

September



Follow us on
Instagram

<https://extension.purdue.edu/county/ohio/>



Like us on
Facebook



PURDUE
UNIVERSITY®

Extension - Ohio County

4-H ENROLLMENT OPENS

OCTOBER 1ST

Anyone planning to attend any events MUST be enrolled by that program date.

Scan the code or follow the link to Enroll

ON OCTOBER 1ST



<https://v2.4honline.com/#/user/sign-up>

Staff Directory

Educators

Jill Andrew-Richards
Agriculture & Natural Resource
4-H Youth Development
jmrichards@purdue.edu

Shannon Chipman
County Extension Director
Health & Human Sciences/4-H Youth
Development
chipmans@purdue.edu

Nutrition Education

Trenna Jossart,
Family Nutrition Program Advisor
tjossart@purdue.edu

Jessica Martini
Community Wellness Coordinator
Koons0@purdue.edu

Support Staff

Alyssa Devers
Office Manager
cook308@purdue.edu



Extension - Ohio County

Upcoming Dates

DATE	EVENTS	TIME	LOCATION
Sept 8-10	Shooting Sports Training		Ross Camp
September 10	Hunter Education	7:30am - 5:30pm	Rising Sun Fire Department
Sept 23rd-Dec 1st	Fall into Ohio County Parks		Rising Sun- Ohio County Parks
September 17th	Junior Leader Pizza party	5pm	Extension Office Meeting is AFTER Bengals Game
September 18	Jr Livestock Committee Meeting	5:30pm	
Sept. 28th	Madison District Fall Meeting	10am	Hanover Park, Hanover IN
October 1	Enrollment Opens		
October 3rd-5th	Chef University	10:00-12:30	Extension Office
October 11td	Destination Health Careers	8:30-3:00	Ivy Tech
October 14th	Ohio County Open Show	11:30am	Ohio County Fairgrounds
October 30th	4-her Night at the Haunted House	5-6:30pm	Extension Office
October 31st	Trick or Treat and Haunted House		Extension Office

4-H Youth Development

Navy Bean Parade September 16th at 10:30am. We plan to work on the float Thursday Sept 14th 3-5pm. Line up for the parade is at 8:30am at the boat docks.



LOOKING AHEAD

Along with handing out candy we have decided to transform the Extension Office into a haunted house this year that will be open to the public during trick or treat. We are really excited about this and will need all hands on deck to make this successful.

4-HER NIGHT AT THE HAUNTED HOUSE

We would like to invite all of our 4-Hers for a fun and frightening night at the Extension Office to be the first to go through our haunted

Monday, October 30th
5:00-6:30pm

The Results are in!!
Follow the link to
view how our
exhibitors did at
the State Fair



<https://fairentry.com/fair/results/17948?>

[HIERARCHYENTITYTOKEN=&SORTCOLUMN=&FOURHCOUNTYID=58&EXHIBITORFIRSTORLASTNAME=](https://fairentry.com/fair/results/17948?HIERARCHYENTITYTOKEN=&SORTCOLUMN=&FOURHCOUNTYID=58&EXHIBITORFIRSTORLASTNAME=)

4-H Youth Development

Monthly Community Service Opportunity

WE ARE SEEKING STUDENTS WHO NEED TO EARN COMMUNITY SERVICES HOURS TO COME IN AND HELP WITH OUR MONTHLY MAILINGS AND OTHER TASKS. WE HAVE ONE HOUR A WEEK AVAILABLE. PLEASE CONTACT THE EXTENSION OFFICE IF YOU ARE INTERESTED!

Clubs and Leaders

Classy Clovers– Sonja Southard–
Meet 2nd Wednesday @6pm– EO

Jazzy Jesters– Mary Zeiser, Kathy Steele, Ashley Castle–
Meet the 1st Friday @ Ashley's

4-H Lumberjacks– Katie Schulz, Ethan Snelling – Meet the 1st Wednesday @ 6pm– EO

Ohio County Trailblazers– Jenny Ohlmansiek–Meet 4th Sunday @ 2pm– EO

PURDUE UNIVERSITY
Extension - Ohio County

Chef University

Cooking School

Calling ALL 4th and 5th Graders who like cook or want to learn!
October 3rd, 4th and 5th from 10am to 12:30 @ Purdue Extension Ohio County Office
Cost: \$25 (\$15 program fee and \$10 supply fee)
Space is limited!
Sign up at: v2.4honline.com or scan the code below:

Purdue University is an equal opportunity/affirmative action institution. If you are in need of accommodations to attend this program please contact Shannon Chipman at 812-438-3666 or chipman@purdue.edu

PURDUE UNIVERSITY
Extension - Ohio County

IVY TECH COMMUNITY COLLEGE
LAWRENCEBURG

PURDUE UNIVERSITY
Extension - Dearborn County

Destination: Health Careers Camp

TICKET

October 11th, 2023
8:30am – 3:00pm
Ivy Tech- Lawrenceburg

Cost: \$20.00 Grades 7th-12th
Lunch and Swag provided!!!!For more information please call Purdue Extension- Ohio County at 812-438-3656 or Purdue Extension- Dearborn County at 812-926-1189



The road of health care is full of opportunities!

