

Achieving Balance with the Wellness Wheel

In our busy lives, staying healthy means more than just taking care of our bodies. True wellness involves balancing different parts of our lives, including our body, mind, and spirit. The Wellness Wheel is a tool that shows how eight areas of health are connected and important for a happy life. If we ignore one area, it can affect the others, so it's important to keep them all in balance.

The Eight Dimensions of Wellness

1. **Physical Wellness** – Maintaining a healthy body through exercise, proper nutrition, sleep, and regular medical care. Prioritizing movement and nourishment helps prevent illness and boosts energy.
2. **Emotional Wellness** – Understanding and managing emotions in a healthy way. This includes stress management, self-care, and seeking support when needed to maintain resilience and mental health.
3. **Intellectual Wellness** – Engaging in continuous learning and mental stimulation. Activities such as reading, taking courses, or pursuing creative hobbies contribute to cognitive growth and curiosity.
4. **Social Wellness** – Building and maintaining healthy relationships with family, friends, and the community. A strong support system enhances emotional well-being and provides a sense of belonging.
5. **Spiritual Wellness** – Seeking purpose and meaning in life, whether through faith, meditation, or personal values. A strong spiritual foundation provides guidance and inner peace.
6. **Occupational Wellness** – Finding fulfillment and satisfaction in one's career or daily activities. This involves work-life balance, professional growth, and aligning personal values with work.
7. **Financial Wellness** – Managing finances wisely, reducing stress related to money, and planning for the future. Budgeting, saving, and responsible spending contribute to overall stability.
8. **Environmental Wellness** – Living in harmony with the surroundings by creating safe, healthy, and sustainable living and workspaces. This includes reducing waste, spending time in nature, and promoting sustainability.

The Power of Balance

Each dimension builds upon the others, forming a strong foundation for overall health. For example, a working parent juggling job duties and family time may experience work-related stress (occupational wellness), leading to feelings of anxiety (emotional wellness). This stress can result in neglecting exercise routines (physical wellness). To regain balance, they might set work boundaries, engage in regular physical activity, and practice stress-management techniques to enhance overall well-being.

To explore more about the Dimensions of Wellness go to <https://library.samhsa.gov/sites/default/files/sma16-4958.pdf>.

These resources provide tools to help you evaluate and improve each area of your wellness journey. By understanding and applying the Wellness Wheel's principles, you can take steps toward a healthier, more balanced life.



Start simple
with MyPlate



Healthy Eating for Families

Healthy eating is important at every age. Offer your family a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Connect at mealtimes

Sit down together for a meal when you can. Turn off the TV and put away screens and devices, so you can “unplug,” interact, and focus on each other.



Plan out meals

Reduce stress at mealtimes by planning out meals before the week starts. Include quick and easy dishes, or leftovers, on nights that are extra busy.



Let everyone help

Kids learn by doing. Younger ones can mix ingredients, wash produce, or set the table, while older kids can help with ingredients. Everyone can help clean up.



Serve a variety of foods

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks throughout the week.



Let kids choose

Get kids engaged with meal preparation at home. Serve meals “family style” to encourage kids to be creative with their plates.



Offer nonfood rewards

Foods aren't the only rewards that kids like. Younger kids may enjoy gathering points toward a special outing, and older kids could earn extra screen time or an allowance.



Go to **MyPlate.gov** for more information.
USDA is an equal opportunity provider,
employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

FNS-905-22
March 2022

2025 4-H Quality Livestock Care Training

All 4-H youth participating in the beef cattle, dairy cattle, swine, sheep, meat goats, dairy goats, poultry and rabbit projects must complete the 4-H Quality Livestock Care program **OR** the online Youth for the Quality Care of Animals Program (YQCA).

The cost for the in-person Quality Livestock Care Training is \$3 per participant. Payment will be due at the time of the training.

You must register on 4-H Online to attend!

Dates: April 2, May 22, June 12

Register at <https://NewCoQLC.4honline.com>

Geranium Sales

Newton County 4-H Members are selling geraniums to raise funds for clubs and 4-H Council sponsored activities. 4-Hers need to attend their local 4-H club meeting to get a geranium order form. Turn in your orders with payment to your leader by April 19th.



Premise ID

Don't remember your premise ID? Need to register your livestock premises? Go to www.in.gov/boah and select "Traceability & Premise ID" for more information on how to register a location or who to contact if you have lost your premise ID!

Beef Weigh-In Date

The Beef weigh-in and tagging for beef steers and commercial heifers will be held on Saturday, March 15th from 9:00 am to 12:00 pm at Dawson Angus. Please contact Carla, Beef Barn Superintendent, at 843.941.0984.



Beef Barn Fundraiser Dinner

The annual Beef Barn Fundraiser dinner will be held on March 15th from 5:00 pm-7:00 pm at the Morocco Legion. Tickets are available for purchase with any of the Beef Barn Members and will be available at the door.

Mini 4-H Meeting

March 17th, Newton County 4-H Building, 6:30 pm

Mini 4-H members in grades K-2. Be on the lookout for more information!

Register at

<https://mini4hmeeting.4honline.com>



Animal Enrollment Process

All animals except poultry will be registered through the Indiana 4HOnline system: <https://v2.4honline.com>. You will need to register your breed class rabbits in 4HOnline as well! Please log in using your family account username and password. **All animals must be added to the system by May 15th!** Please contact the office if you have any questions!

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!



