

Horizons

A publication of Purdue Extension Hamilton County

2003 Pleasant Street
Noblesville, IN 46060-3697
317-776-0854
www.extension.purdue.edu/county/hamilton



SPRING
is finally here!

April 2024

EXTENSION EDUCATORS

Susan L. Peterson
HHS
County Extension Director
speterson@purdue.edu

Kathleen J. Bohde
4-H Youth Development
bohde@purdue.edu

Courtney Lockwood
ANR
tate9@purdue.edu

PROGRAM ASSISTANTS

Bernie Huber
Program Assistant, HHS
bchuber@purdue.edu

Lisa Hanni
Program Assistant, ANR/4-H
lahanni@purdue.edu

Kristen Yutzky
Program Assistant
kyutzky@purdue.edu

SUPPORT STAFF

Maggie Herrington
Office Manager
mherrington@purdue.edu

Kris Grinstead
Administrative Assistant/
Bookkeeper
krisgrin@purdue.edu

Georgia Marshall
Receptionist/Secretary
glmarsha@purdue.edu

Alexandra Walther
Social Media & Communications
walthea@purdue.edu

Spring Greetings!

I LOVE this time of year! It is the time of year when everything is fresh and new and what a great time to celebrate. The focus of Extension Homemakers continues to be the home, family, and the communities in which we live and you continue to make a huge impact in our county! You are truly “difference makers.”

I encourage you to continue to get involved by volunteering, participating, and inviting a friend or neighbor to join you to expand our impact.

I look forward to seeing many of you over the next couple of months at the county fair, Achievement Day, and Home & Family Conference.

Enjoy the beauty of spring that surrounds us each day!

Susan L. Peterson
County Extension Director
Extension Educator, HHS



Dear Extension Homemakers,

Spring is here and the birds are singing. The weather is somewhat sporadic and unpredictable but I appreciate this time of year when newness abounds. In this issue of *Horizons* you will find information on the solar eclipse - a once in a lifetime event. Also included is reducing stress at all ages and finding a healthier YOU. Learn about Purdue’s Day of Giving and participate if you can.

The IEHA Home & Family Conference is in Hamilton County again this year so think about attending one event, one day, or the whole thing. Additional information is online or in this newsletter. If you have been crafting all winter enter something in the Cultural Arts contest. Hamilton County’s best entry will travel to the conference in June.

The fair is just around the corner and we need your help volunteering at the many events sponsored by homemakers. The grounds look different so flexibility is a must. Find something that interests you and jump in with both feet. Take time to smell the flowers this month. Happy spring.

Bernie Huber
Program Assistant
Health & Human Sciences



CALENDAR 2024



April 8	Total Solar Eclipse (office closes @ noon)	
April 9	Board Meeting Council Meeting	9:30 a.m. 10:30 a.m.
April 23	Stamp Out Hunger work Day (Conference Room) Bring your own stapler and staples	9:00 - 2:00
May 7	Office Closed - Primary Election	
TBD	Cultural Arts Entries & Voting	
May 14	Board Meeting Council Meeting	9:30 a.m. 10:30 a.m.
June 4	Board Meeting Council Meeting	9:30 a.m. 10:30 a.m.
June 10 - 12	Home & Family Conference Embassy Suites - Hamilton Town Center	
June 11	Melody Makers Concert - public welcome Riverside Jr High School, Fishers	7:00 p.m.
June 27	Achievement Day	6:00 p.m.

Happy spring, homemakers,

I have been enjoying the warm weather but not the threat of storms that spring weather tends to bring to Indiana.

I hope many of you will attend the Home and Family Conference in June. The conference is held in Noblesville and if you don't want to pay to attend, the conference committee is always looking for volunteers to sit with the Cultural Arts exhibits and the Silent Auction items. Please let me know if you would like to volunteer.

I would also like some volunteers to sit with the county Cultural Arts projects that our members make so we can have a section of a hall to have voting one afternoon or evening, if possible. This used to take place at the May Tea. I miss our Spring Tea! It was one of the first events that I attended as a Hamilton County Homemaker.

I want to give all of you a big pat on the back for all of the community service projects that your clubs do. You are super stars and need to be commended. Keep up the good work.

Don't forget to sign up to help in the kitchen or dining room at the county fair this year. Maybe invite a friend too.

Enjoy the spring.

Sharon Parker, Hamilton County President





CULTURAL ARTS

Quilts – full sized quilts, crib/baby quilts

Needlework – needlepoint, counted cross stitch, embroidery, crewel embroidery

Crafts/Miscellaneous – all items not included in one of the above categories

2024 SPECIAL PROJECT—table runner

Home and Family Conference

June 10 - 12, 2024

<https://ieha-families.org/>

Hotel: Embassy Suites at 13700 Conference Center South Dr
near Hamilton Town Center

One day registration - \$110

FULL registration - \$200

Hotel room costs extra or you can go home at night since it's in Hamilton County.