Provided by Ivy Tech Community College, Purdue Extension- Dearborn County and Purdue Extension- Ohio County. Space limited to 15 participants- first come first serve. RSVP by Friday, September 29th, 2023.

Purdue University is an Equal Opportunity institution. If you require auxiliary aids and services due to a disability or special food need, please contact us by the RSVP deadline.

All Projects must be picked up by September 1st by 4pm. Any projects leftover will be discarded the following Tuesday



4-H Youth Development

Hunter Education

Rising Sun Fire Department
121 S High St
Rising Sun IN 47040

SEPTEMBER 10: 7:30AM-5:30PM

Register at: <https://www.register-ed.com/events/view/202600>

Space is limited to the first 30 registrations.

Lunch, snacks, and drinks will be provided by Ohio County 4-H.

Indiana Hunter Education Courses will provide instruction in the areas of safe firearm use and handling while hunting, as well as in the home, hunter ethics and responsibility, game identification, and conservation management.

The Classroom Course must include a minimum of 10 hours of instruction.

- Any child under 11 years of age must be accompanied by a parent or guardian every session.
- At the first session, everyone under 18 years of age must give the instructor a signed, completed Liability Release Form (download, print, and sign). This form must have the parent or guardian's signature.



Extension

PURDUE COOPERATIVE EXTENSION SERVICE IS AN EQUAL OPPORTUNITY/EQUAL ACCESS INSTITUTION

OHIO COUNTY PREVIEW SHOW



Ohio County Fairgrounds
1414 Fairgrounds Rd Rising Sun IN
Sponsored by the Ohio County Fair Board
Judge: TBD

Saturday
OCTOBER 14TH,
2023
@ 11:30 AM

Show order: Showmanship-Heifers-Steers

Entry Fee: \$35

Showmanship Fee: \$5

Weigh in & registration: 8:00-10:00am

The fairgrounds will be open at 6:00am and all animals must be on the grounds by 10:00am the day of show.

Class payouts to be determined day of show.

Prizes

Grand Champion Prospect Steer	\$400
Reserve Grand Champion Prospect Steer	\$200
Grand Champion Prospect Heifer	\$400
Reserve Grand Champion Prospect Heifer	\$200

Top 5 Steers & Heifers Will Receive Banners

- General Rules:**
1. The show is open to exhibitors of all ages.
 2. Generators are encouraged.
 3. Not responsible for accidents.
 4. All entry money is nonrefundable.
 5. Committee's decisions are final.
 6. Bedding will NOT be provided and exhibitors must clean up stall area.
 7. No Alcohol is permitted on the grounds.

Questions:

Michael Kirkpatrick 812-655-2056
Matt Markland 812-584-9996
Purdue Extension - Ohio County 812-438-3656

Concession stand will be available on the grounds the day of show.

Prospect steers MUST be born after January 1, 2023.

Prospect heifers MUST be born on or after September 1, 2022.

Show Rules:

1. All steers and market heifers will show together by weight.
2. Any heifer breed over 3 head will be offered a breed class. Any heifers without a breed class will move to AOB or commercial.
3. Commercial heifers will show by weight.
4. Health papers are required for out of state animals.
5. Registration papers are required.

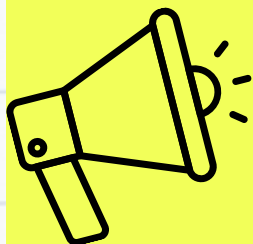
HOTEL ACCOMMODATIONS:
RISING STAR CASINO RESORT (812)-438-1234
OR
ANDERSON'S RIVIERA INN (812)-438-2121

BREAKING NEWS

Junior Livestock Committee

LOOKING FOR YOUTH THAT SHOW LIVESTOCK IN GRADES

9-12 TO HELP GIVE INPUT AND GUIDANCE.



FIRST MEETING FOR IDEAS AND INFORMATION ON

MONDAY, SEPTEMBER 18 @ 5:30PM.

WANTING YOUTH THAT HAVE EXPERIENCE TO SHARE. CALL

THE OFFICE IF INTERESTED



Agriculture & Natural Resources

BALE GRAZING



Livestock folks: Bale Grazing can help you keep your animals on pasture for more of the year; deal with drought; and renovate your pastures. Attend one or both:



- October 5th, 10am-3pm - Madison, IN. Meet at Jefferson County fairgrounds.
- October 6th, 10am-3pm - Dubois, IN. Meet at SIPAC.

