

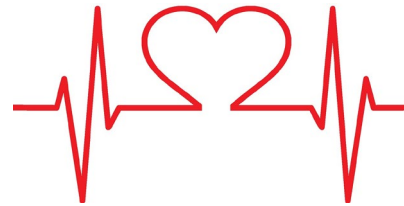
## February is American Heart Month

The first step toward heart health is understanding your risk of heart disease. Your risk depends on many factors, some of which are changeable and others that are not. Risk factors are conditions or habits that make a person more likely to develop a disease. These risk factors may be different for each person.

Preventing heart disease starts with knowing what your risks factors are and what you can do to lower them.

### Risk factors for heart disease

- Have high blood pressure
- Have high blood cholesterol
- Have overweight or obesity
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have a family history of early heart disease, for example if your father or brother was diagnosed before age 55, or your mother or sister was diagnosed before age 65
- Have a history of preeclampsia, which is a sudden rise in blood pressure and too much protein in the urine during pregnancy
- Have unhealthy eating behaviors
- Are age 55 or older for women or age 45 or older for men



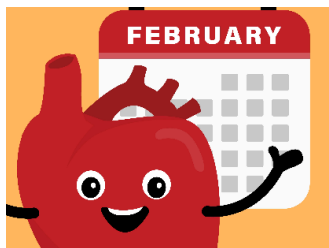
Each risk factor increases your chance of developing heart disease. The more risks you have, the higher your overall risk. Some risk factors cannot be changed. These include your age, sex, and a family history of early heart disease. Many others can be modified. For example, being more physically active and eating healthy are important steps for your heart health. You can make the changes gradually, one at a time. But making them is very important.

### Women and heart disease

Women generally get heart disease about 10 years later than men do, but it's still women's #1 killer. After menopause, women are more likely to get heart disease, in part because estrogen hormone levels drop. Women who have gone through early menopause, either naturally or because they have had a hysterectomy, are twice as likely to develop heart disease as women of the same age who have not gone through menopause. Middle age is also a time when women tend to develop other risk factors for heart disease, such as high blood pressure.

Preeclampsia, which is high blood pressure during pregnancy, raises your risk of developing coronary heart disease later in life. It is a risk factor that you can't control. However, if you've had the condition, you should take extra care to monitor your blood pressure and try to lower other heart disease risk factors.

(continued on next page)



**The first Friday of February is  
National Wear Red Day!**

## Questions to ask your provider at your annual checkup

- What is my risk of developing heart disease?
- What is my blood pressure? What does it mean for me, and what do I need to do about it?
- What are my cholesterol numbers? What do they mean for me, and what do I need to do about them?
- What is my body mass index (BMI) and waist measurement? Do I need to lose weight for my health?
- What is my blood sugar level, and does it mean I'm at risk for diabetes?
- What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
- How can we work together to help me quit smoking?
- How much physical activity do I need to help protect my heart?
- What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
- How can I tell when I'm having a heart attack?

Source: <https://www.nhlbi.nih.gov/health/heart-healthy-living/risks>

---

## Stretching Your Dollars in Times of Rising Costs

As prices continue to soar across various sectors, managing expenses has become more challenging. From groceries to gas, the pinch of inflation is felt by many. However, there are strategies to help you stretch your dollars and navigate these times of higher costs.

1. **Budgeting Wisely:** Track your expenses and prioritize essential needs. Create a detailed budget to allocate funds to necessary expenses first. Cut back on non-essential items to free up more resources for your needs.
2. **Smart Shopping Habits:** Look out for sales, discounts, and coupons. Consider buying in bulk for items you frequently use to benefit from bulk discounts and reduce the cost per unit.
3. **Meal Planning and Cooking at Home:** Eating out or ordering takeout can significantly impact your budget. Plan meals in advance, use what you have, and cook at home to save money. This also allows for healthier and more economical choices.
4. **Reduce Energy Consumption:** Lower utility bills by being mindful of energy usage. Turn off lights, unplug electronics, and consider energy-efficient appliances to save on electricity costs.
5. **Utilize Loyalty Programs and Cashback Offers:** Many stores offer loyalty programs or cashback incentives. Take advantage of these programs to earn rewards or get discounts on future purchases.
6. **DIY and Repurpose:** Explore do-it-yourself projects and find ways to repurpose items instead of buying new ones. This approach not only saves money but also encourages creativity. Also, consider second-hand purchases.
7. **Avoid Impulse Purchases:** Take a moment to consider whether a purchase is a necessity or a spontaneous desire. Avoid impulse buying to prevent unnecessary expenses.



By implementing these tips, you can effectively stretch your dollars and navigate through periods of escalating costs. Remember, small changes in spending habits can lead to significant savings over time, providing financial stability despite economic fluctuations.