Hostesses needed to sit with exhibits, answer questions. Contact
Debbi Green, District Rep if interested. djgreen49@gmail.com

Indianapolis District Retreat

September 17 - 18 , 2024

Waycross Camp and Conference
Center

7363 Bear Creek Road

Morgantown, IN 46160

Celebrating Our Senior Year



**Silvernotes will perform with
Melody Makers**

June 11, 2024 @ 7 pm

Cost - \$10.00

Riverside Jr High

10910 Eller Road, Fishers

Public Welcome



**Installation of New Officers
at Achievement Day**

Term begins August 1



2024 - 2025 Slate of Officers

President	Gloria Del Greco, Friendly Eagles
Vice President	Iris Beechler, Roaring 20's
Secretary	Tonekka Hall, Roaring 20's
Treasurer	Linda Westbrook, Fall Creek Home Arts
Asst. Treasurer	Jessica Gahimer, Roaring 20's
Recorder	Valerie Carson, Roaring 20's
Education	Iris Beechler, Roaring 20's
Leadership	Sally Thieme, East Wayne
Volunteer Community Support	Lisa Gambrel, Fall Creek Home Arts
Public Relations	Candy Voit, Fall Creek Home Arts
Past President	Sharon Parker, Harbourites

“What Grows Behind Your Garden Gate”

Hamilton County
Extension Homemakers
Flower Show

July 18 - 19, 2024

Booklets in the office



HAMILTON COUNTY FOOD and CRAFT SHOW

Open to the public
July 20 - 22, 2024

Booklets with categories in the office
on online

<https://extension.purdue.edu/county/hamilton/hamilton-county-fair/public-participation.html>



Did you know that Hamilton County residents can vote early on the 4-H Fairgrounds?

Early voting takes place in the Exhibition Center, Hall C

9:00 - 4:00 daily unless noted

April 9-12

April 15-19

April 22-27 (includes Saturday)

April 29-May 4 (includes Saturday)

May 6, 8am-Noon

May 7 - you must vote in YOUR precinct

Threads of Compassion

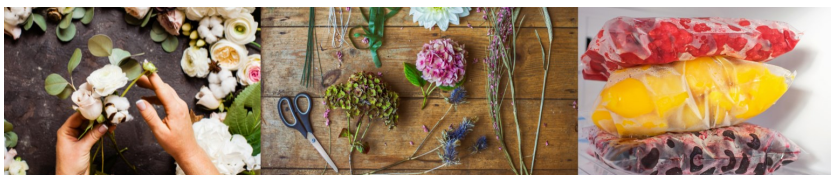
<https://indianadonornetwork.org/donor-families/threads-of-compassion/>

This is the Indiana Donor website.

Shawls should measure 24-34” wide and 65-70” long.

I have patterns in the “blue book” in the office. Crochet and Knitting

They may also be on the <https://ieha-families.org/> homemakers website.



Back to Basics FLORISTRY & BASIC FREEZER PRESERVATION

Save the date!

9

MAY

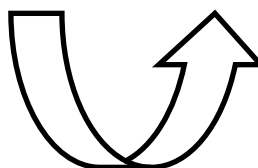
6:00 - 8:00 PM

Hamilton County 4-H Fairgrounds

*Registration opening
soon

<https://forms.gle/9PSeFERBZiJcBYaq9>

Heritage Basics interest form - get on the “list” to be in the “know.”



2024 HOME & FAMILY CONFERENCE REGISTRATION



Name _____ Member Guest 1st Time Attending

Address _____ City/State _____ Zip _____

Telephone Number Home/Mobile _____

Email _____ Email confirmation? Yes No

County _____ District _____

Emergency Contact Information *This section MUST be filled out completely.