FREE WORKSHOP:

- How-to workshop with Greg Halich, Forage Systems Economist from University of Kentucky
- Insights from graziers who use bale grazing in southern Indiana
- Free lunch
- Pasture walk to see how graziers set up their bale grazing, and the results it can have for pastures and livestock

Brought to you by:



RSVP and details at www.indianafarming.org.



STOCKMANSHIP

with Curt Pate



SOUTHERN INDIANA PURDUE AG CENTER
DUBOIS, INDIANA

11371 E. Purdue Farm Rd | Dubois, IN 47527

\$30 person per event

SEPTEMBER 29, 2023
1:00pm - 7:00pm EST
Beef focused program
supper will be served

SEPTEMBER 30, 2023
10:00am - 5:00pm EST
Sheep & Goat focused program
lunch will be served

From Ryegate, MT, Curt Pate uses his personal experience incorporating effective stockmanship principles supports a "for profit" mindset and focuses on highlighting the increased economic benefits of handling stock correctly. In addition, Curt recognizes the growing public scrutiny surrounding livestock production and the impact that improved livestock handling practices create for the sustainability of the cattle industry.

Direct questions to towerj@purdue.edu or 812-678-4427



Register Online under the events tab

www.indianabeef.org
www.indianasheep.com
www.indianaforage.org

Mail-in Registration: IBCA 8425 Keystone Crossing, Suite 240 Indianapolis, IN 46240

Full Name: _____ Circle if member of - IBCA ISA IFC
 Email: _____ Registration Type: (Day 1, Day 2, or Both)
 Phone Number: _____ Payment Type: Credit Card or Check **\$30/day/person**
 Address: _____ Credit Card Type (Visa, Mastercard, Discover)
 City: _____ Total enclosed _____ Credit Card # _____
 State: _____ Zip: _____ Expiration Date ____/____/____ CV Code _____

Please make checks payable to **Indiana Beef Cattle Association**
8425 Keystone Crossing, Suite 240 Indianapolis, IN 46240
If accommodations are needed please contact 812-678-4427.

Registration closes Sept 21st

Forage Timely Tips: September

- If not already done, soil sample and apply fertilizer as needed.
- Plant perennial grasses and legumes. Consider using a novel endophyte tall fescue.
- Harvest hay as needed. Do NOT harvest alfalfa after mid-September.
- Scout pastures, identify perennial weeds and woody brush. Consult an agricultural professional to determine the control strategy.
- Closely monitor livestock and do NOT overgraze. Pasture plants accumulate energy reserves in the fall that help them overwinter and regrow in the spring.
- Feed hay to allow pastures to stockpile for winter grazing.
- Rest native warm-season grass fields until after frost for better winter survival.

Agriculture & Natural Resources

September Garden Tips

By: Rosie Lerner

YARD (Lawns, woody ornamentals and fruits)

Fall is a good time to plant many container-grown or balled-and-burlapped nursery stock. Prepare a good-size planting hole wider than the ball, but plant at the same depth it grew in the nursery and water thoroughly. Mulching will help protect against large fluctuations in soil temperature and moisture. Do not be alarmed if your evergreens, particularly white pine and arborvitae, drop some older needles. All evergreens shed needles at some time, but not all at once as deciduous plants do. Harvest apples, pears, grapes, and everbearing strawberries and raspberries. For most fruits, flavor is the best indicator of ripeness, although color change also can be a good indicator. However, pears are best ripened off the tree, and grapes change color long before they are fully flavored, so sample the fruit to be sure. Remove raspberry canes after they bear fruit. Clean up fallen fruits, twigs and leaves around apple (including crabapple) and other fruit trees to reduce disease and insect carryover. To promote the lawn's recovery from summer stress, apply high-nitrogen fertilizer at the rate of 0.5 to 1 pound actual nitrogen per 1,000 square feet. Reseed bare spots or new lawns using a good-quality seed mixture. Seeding in late summer allows the turf to maximize its establishment and rooting prior to the next summer's heat and drought.

GARDEN (Flowers, vegetables and small fruits)

Dig onions and garlic after tops fall over naturally and necks begin to dry. Plant radishes, green onion sets, lettuce and spinach for fall harvest. Thin fall crops, such as lettuce and carrots, that were planted earlier.