## 2023-2024 4-H Online Enrollment

It is that time again! 4-H Online enrollment is now open, with enrollment fees starting at \$20 for 4-H Members in 3<sup>rd</sup>-12<sup>th</sup> grade. Mini members in grades K-2, are FREE. **This year the Newton County Government has graciously covered the enrollment fee for all 4-H members.** Families will be able to access the online system to enroll their youth in the Newton County 4-H program. New families will create a family profile and add youth into 4-H, returning families will use the same login information as 2023. Please make sure to select cash/check and do not make a payment!

Website: [v2.4honline.com](http://v2.4honline.com)



## 4-H Camp Counselor Application

Have you had a positive experience in 4-H and want to help young members enjoy their involvement in the program? Consider being a 4-H Camp Counselor!

Counselors must be enrolled in grades 9-12 and be willing to help 3<sup>rd</sup>-6<sup>th</sup> graders have a fun and safe stay at 4-H Camp. This year's camp will be held June 5-9 at Camp Tecumseh. Camp Counselor applications are due by January 10<sup>th</sup>. Contact the Extension Office for an application!



## Volunteer Training



Volunteer enrollment is now open! If you are a returning volunteer, please follow the process on 4-H Online. If you are interested in becoming a volunteer, please email [brunton@purdue.edu](mailto:brunton@purdue.edu) to start the enrollment process!

Volunteer Training **MUST** be completed before attending any 4-H meetings and events!

## 4-H Scholarships

Looking for a way to pay for college? There are many scholarships available through the Indiana 4-H Program:

- 4-H Accomplishment (Grades 10<sup>th</sup>-12<sup>th</sup>): **YOU DO NOT NEED TO BE A SENIOR TO APPLY!** This scholarship seeks to recognize youth who have excelled in life skills development through their 4-H activities and involvement. Due January 25<sup>th</sup>.
- 4-H Club (Senior in High School): Awarded based on scholastic ability, financial need, and achievement in 4-H club work. Due January 25<sup>th</sup>.
- Indiana 4-H Foundation Senior Year: This scholarship is for individuals seeking post high school study or training (i.e., college, trade school, or short course). Due January 25<sup>th</sup>.
- Newton County 4-H Council Scholarships: This scholarship looks at 4-H achievement and community service. Due February 1<sup>st</sup> to the Newton County Extension Office.

You can access applications on our 4-H Youth Development page at

<https://extension.purdue.edu/county/newton/4-h-youth-development/index.html>.

Don't miss out on the Jasper Newton County Scholarship Workshop on January 11<sup>th</sup> at 6:30pm at the Newton County Government Center. RSVP by January 4<sup>th</sup> at

<https://forms.gle/FNN7L1Gwrp4mmGsv7> !

## Forget to send your post fair Thank You Cards? It's not too late!

Newton County Youth are very fortunate to have such a large community backing. There are many supporters (alumna, volunteers, and many more) who sponsor trophies and opportunities for youth in the community. **PLEASE make sure you are sending out thank you cards to your trophy donors and scholarship donors.** This is a very important lesson for youth to learn!



### 4-H Project Staycation Workshop

**Save the Date!**

**Saturday, March 23<sup>rd</sup>**

Once again we will be offering a 4-H Project Staycation Workshop for those who are staying home for spring break. 4-H Staycation will be a Saturday full of fun! Newton County Staff will be covering projects offered in Newton County and provide the opportunity to try them out! Be on the look out for more information soon!

### 4-H Building Rental for 4-H Events/Meetings

**Looking for different space to hold a club meeting? Check out our beautiful 4-H Building!**

Hear ye! Hear ye! The 4-H Building is ready for some fun. When scheduling your next meeting or activity, consider using the new 4-H Building at the fairgrounds. The building is available rent free for 4-H groups. Schedule your event with Pam, who can be reached at [lattapd@gmail.com](mailto:lattapd@gmail.com).



### Mini 4-H Workshops

We have some exciting news! We have newly hired a Mini 4-H Leader, Devin Hindes, who will be helping lead multiple Mini 4-H workshops. The workshops will provide youth the opportunity to create new projects! Be on the lookout for future dates!



### Annual Livestock Workshop

Be on the lookout for more information coming soon for the Annual Livestock Workshop! The workshop will cover showmanship and animal husbandry topics that provide industry knowledge to 4-H youth!

### 4-H Calendar



Want to stay connected? Check out our 4-H Calendar to see what is going on in 4-H Youth Development! You can access the calendar on our 4-H website at Purdue Extension Newton County 4-H Youth Development.

### Club Annual Reports and Financial Info

In January, the required annual Club Report and Financial Info forms will be mailed to one leader per club or project. The club secretary can complete the Club Report, which is a summary of the year's accomplishments. The Treasurer can help complete the 2-page Financial Report. All reports MUST be returned to the Extension Office **February 1<sup>st</sup>**.