Name _____ Relationship _____

Phone Number _____ Attendee also? Yes No

Heritage Skills - please mark 1, 2, 3 preference	Crafts - please mark 1, 2, 3 preference
<p>Monday, June 10 1:00 pm to 2:00 pm</p> <p>___ Charcuterie Board Demonstration free</p> <p>___ Holiday Wreath Ornament \$ 5.00</p> <p>___ Decorated Trinket Dish \$ 8.00</p> <p>___ Decorative Cross-Body Bag \$10.00</p> <p>Monday, June 10 2:15 pm to 3:45 pm</p> <p>___ You Are the Weaver \$ 5.00</p> <p>___ Iris Paper Folding \$ 5.00</p> <p>___ Cookie Decorating Fun \$10.00</p>	<p>Monday, June 10 4:00 pm to 5:00 pm</p> <p>___ Happy Stitches - Slow Stitching \$10.00</p> <p>___ Tin Punch Christmas Ornament \$ 5.00</p> <p>___ Pressed Flowers - Make It/Take It \$ 5.00</p> <p>___ Chandelier Style Earrings \$ 6.00</p>

Concurrent Sessions - please mark to register	More Information - Must be completed!
<p>Tuesday, June 11 1:15 pm to 2:15 pm</p> <p><input type="checkbox"/> President's Roundtable</p> <p><input type="checkbox"/> Container Gardening: Growing in Tight Spaces</p> <p><input type="checkbox"/> Listen Up, Laugh It Up</p> <p><input type="checkbox"/> American Red Cross</p> <p><input type="checkbox"/> Ask Lisa - <i>Extension Educators only</i></p> <p>Tuesday, June 11 2:30 pm to 3:30 pm</p> <p><input type="checkbox"/> Secretary/Treasurer Roundtable</p> <p><input type="checkbox"/> The Benefits of Laughter</p> <p><input type="checkbox"/> Move Your Body with CBE</p> <p><input type="checkbox"/> This Isn't Your Typical Homemaker Club!</p> <p><input type="checkbox"/> Air Fryer 101: Mastering Quick & Healthy Cooking</p> <p>Tuesday, June 11 4:00 pm to 5:00 pm</p> <p><input type="checkbox"/> IEHA Toolkit 2.0 - Fair Week Edition</p> <p><input type="checkbox"/> First Steps in Succession Planning</p> <p><input type="checkbox"/> Dining In and Loving It</p> <p><input type="checkbox"/> Donate Life Indiana: Organ, Tissue & Eye Donation Education</p> <p><input type="checkbox"/> Healthy Hoosier Oil</p>	<p>MEALS: <i>included in registration but must be marked which meals you will be attending for meal count with the hotel.</i></p> <p><input type="checkbox"/> Monday, June 10 - Plated DINNER</p> <p><input type="checkbox"/> Monday, June 10 - PAST PRESIDENTS' DINNER <i>by Invitation Only</i></p> <p><input type="checkbox"/> Tuesday, June 11 - Plated LUNCH</p> <p><input type="checkbox"/> Tuesday, June 11 - Hors d'oeuvres (no plated dinner)</p> <p><input type="checkbox"/> Wednesday, June 12 - Plated LUNCH</p> <p>DIETARY RESTRICTIONS: be specific</p> <hr/> <hr/> <p>ANNUAL BUSINESS MEETING: Tuesday, June 11 at 9:00 am in Waters B & C of the Convention Center - Free of charge to all IEHA members.</p>

REGISTRATION FORM & PAYMENT OPTIONS:

Mail to:

Ellen King, Conference Registrar
9995 South State Road 25
Rochester IN 46975

Phone number: (574) 835-0227

Email: eaking92@gmail.com

If you wish for a mailed confirmation, please send a self-addressed, stamped envelope with registration.

OR

Online Registration & Payment:

www.ieha-families.org

*No refunds will be given.

*Transfers will be allowed until May 27th.

PLEASE MARK ALL THAT APPLY:

- FULL Registration \$200.00
- One Day Registration \$110.00
 - Monday, June 10 or Tuesday, June 11

Late Registration after May 1st

- FULL Registration \$210.00
- One Day Registration \$120.00
 - Monday, June 10 or Tuesday, June 11

Day On the Town - Monday 9am-3pm \$ 35.00

Melody Makers Concert - Tues. pm \$ 5.00

Heritage Skills Total \$ _____

Craft Classes Total \$ _____

TOTAL REGISTRATION FEES \$ _____

**make check payable to IEHA 2024 H&F Conference*

PHOTOGRAPHY & VIDEO RELEASE:

I grant IEHA the right to use, publish, and copyright my image for educational programs and publications, websites, and promotion of Indiana Extension Homemakers Association.

Signature _____

CONFERENCE LOCATION:

Embassy Suites & Convention Center
13700 Conference Center South
Noblesville IN 46060
(317) 674-1900

Group Rate Code: IEH

Cut-off date for special rate: May 10th @ 11:59 pm



We have a facebook page called **Hamilton County IN Extension Homemakers**. Let us know what you are doing. If you have club photos, stories, or events to post, share them with Bernie then look for it on our page.

“like” it to receive information on your personal facebook news feed
“follow” it to make it easier to find in a news feed

Email: bchuber@purdue.edu.

