

MAKE HEALTHY THE EASY CHOICE

Deb Arseneau, CED, Extension Educator, HHS



The holiday season is just around the corner. Check out the information in this newsletter for ways to handle holiday stress, contact information for holiday baking hotlines and an abundance of upcoming programs!

Holiday Hotlines!

Have a question about your holiday food preparation? Keep these hotline numbers handy to find the answers you need.

Turkey Talk - If you are looking for information on preparing a holiday turkey, check out the **USDA's Meat & Poultry website**:

<http://www.foodsafety.gov/keep/types/turkey/>

Information is included on thawing, stuffing, cooking and handling leftovers. Or call the hotline at 1-888-MPHotline, 1-888-674-6854

Other helpful numbers and websites to keep handy include:

Butterball Turkey Hotline: 1-800-288-8372 or

<https://www.butterball.com/online-turkey-talk-line>

Reynolds Kitchen Tips Line: Online help at

www.reynoldskitchens.com

Land O'Lakes Holiday Online Bakeline: Home

economists answer questions online at:

www.landolakes.com



November/December 2021

TABLE OF CONTENTS

Holiday Hotlines | 1

Upcoming Programs | 2

Tips to Prevent Holiday Stress & Depression | 3 & 4

The Art of Healthy Living Series | 5

Extension Homemaker Notes | 6

Virtual Dining with Diabetes | 6

Staying Scam Safe | 6

REGISTER HERE:
<https://cvent.me/LbkV3G>



ServSafe Food Protection Manager is the highest certification awarded by ServSafe. The manager training focuses on five aspects of food service that can affect the safety of food:

- Foodborne Microorganisms and Allergens
- Personal Hygiene
- Purchasing, Receiving, and Storage
- Preparation, Cooking and Serving
- Facilities, cleaning/ Sanitation and Pest Management

The full 1-day training includes a manual and a proctored paper exam. You must score 75 percent or greater to earn the certificate. The certificate is valid for 5 years.



DECEMBER 9, 2021

8AM-6PM

White County 4-H

Building Reynolds, IN

Extension - Health and Human Sciences

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

Happy
Thanksgiving



Extension - Newton County



Upcoming Programs



Staying Scam Safe – Join Deb Arseneau, HHS Educator, via Zoom to learn about common scams, steps you can take to protect yourself and your information, and how to report scams and fraud. Register by emailing Deb at arseneau@purdue.edu by November 19. The program will be offered via Zoom on **Wednesday, November 24 from 12-1 P.M. (CST)**

ServSafe – The White County Extension office will be hosting a ServSafe training on **December 9 from 8 AM – 6 PM (EST)**. The full 1-day training includes a manual and a proctored paper exam. You must score >75% to earn the certificate and the certificate is valid for 5 years. Register at: <https://cvent.me/LbkV3G>



Self-Care Saturdays: Calm – Create – Connect

Are you tired of juggling family and work responsibilities? Are you longing for time to tap into your creative side and enjoy some “me” time? I am working on a series of Self-Care Saturdays in partnership with the Newton County Public Libraries and Newton County Step Ahead to create a series of opportunities for you to relax, take time to be creative and connect with others with similar interests. I hope you will join me in these creative experiences. Plans for the first two programs are below, watch the January newsletter for more offerings.

Crumb Quilting – Our first session will be on **Saturday, December 4 from 9 a.m. – 1 p.m. at the Beaver Township Community Center (Fire Station) in Morocco**. Deb Arseneau will share information on managing holiday stress. Maria Conrad will share her new love for Crumb Quilting and Margaret Edwards will share tips for maintaining your sewing machine. A light lunch will be provided. You will be making 3- 8” square potholders, or you can combine them into a table runner. You will need to bring: sewing machine, rotary cutting tool, ruler and cutting board, thread, scissors, fabric “scraps/crumbs” (rectangles, squares, etc) enough to make 3-8” square potholders and ½ yard fabric for the backing. (Your fabrics do not have to match!) Maria will provide the batting. If you are able to bring an iron and padded ironing board, please do so. Cost for the program will be \$35.00. Register by calling the Extension Office at 219.285.8620 x 2800 by November 29. Limit 20.



2022 Vision Board – Ask yourself, “If money, people’s opinions and judgments, and fear were not factors – what would I want to be, do, or have? What really matters to me?” Skip the New Year’s resolutions and join Deb Arseneau to clarify your intentions and create a Vision Board. Join the fun on **Saturday, January 8 from 5-9 p.m. at the Beaver Township Community Center in Morocco**. Bring some of your favorite magazines or catalogs (you will be cutting out pictures that speak to you) and scissors, the rest of the materials will be provided to help you create your 2022 Vision Board. Snacks will be provided. Cost for the program is \$25.00 payable to Newton County Extension Education Fund. Please register by January 3 by calling the Extension Office at 219.285.8620 or emailing arseneau@purdue.edu for more information.