Sheep, Goat and Dairy Feeder ID

Sheep, Goat, Beef and Dairy Feeder Calf ID Day will be held on **May 8th from 5:00 to 7:00 pm** at the Newton County Fairgrounds. More information will be mailed to 4-H members.

4-H Camp

Attention 3rd through 6th grade 4-H members! 4-H Camp is right around the corner! Be on the look out for camper applications here soon! 4-H Camp will be held June 4th-6th at Camp Tecumseh!



Spring Craft Show and Family Fun Day!

Join in on the fun at the Newton County 4-H Building on May 17th from 9:00 am to 2:00 pm! There will be lots of vendors and community groups that will have booths!

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.

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.

Recently there has been more and more interest in drones for recreation and business. They can be a fun toy to play with but also a useful tool in today's ag world. Our office recently purchased our first one and I have plans to use it for Purdue on The Farm as well as other programs that would benefit from a bird's eye view. In order to fly legally and responsibly there are a few things to consider and steps to follow. The Federal Aviation Administration (FAA) classifies drones in three main categories listed below. The information below is a general overview of requirements.

**Drones 0.55 pounds or less**

- Easiest class of drones to work with, but fewest uses overall
- Does not require licensing or registration as long as used only recreationally
- These drones are good for obtaining small-scale images and for indoor use. However, their lack of weight/size makes outdoor flight a challenge

Drones between 0.55 and 55 pounds

- Basic flights, not including sprayer and spreader application
- Recreational drones must be registered through FAA
- Drones supporting an enterprise/business must be registered through FAA as a Part 107 drone
 - Must obtain a Part 107 Certification/Remote Pilot Certification
 - Must be 16 years or older to operate
- Using spray or spreader drone with chemicals (pesticide or fertilizers) – Drone must be registered through FAA as Part 107 drone
 - Obtain Office of Indiana State Chemist Pesticide Licensure – Category 11
 - Obtain a business license. To be a licensed applicator, you must be licensed under a business
 - FAA Part 137: (NOTE: you typically will need to have a visual observer during flights)
 - You have to request to become exempt from certain parts of 14 CFR
 - Obtain certification through local Flight Standards District
 - Chief supervisor must train other pilots under that operating certificate

Drones 55 pounds and up

- Drone must be registered through FAA as an aircraft to get an N number
 - Fill out an Aircraft Registration Application
 - Must have a notarized affidavit with information on the aircraft
 - To complete the N-number, there is a \$5 fee unless you request a special number.
- FAA Part 137 – You will need to do the previous, but with some additional components, because this is not the same exemption as above.
 - 2nd Class Airman Physical Examination
 - There are additional reporting requirements and regulations concerning reporting flights. Some exemptions require the issuance of a NOTAM prior to operations conducted under Part 137.

Featured Animal Problem: Pregnancy Toxemia

Description: Also known as ketosis, pregnancy disease, lambing/kidding/calving sickness, and twin disease, this disease can affect any pregnant animal and the principal cause of the problem is low blood sugar (glucose). Essentially, there is low blood sugar which tells the body to mobilize fat tissue, causing higher ketone levels. Excess ketones can result in acidosis/toxicity that can cause nervous system disfunction. Glucose is also needed for muscle movement and fetal development which is why animals are typically affected in the third trimester; when they need the most energy. Untreated, there is 80% mortality and death typically occurs between 2 and 10 days.

Symptoms: Depression, anorexia, decreased rumination, decreased defecation, staggering, recumbency, impaired vision, teeth grinding, labored breathing, and in extreme cases, death.

Contributing Factors: Feed quality is a major issue that can result in deficiencies in pregnant animals. If nutrients aren't being provided through a high-quality ration, animals can eat until their stomachs are full but not consume all of the nutritional requirements for the mother and baby. Stress and # of offspring also play a role in how severe pregnancy toxemia can become.



Prevention and Control: Nutrition is the prevention. Fetal demand for nutrients and glucose is at its highest during the last two months of pregnancy in most livestock species. Pregnant livestock need ~50% more feed if carrying a single and ~75% more if carrying twins. This can surpass the animal's daily intake, so substituting forage for more energy-dense grain is a generally recommended practice. Treatment can also include drenching with propylene glycol or corn syrup and electrolytes to help with glucose and dehydration levels.

Link: <https://extension.colostate.edu/topic-areas/agriculture/pregnancy-toxemia-ketosis-in-ewes-and-does-1-630/>

Featured Weed: Dandelions

Description: primarily of two different species: common dandelions (*Taraxacum officinale*) and red-seeded dandelions (*Taraxacum erythrospermum*). Depending on the species, dandelions can grow between 3 inches and 2 feet. Surviving harsh conditions due to their deep taproot, these weeds are easily identified by their tight yellow flowers and "puffball" seed heads. Dandelions thrive in thin lawns, garden beds, and disturbed soils with plenty of nitrogen and potassium.



Life Cycle: Common dandelion is a perennial broadleaf with a thick fleshy taproot. It spreads by seeds and by new shoots from roots or root segments. It flowers from early spring to late fall. Seedlings may occur throughout the spring and summer.

Control: Hand removal is effective for removing individual plants or plants from a small patch. A dense, healthy turf can prevent dandelions from taking over. Chemical control is another option, but is typically most effective in late summer or early fall using post-emergent pesticides that mobilize nutrients and herbicides in order to prepare for winter. My personal favorite method is to mow the area before the yellow dandelion flowers turn into the white seed heads. This is satisfying to do and will stop the spread of seed, but does not stop the growth of established plants.

Link: <https://extension.umn.edu/weeds/dandelions>