Total Solar Eclipse

Get ready to be mesmerized.
Witness the magic with friends.
Grab your eclipse glasses.
Monday, April 8, 2024



DNR
Indiana Department
of Natural Resources

Indiana Eclipse Route featuring DNR properties

54
PROPERTIES
FOR
BEST VIEWING

SCAN the QR code



for a full list of
properties and
viewing times

STATE PARKS

1. Brown County
2. Fort Harrison
3. Harmonie
4. Lincoln SP & Col. Jones Home
5. McCormick's Creek
6. Mounds
7. Ouabache
8. Shades
9. Shakamak
10. Spring Mill & Cave River Valley
11. Summit Lake
12. Turkey Run
13. Versailles
14. Whitewater Memorial

STATE PARK INNS

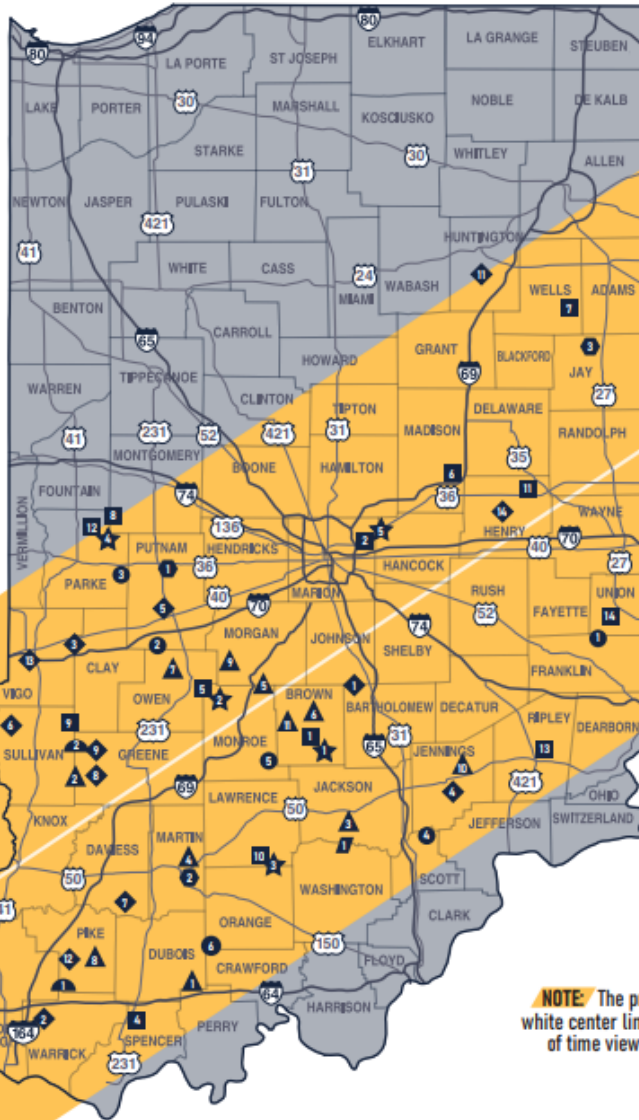
1. Abe Martin Lodge
2. Canyon Inn
3. Spring Mill Inn
4. Turkey Run Inn
5. Fort Harrison State Park Inn

STATE PARK MANAGED FOREST RECREATION AREAS

1. Starve Hollow SRA

OFF-ROAD STATE RECREATION AREAS

1. Interlake OSRA
2. Redbird OSRA



LAKES

1. Brookville
2. Cagles Mill (Lieber SRA)
3. Cecil M. Harden (Raccoon SRA) & Mansfield Roller Mill
4. Hardy
5. Monroe
6. Patoka

FISH & WILDLIFE AREAS

1. Atterbury
2. Blue Grass
3. Chinook
4. Crosley
5. Deer Creek
6. Fairbanks Landing
7. Glendale
8. Goose Pond
9. Hillenbrand
10. Hovey Lake
11. J.E. Roush
12. Sugar Ridge
13. Wabashki
14. Wilbur Wright

STATE FORESTS

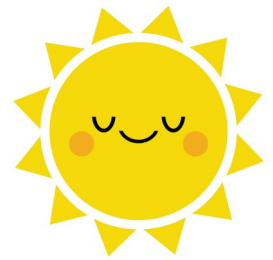
1. Ferdinand
2. Greene-Sullivan
3. Jackson-Washington
4. Martin
5. Morgan-Monroe
6. Mountain Tea
7. Owen-Putnam
8. Pike
9. Ravinia
10. Selmier
11. Yellowwood

NATURE PRESERVES

1. Big Walnut (Oscar & Ruth Hall Woods Trail) (Tall Timbers Trail)
2. Bluffs of Beaver Bend
3. Loblolly Marsh Wetland

* Nature Preserves have limited parking

NOTE: The properties located closest to the white center line will have the longest periods of time viewing the solar eclipse in totality.