Make Healthy the Easy Choice: Tips to Prevent Holiday Stress and Depression

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And with COVID-19 issues you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.



With some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

- **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship. If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat. Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.
- **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.
- **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.



Stick to a budget. Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Give homemade gifts or start a family gift exchange.



- **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.
- **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
- **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions:
 - Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
 - Eat healthy meals.
 - Get plenty of sleep.
 - Include regular physical activity in your daily routine.
 - Try deep-breathing exercises, meditation or yoga.
 - Avoid excessive tobacco, alcohol and drug use.
 - Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.
- **Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Make time to take a walk, listen to music or read a book.
- **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.



Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

Adapted from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

Coming in 2022



The Art of Healthy Living Series

What you do today influences your future. Learn how to take care of yourself now to embrace life and grow gracefully, successfully, and with increased longevity.

12 weeks to help you develop strategies for taking care of you. Sessions will be held virtually, you'll have a community of support for 12 weeks to make long lasting changes towards positive health habits. Attend all sessions, or simply drop in on the sessions that fit your schedule. By the end of the 12 weeks, you'll be physically and mentally ready to embrace life.

Each of these sessions will be held on Fridays from 9:00 – 10:00 a.m. (CST) online via Zoom. You will receive an email after you complete your registration with information on how to join each session. If you cannot attend live, sessions will be recorded.

Cost of the series is \$45 payable at time of registration.

Register at: <https://cvent.me/KoZx35>

Join in for 12 weeks of healthy living topics including:

January 7 – Mindset & Goals

January 14 – Physical Activity across the Lifespan

January 21 – Eating Smart

January 28 – Train Your Brain

February 4 – Stress Management

February 11 – Financial Wellness

February 18 – Empower Me to Be Clutter Free

February 25 – Food Labeling: What's in there, anyway?

March 4 – Sleep On It: Why Sleep Matters

March 11 – Social Activity

March 18 – Taking Time for You

March 25 – Celebrate

Contact Deb Arseneau, HHS Educator in Newton County at 219.285.8620 x 2800

Or Kelsie Muller, HHS Educator in Benton and Warren Counties at (765) 884-0140

Newton County Extension Homemakers

Jots from Jane



Hello fellow members of the Newton County Homemakers. Here we are at that time of year when we celebrate being thankful. I personally feel thankful all year long but enjoy setting aside time to celebrate my family both at Thanksgiving and Christmas.

I definitely am thankful for Nancy Jo Prue and the members of her club, Northwest Jefferson for hosting a great Fall event. The food was delicious and their speaker, Sarah Risely with Get Lost Indiana was a real delight.

By now your nut orders have been processed and the nuts will be delivered soon to the Newton County Historical Society building. When they come in we have to inventory and organize them by club. If you are able to help we could sure use the assistance. The problem is we don't know exactly when they will be arriving. If you can help, let us know and we will call when we know they are being delivered. There won't be much lead time but as soon as we know, we will call. Remember many hands make light work especially for us baby boomers.

Any extra nuts will be sold at Sacred Heart Church in Fowler on December 4th. They have a Christmas Bazaar with lots of vendors. If you would like to help sell let Nancy Jo Prue, Pat Boldman or myself know. We also set up at local banks and at Murphy's if we have extra nuts so we could use help there too.

Remember we are responsible for the March 14th District meeting. It will be held at Trinity United Methodist Church in Kentland. Our theme will be "Pollinators are our friends" and we will have a Spring look to the meeting. Every club has their assigned committees so lets all do our best and it will be a success.

Watch your mail for a reminder about the EH Council Holiday Gathering on December 2. Deb will send an invite and a reminder of what your signed up to bring. Our next EH Council Meeting will be on Thursday, January 27.

Happy Thanksgiving and Merry Christmas.

Jane Kereven



*Has someone contacted you unexpectedly?
Have they promised you something? Have they asked you to do something?*

STAYING SCAM SAFE

Join us for a free educational program about common scams, steps you can take to protect yourself and your information, and how to report scams and fraud.

Wednesday, November 24, 2021
12:00-1:00 P.M. (CST)
VIA Zoom!

Register and obtain Zoom link by emailing:
arseneau@purdue.edu or call 219.285.8620 x 2800
 by Nov 19.

PURDUE UNIVERSITY Extension Purdue University is an affirmative action, equal access/equal opportunity institution.




Virtual Dining With Diabetes

Join us on Thursdays
 January 13, 20, & 27
 February 3
 6:30 pm - 8:30 pm EST
 Via Zoom
 The link will be sent out closer to the start date.

YOU WILL LEARN TO:

- COOK WITH SWEETENERS
- COOK WITH LESS FAT & SODIUM
- MANAGE PORTION CONTROL
- MEAL PLANNING

Registration deadline is January 6, 2022. Payment is due upon registration.
\$40/Single or \$65/Couple
 Register online at <https://cvent.me/QmLPZx>
 For questions contact Sarah Kramer at 219-984-5115
kramers7@purdue.edu

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