in response to unexpected calls or if you are at all suspicious.
- If you get an inquiry from someone who says they represent a company or a government agency, hang up and call the phone number on your account statement, in the phone book, or on the company's or government agency's website to verify the authenticity of the request. You will usually get a written statement in the mail before you get a phone call from a legitimate source, particularly if the caller is asking for a payment.
- Use caution if you are being pressured for information immediately.
- If you have a voicemail account with your phone service, be sure to set a password for it. Some voicemail services are preset to allow access if you call in from your own phone number. A hacker could spoof your home phone number and gain access to your voicemail if you do not set a password.
- Talk to your phone company about call blocking tools and check into apps that you can download to your mobile device. The FCC allows phone companies to block robocalls by default based on reasonable analytics.

If you think you've been the victim of a spoofing scam, you can file a complaint with the FCC.

Human Development

The Emotional Health of Our Children

Source: Penn State Extension

Unlike adults, children are more emotionally vulnerable to the events that disrupt their daily routines. COVID-19 changed the everyday lives of all of us. Their sense of structure, predictability and security have been interrupted. As adults, we can adjust. But many children may struggle with the significant adjustments needed in their lives now.

Besides not going to school, interacting with peers, teachers and others, children are now confined to home. They are keen observers of their environment and the people in it, so even if you can keep them away from the media and conversation about the pandemic, they may still have questions.

The uncertainty of these unanswered questions may be seen in children as behavior changes. They worry not only about themselves, but those around them, their safety, their basic needs, and the uncertainty for the future. While most children will adjust because they receive consistent support from sensitive and responsive adults, others may not fair as well.

As children display changes in behaviors, even challenging ones, it is important that the adults respond with patience, empathy and calmness. Maintaining routines provide children with a sense of safety and predictability, and supports children's development of regulation. Validate their feelings by reassuring them that their feelings are understandable. Give them tools to deal with their feelings by modeling self-regulation techniques such as deep breathing, exercise and listening to calm music.

Children need to keep busy with play and other joyful learning experiences. Consider using this time together to increase your child's self-efficacy or a sense of their ability to succeed. Children need to play an active role in helping themselves and others.

Here is a short list of great books:

- Because Amelia Smiled by David Ezra Srein
- The Peace Book by Tedd Parr
- Harvesting Hope! The Story of Cesar Chavez by Kathleen Krull
- The Story Tellers Candle by Lucia Gonzalez
- The Invisible String by Patrice Karst
- It's Okay That You're Not Okay by Megan Devine
- The Power of Showing Up by Daniel Siegel
- We are the Gardeners by Joanna Gaines

Food and Nutrition

Healthy Reasons to Eat a Rainbow of Colorful Fruits and Vegetables

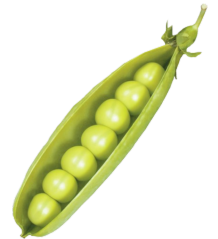
Source: NDSU Extension Service

Red fruits and vegetables are colored by natural plant pigments called "lycopene" and "anthocyanins". Lycopene in tomatoes, watermelon and pink grapefruit, for example, may help reduce risk of several types of cancer, especially prostate cancer. Lycopene in foods containing cooked tomatoes, such as spaghetti sauce, and a small amount of fat are absorbed better than lycopene from raw tomatoes. Anthocyanins in strawberries, raspberries, red grapes and other fruits and vegetables act as powerful antioxidants that protect cells from damage. Antioxidants are linked with keeping our hearts healthy, too.



Orange/yellow fruits and vegetables are usually colored by natural plant pigments called "carotenoids". Beta-carotene in sweet potatoes, pumpkins and carrots is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Scientists have also reported that carotenoid-rich foods can help reduce risk of cancer and heart disease, and can improve immune system function. Some examples of the orange/yellow group include apricots, cantaloupe, carrots, nectarines, peaches, pineapple, and pumpkin.