Stop by Remnant in Arcadia from 9:00 - 12:00 to see Extension Educators, Susan and Courtney for kid's activities and free eclipse glasses while supplies last.

Be there **APRIL 8, 2024**

For more info: on.IN.gov/eclipse



Source: <https://sat.arsystem.nasa.gov/eclipse/2024/ep-8-totat/wheres-when/>
https://total2024.org/eclipse_cities/states.php?Type=TOTAL&state=indiana&country=USA
Map Source: Esri, HERE, Garmin, IGN, NAVI, BGS, EPA, NPS



What is Purdue Day of Giving?
 Purdue Day of Giving is a 24-hour online fundraising event that takes place this year on April 24. County Extension offices are encouraged to participate in healthy competition, as counties will be able to individually participate on leaderboards. Participation in hourly and full-day challenges can make your gift go even further, and any donation can help your county claim the top spots on the donation and participation leaderboards for additional bonus funds!

Learn more at the [Purdue Day of Giving](#) website.

Hamilton County Master Gardeners Association 25th Annual

PLANT SALE

Saturday, May 18th
 8:00 am - 3:00 pm

Hamilton County 4-H Fairgrounds
 2003 Pleasant Street, Noblesville, IN 46060

Shop from our large selection of plants, including:

- ✓ Native Plants
- ✓ Hostas
- ✓ Perennials
- ✓ Vegetables
- ✓ Water Plants
- ✓ some Shrubs and Small Trees

BRING YOUR OWN WAGON!



Bearded Iris dug to order from our own beds!

Free Gardening information and expert planting advice!

Cash, Credit Card or Check for Payment

No dogs allowed the day of the sale.

Hamilton County Master Gardeners Association is a nonprofit organization.



Purdue University is an equal opportunity/equal access/affirmative action institution.

	MEDICAID	MEDICARE
WHO ADMINISTERS IT?	Each state manages its own Medicaid program.	The federal government establishes uniform rules for Medicare at the national level.
WHO IS ELIGIBLE?	Anyone who meets income requirements, regardless of age.	Anyone who meets age or disability requirements, regardless of income.
HOW MUCH DOES IT COST?	Generally free, although some states charge small fees for certain services.	Premiums are set at the federal level for Original Medicare, and there are annual deductibles and coinsurance amounts.
WHAT DOES IT COVER?	Basic health care and prescription drug costs, as well as long-term care, medical equipment, eyeglasses, dental care, and other related health services.	Medically necessary medical services and hospital care, certain medical equipment, and prescription drugs (under Part D).

Show Your Heart a Little Love By Reducing Stress

Making healthy food choices and getting exercise are great for your heart, but managing stress is equally important. Stress stems from many things, ranging from bad traffic to finance problems. No matter the cause, it affects you negatively.



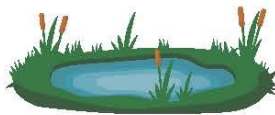
Change how you respond to it today by trying these tips. You may feel better—and have a healthier heart, too!

Relaxation Tips

1. Progressive muscle relaxation – tighten a specific muscle in your body and then release the tension. Start with your toes and work up to your face.



2. Guided imagery – Visualize the details of a calm, peaceful setting.



3. Deep breathing – Inhale a slow, deep breath, letting your stomach or chest expand and then exhale slowly. Repeat.



4. Music – Enjoy a favorite tune during the day.

5. Notice beauty – Take a few minutes to enjoy the sunrise or sunset, take a brisk walk in the crunchy snow, smile at a stranger, or hug a friend or family member.



Oats are also heart-friendly, thanks to a high fiber content.

Skillet Granola

Ingredients

- 1/3 cup vegetable oil
- 3 tablespoons honey
- 1/4 cup powdered milk
- 1 teaspoon vanilla
- 4 cups uncooked, old fashioned rolled oats
- 1/2 cup sunflower seeds
- 1 cup raisins

Directions

1. Warm oil and honey in a skillet for one minute over medium heat (300 degrees in an electric skillet). Add powdered milk and vanilla.
2. Stir in oats and sunflower seeds, and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.
3. Take off heat. Stir in raisins.
4. Cool mixture. Store in an airtight container (jar or plastic bag).

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



Resources: <https://www.nhlbi.nih.gov/resources/stress-less-healthier-heart-fact-sheet>, [eatgathergo.org/recipe/skillet-granola/](https://www.eatgathergo.org/recipe/skillet-granola/)

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).

Living Well

In need of improving wellness, but don't know where to start? Below is a week-long list of daily activities that you can do for living well. You do not have to participate in every single activity each day; you can choose one for each day to practice these wellness habits.

Sunday

- Get outside and soak up some vitamin D. Find a park or trail and take a walk (tip - get someone to go for a walk with you).
- Be aware of your feelings. Express them to people you trust.
- Practice and say out loud five positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)

Monday

- Make a budget for April. If needed, talk to a financial advisor to get started.
- Reach out to someone you care about. Make a date to get together.
- Declutter, donate, and recycle things you don't need or use anymore.

Tuesday

- Have a plant-based meal.
- Be well at work - set goals for your career and start taking steps to achieve them.
- Find an opportunity to appreciate nature.

Wednesday

- Schedule any doctors visits, exams, or checkups that you have been putting off.
- Be a role model for those around you. Let them see you making healthy choice and encourage them to do the same.
- Nurture your spiritual wellness. Ask yourself what values are most important to you.

Thursday

- Bring a homemade lunch to work rather than buying fast food.
- Explore public events in your community and discover ways to get involved.
- Do ten pushups (or modified pushups) and 10 sit-ups.

Friday

- Have dinner with your family, friend, or neighbor with no smart devices.
- Find a book to read, and read one chapter every day.
- Take a mental health break at work and go for a walk outside or in the hallways.

Saturday

- Forgive someone who has wronged you.
- instead of watching a 30-minute show, listen to a 30-minute educational podcast or watch a TED Talk.

Annette Jones
HHS Educator
Porter County



AGING WELL SERIES

Planning for a Healthier Tomorrow

Authors:

Becky Good
Clinical associate professor

Kristen Kirby
Clinical associate professor

Janelle Potetz
Clinical assistant professor

School of Nursing in the College
of Health and Human Sciences,
Purdue University.

Stephanie Woodcox
Assistant program leader/
Extension specialist, health and
wellness

Purdue Extension in the College
of Health and Human Sciences,
Purdue University

Health goals become more important as we age, especially those related to nutrition, exercise, family, and finances. New habits of exercise, healthy cooking, family traditions, and planning for retirement are pushed to the front of the list. This article will discuss starting points to build upon in each category.

Nutrition/food

As you age, your body's nutrition needs change. Think of the food you eat as fuel for your body. Feeding the body healthy foods is important for your energy levels and overall wellbeing. Here are four things you should remember about nutrition.

1. Plan healthy meals ahead of time. Each week, choose healthy meals to make, then grocery shop to have the items needed on hand. Keep healthy snacks (apples, carrots, etc.) easily accessible.

2. A key aspect of eating healthy is portion control. In the United States, our portion sizes are out of control. Many restaurants serve portions that would be enough for two meals. Review the picture (left) for basic portion sizes.
3. Eat foods that are natural and not processed, such as fresh or frozen fruit and vegetables. Avoid processed foods, such as canned foods.
4. Talk to your health care provider about supplements such as calcium, Vitamin D3, Vitamin B12, and fiber.

Exercise

Keeping your body active with routine exercise has many benefits. Identifying your current exercise ability is very important. If you haven't had any recent exercise, start with walking 5 to 10 minutes daily. Gradually increase your

exercise time to 30 minutes daily. If you become too tired to complete 30 minutes at one time, split up the 30 minutes throughout the day (10 minutes x 3). To avoid injury, remember to stretch before and after activity, drink plenty of fluids, and stop when you feel discomfort/pain. Other low-impact exercises include yoga, tai chi, Pilates, biking, and swimming. You can do exercises in your chair, such as rising from a sitting to a standing position, then back to a sitting position; lifting small weights (1-2 pounds or a can of vegetables) over your head, and curling your arms at the elbow. Prior to starting an exercise program, talk to your health care provider about your plan and goals. That's especially important if you are uncertain whether it's safe for you to start exercising.

Family/friend relationships

Strong relationships are very important throughout our life. Spending quality time with family and friends makes life more enjoyable and reduces depression. Some adults forget to add "play time" in their weekly routine. Close family/friends are more likely to assist with care if needed. As friends age and pass away, the thought of making new friends can be difficult, but it is important for our overall health to continue making healthy relationships. Research shows that people live longer if they have healthy relationships with family and friends. Ways to build new friendships include volunteering, joining a club, taking a class, and joining a fitness center. Effective communication, supporting each other, and sincere caring about each other's wellbeing are characteristics of a healthy relationship.