Green fruits and vegetables are colored by a natural plant pigment called "chlorophyll". Some members of the green group including spinach and other dark leafy greens, green peppers, peas, cucumber and celery contain lutein. Lutein works with another chemical called zeaxanthin which is found in corn, red peppers, oranges, grapes and egg yolks to keep your eyes healthy. The "indoles" in broccoli, cauliflower, cabbage and other cruciferous vegetables may help protect against some types of cancer. Leafy greens such as spinach and broccoli are excellent sources of folate, a B vitamin that helps reduce risk of birth defects.



Blue/purple fruits and vegetables are colored by natural plant pigments called "anthocyanins." Anthocyanins in blueberries, grapes and raisins act as powerful antioxidants that protect cells from damage. They may help reduce risk of cancer, stroke and heart disease. Other studies have shown that eating more blueberries is linked with improved memory.

Leadership Development

Now is the Age of Empathy

Source: kevineikenberry.com

No one would argue against the value of empathy. Yet, most would agree it is often in short supply. And while, from an organizational or societal perspective, we could always use more of it, the need is greater than ever. That is why now is the Age of Empathy. Let me tell you why, why that matters to you as a professional and human being, and how you can be more empathetic today.

The Needs for Empathy

I've already said that in most circles, there is already a lack of sufficient empathy between people. So why are the needs even higher now?

- People are polarized. Everyone has an opinion about most things. Now, for a variety of reasons, people are tribalizing around their opinions. This leads to one of two extremes – not saying anything, or sharing their opinions loudly and proudly. Either way, the chances for real dialogue and greater understanding are reduced. Empathy can create greater respect and trust, even if your opinions don't match.
- People are hurting. People are hurting personally, interpersonally, socially, and economically. Regardless of the cause of the hurt, there are as many possible causes today as you can likely remember. When we are hurt, stressed, sad, or lonely, we need others to hear us and help us deal with those realities. Empathy is the answer to both help in the short term and to build the relationships with those who are hurting.
- People have different experiences and needs. While we are all dealing with a pandemic, lockdowns, masks, and more, not everyone is having the same experience. Here is a simple example in the workplace. Some team members are working and living alone. Others have school-age children that they may need to be teaching while they work. Some have elderly parents living with them or nearby, some have kids, but they don't need additional supervision. While we can commiserate at that high level, real empathy comes from understanding someone's specific situation.
- People are unsure about the future. While we can never foresee the future, it is easy to understand why people think the future is hazier than ever. This lack of certainty leads to stress, anxiety, and fear, which points again to the need for greater empathy.

What You Can Do Now

Now that you see the heightened need, here are some specific ways you can change course and be more empathetic in any situation.

- Recognize the need. Hopefully, this article points you to the need, but think about the people around you. What is driving their need for your empathy?
- Listen more. We can't be empathetic without listening. We need to listen more and listen more effectively. And while we know how to be effective listeners, we don't do it consciously or consistently enough.
- Stop assuming and start asking. When we assume we know how people feel or what they are thinking, we don't ask. For example, just because you have a team member (or client) that you know lives alone, do you assume how they are doing during a lockdown, or do you ask them? Even if your assumption is correct, the empathy and relationship building starts with the asking.
- Acknowledge, don't judge. This is a big one. Maybe your situation is different. Perhaps you feel differently. Maybe you think they are wrong or shouldn't feel the way they do. Perhaps you aren't sure how to respond to whatever they say. None of that matters. Empathy comes from us understanding where the other person is, and judgement has no place in that equation. Acknowledge their feelings. Don't judge or even try to solve anything for them.
- Grant people grace. Once you recognize their stress, anxiety, or struggle, grant them some grace. Now you know what they are dealing with, and so their behaviors, decisions, and results may make more sense to you. That gives you the chance to grant some grace, be patient and understanding. This doesn't mean relaxing the standards forever, but for today, maybe a different approach might be needed or appreciated.
- Focus on feelings first. In a work or client situation, especially if you are working remotely from others, the tendency is to be tactical and efficient, making every conversation about the tasks and goals. If you want to create opportunities to build empathy, you must overcome that urge and begin conversations talking about how people are doing – their thoughts and feelings first before diving into the task at hand. When you start there, you will have a better chance and more opportunities to apply the other ideas on this list.



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