Living on a budget

Many older adults are living off of a fixed budget. If older adults do not have a pension plan or 401(k) at retirement, they might be living off their monthly Social Security check. Below are some helpful hints about monthly budgeting.

1. Use a monthly budget worksheet. It will help you set and track your money during the month. Examples can be found on AARP's and National Council on Aging websites.
2. Identify the "must have" items versus the "nice to have" items in your monthly budget.
3. Protect yourself from fraud. Don't give anyone your Social Security number, bank number, or credit card information over the phone.
4. Identify pharmacies with lower medication costs.
5. Use grocery fliers to make a list of food items on sale. Don't buy items that are not on your grocery list.

Good Things Happen

Why is exercising as we age so important?

1. Helps keep healthy bones, joints, and muscles
2. Improves mood and reduces anxiety
3. Maintains/increases energy level (stamina)
4. Assists with weight control
5. Helps with balance and walking
6. Helps reduce pain with chronic conditions, such as arthritis
7. Helps maintain independent living

Helpful resources

General

National Institute of Health

<https://nih.gov>

Nutrition

Choose My Plate

<http://choosemyplate.gov/older-adults>

<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/>

[DGTipsheet42ChoosingHealthyMealsAsYouGetOlder.pdf](#)

Exercise

Centers for Disease Control and Prevention

<http://www.cdc.gov/nccdphp/sgr/olderad.htm>

Relationships

Older Adults' Health and Age-related Changes (American Psychological Association)

<http://www.apa.org/pi/aging/resources/guides/older.aspx>

Social relationships and Health: A Flashpoint in

Health Policy <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150158/>

Stress—Taking Charge

Helping Children Manage Stress

All children feel stress from time to time: starting school, getting used to a new sibling, adjusting to a growing body during the preteen years, conflict at home, illness, parental separation, school problems (with the teacher, other children, or schoolwork). You can teach children ways to handle new or frustrating situations and manage stress.

Signs of child stress

Physical—headaches, stomachaches, vomiting, wetting

Emotional—fear, irritability, sadness

Behavioral—crying, nervous tics, losing temper

Interactions with others—withdrawing, teasing or bullying, extreme shyness

Signs of stress in children often occur together, but no child typically shows all symptoms at once. A fearful or sad child may get stomachaches, cry, and withdraw from others. Others may become irritable, tease others, and lose their temper. Stress reactions can occur anywhere. In school a stressed child may be easily distracted, not follow directions, not complete assignments, have trouble concentrating, or show behavioral changes.

Differences in Children

Children react differently to stress. Some have easy-going personalities. From infancy, they get along with others and adjust to changes. Other children are easily upset and bothered by new situations. Personalities develop from genetic inheritance and environment. You cannot change children's genetics, but you can help them manage a stressful environment.

Sources of Stress

At school

- being away from home (ages 5–7)
- fear of wetting themselves (ages 5–7)
- fear of punishment from teacher
- worry about getting along with peers
- worry about schoolwork
- fear of being chosen last on any team
- fear of being different from others
- worry about changing bodies (ages 10 to 12)

Other major sources of stress

- divorce of parents
- move to new town or city
- being held back in school
- serious illness
- parent being called to war

Sue and Tom are worried about eight-year-old Kevin.



He complains of stomachaches and often cries when it's time to leave for school. He seems better in the evening but sometimes has trouble falling asleep at night.

Helping a Child Who Holds Feelings In

A child who holds stress in may try to be good, work hard in school, and make few demands on you. This child may worry, have low self-esteem, and be fearful, shy, or prone to cry easily. Physical symptoms like stomachaches, headaches, or frequent illnesses are common in children who internalize stress.

Seven-year-old Amber complained of stomach aches several weeks before second grade started. Barb, her mother, also noticed that Amber didn't sleep well. A doctor visit showed that Amber was healthy. Barb suspected Amber was worried about school starting. One night as she tucked Amber in, she told her this story.



"Once upon a time there was a very scared little girl named Abby. She worried about having a new teacher at school. Abby thought the teacher might not be nice. She also was afraid that her best friend wouldn't be in her class. She thought of ways to not go to school. But Abby's mother went with her on the first day when they met the new teacher, Miss Johnson. She was nice and Abby knew school would be okay. Then she saw her best friend, Jennifer, come in the door and she felt even better. That day after school, Abby came home and told her mom, 'I like second grade! It's going to be even better than first.'"

Helping a Child Who Lets Feelings Out

Children who act out stress may lose their tempers easily, become demanding or destructive, or may tease or bully other children. Research shows that under high-stress situations, boys tend to become more aggressive and disruptive, while girls become anxious or depressed. Children, however, may show the reverse: a boy may be fearful or depressed, and a girl may be aggressive or destructive.

Sue and Kevin were concerned about 10-year-old Jeremy. At school he was getting Cs and Ds instead of the usual Bs and Cs. His teacher had called about Jeremy fighting at recess. Sue and Kevin also noticed him teasing his sister more than usual. When they were called after another playground fight, they decided to ask Jeremy about his feelings.

After some gentle prodding, Jeremy told them that he had been mad since last fall when soccer started. He felt that the coach wasn't fair and didn't like him. Jeremy's parents helped him see how bullying other kids only made them angry. They helped him learn ways to deal with his anger and not take it out on others. Jeremy's dad agreed to help him improve his soccer skills. Both parents told Jeremy they would check with him and his teacher each week to see if things were improving.



Look for change to tell if a child who is either withdrawn or aggressive is showing signs of stress. A generally outgoing and friendly child who becomes sad, withdrawn, or fearful probably is showing signs of stress. Similarly, a quiet and easy-going child who becomes irritable or aggressive may be stressed. As a parent you may or may not know what triggered your child's stress reaction.

Resilient Children

Resilient children have the following characteristics that help them cope with stress.

- a loving, supportive relationship with at least one adult
- belief in one's own effectiveness
- ability to assist the family
- belief that he or she is lovable and worthwhile
- connections to adults outside the immediate family
- effective problem solving
- belief in ability to make things better for themselves
- spiritual resources

Coping with Stress

Consider these ways to help children manage stress.

- Help children talk about what is bothering them. Don't force the talk, but offer opportunities such as bedtime or car trips. Instead of asking, "What's wrong?" ask, "How are things going at school?" Respect their answers; criticism may cause them to stop sharing.
- Work off stress through activities like bike riding, hiking, or swimming.
- Spend one-to-one time through hobbies you do together, making time to talk.
- Encourage healthy eating; it makes young bodies better able to handle stress.

- Eat meals together as a family; it helps kids eat better food, have better school grades, fewer problem behaviors, and better peer relationships than kids who don't eat with their family.
- Show kids how to relax by remembering or imagining pleasant situations like a favorite vacation or happy experience.
- Teach kids that mistakes are learning opportunities and that everyone makes mistakes.
- Be clear about rules and consequences so kids know what is expected. Decide together on consequences for misbehavior. Then follow through.
- Role play ways to handle problem situations.
- Tell or read stories that show a child successfully coping with stress.
- Model ways to handle stress — exercise daily, eat healthy, relax with hobbies, and encourage mealtime sharing.

Revised by Kimberly Greder, professor and extension specialist, and Diana Baltimore, lecturer, department of human development and family studies, Iowa State University. Originally prepared by Mary Winter.

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Be a 4-H Fair Award Sponsor



Dear Friend of 4-H,

The Hamilton County 4-H Fair is just around the corner! Each year awards are given to outstanding 4-H members who receive Grand Champion, Reserve Grand Champion, and Champion honors in their respective project areas. Many of you have sponsored awards in the past and the 4-H Community appreciates the interest you have shown in recognizing our youth. We sincerely hope you will continue to support this educational program in the future.

Sponsorship is a relatively inexpensive way to show your support for Hamilton County 4-H and advertise at the same time. Grand Champion banners are \$14, Reserve Grand Champion banners are \$12.00, and Champion banners are \$10.00.

As a sponsor, your name would be listed in the 2025 Hamilton County 4-H Fairbook. If you are interested in sponsorship, please detach the bottom of this letter and drop it off or mail it to the Purdue Extension Hamilton County Office **no later than May 15, 2024**. If you have any questions about your sponsorship, please contact Kris Grinstead in the Purdue Extension Office at krisgrin@purdue.edu or 317-776-0854.

Thank you for your continued support.

For Youth,

4-H Youth Development Extension Educator

I would like to sponsor the following awards. I have listed the project areas requested in order of preference. I know that in some cases I may not get my first choice.

	<u>QUANTITY</u>				
Division Champion (\$10)	_____	x	\$10.00	=	\$ _____
Reserve Grand Champion (\$12)	_____	x	\$12.00	=	\$ _____
Grand Champion (\$14)	_____	x	\$14.00	=	\$ _____
			TOTAL		\$ _____

Project Area(s) Requested: _____

Please check if you wish to receive a receipt for tax purposes.

Please check if you're a new donor.

Sponsor's Name: _____

Sponsor's Mailing Address: _____

Sponsor's phone number: _____

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Make checks payable to the **Hamilton County 4-H Council, Inc.**
Please return this form with your check by **May 15, 2024** to:
Purdue Extension Hamilton County, 2003 Pleasant Street, Noblesville, IN 46060-3697