Harvest crops such as tomatoes, peppers, eggplants, melons and sweet potatoes before frost, or cover plants with blankets, newspaper, etc., (but not plastic) to protect them from light frost. Mature green tomatoes can be ripened indoors. Individually wrap fruits in newspaper, or leave them on the vine, pulling the entire plant out of the garden. Store in a cool location – about 55-60°F. Harvest winter squash when mature (skin is tough) with deep, solid color, but before hard frost. Some cultivars will show an orange blush when mature. Plant, transplant or divide peonies, daylilies, iris and phlox only if you can apply irrigation during dry spells. Save plants such as coleus, wax begonias, impatiens or fuchsia for indoor growing over winter. Dig plants and cut them back about halfway, or take cuttings of shoot tips, and root them in moist vermiculite, soil mix or perlite. Watch for garden chrysanthemums to bloom as days grow shorter. Some may have bloomed earlier this summer, which will decrease the number of fall blooms. Plant spring-flowering bulbs beginning in late September. Planting too early can cause bulbs to sprout top growth before winter. However, allow at least four to six weeks before the ground freezes for good root formation. Dig tender bulbs, such as cannas, caladiums, tuberous begonias and gladiolus, before frost. Allow to air dry, and store in dry peat moss or vermiculite.

HOME (Indoor plants and activities)

Prepare storage areas for overwintering tender flower bulbs and garden produce. Thanksgiving (or Christmas) cactus can be forced into bloom for the Thanksgiving holidays. Provide 15 hours of complete darkness each day, for instance, from 5 p.m. to 8 a.m., for approximately eight weeks. Keep temperature at about 60-65 degrees F. Temperatures of 55°F will cause flower buds to set without dark treatment. Dig and repot herbs, or take cuttings, for growing indoors over winter. Store leftover garden seed in a cool, dry place. A sealable jar with a layer of silica gel or powdered milk in the bottom works well. Bring houseplants moved outside for summer indoors before night temperatures fall below 55°F. Gradually decrease light to acclimate the plants and help reduce leaf drop. Check and control insects and diseases before putting these plants near other houseplants. Poinsettias saved from last year can be re-flowered for this year's holiday by providing complete darkness for 15 hours daily from about Oct. 1 until about Dec. 10.

Health & Human Science

Let's explore a very common occurrence as we get older. Let's talk back pain. According to the National Institute of Arthritis and Musculoskeletal and Skin Disease, back pain is the most common medical problem in the US. Back pain come from any changes to any part of your back. Some of these changes can be aging, injury or another medical condition. Back pain can come on suddenly or can be a dull, constant ache.

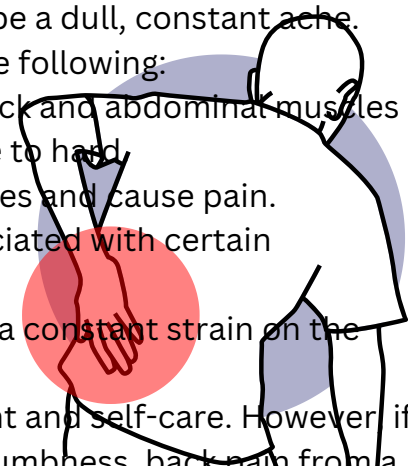
Some of the major contributors to back pain include **Age** and the following:

- **Fitness Level**– back pain is more common if you are out of shape. A weak back and abdominal muscles can cause back pain as well as over exertion if you exercise to hard.
- **Obesity**– if you are overweight or obese it can add extra stress to back muscles and cause pain.
- **Family History**– sometimes genetics can play a role also as they can be associated with certain disorders.
- **Some Jobs**– some of work in places where heavy lifting, pushing or pulling is a constant strain on the spine.

So the good news about back pain is that it often goes away with home treatment and self-care. However, if you start to experience pain that does not go away or is severe, have tingling/numbness, back pain from a fall or injury, back pain with urinating, weakness in your legs, fever or unexpected weight loss than its time to reach out to your doctor.

You can keep your back healthy by slowly adding exercise back into your daily routine, avoiding certain activities or exercises, wear comfortable, supportive shoes, not sitting for too long, limiting the amount of weight you are carrying and even by sleeping with a small pillow between your knees as you sleep on your side. If you are a back sleeper, try placing a pillow under your knees to help support that position.

Information courtesy: <https://www.niams.nih.gov/community-outreach-initiative/understanding-muscle-health/living-with-back-pain>



Madison District Fall Meeting

Presented by the
Jefferson County Extension Homemakers

"Don't Fall Apart"

September 28th, 2023

9:00 AM Registration & 10:00 AM Meeting Begins

Hanover Park

200 Spruce Lane, Hanover, IN 47243

Reservations Due: September 14th
\$15 per person & \$5 county door prize

All reservations should be sent to the
Jefferson County Extension Homemakers at
3767 W State Road 256, Madison, IN. 47250

Lunch will be provided and will include a chicken salad
croissant sandwich, side dishes, drinks, and a dessert.
This is included in the registration cost.

Please contact the Purdue
Extension Jefferson Co. Office
at (812)265-8919 for more info

Ovarian Cancer Awareness Month.

According to the CDC, ovarian cancer causes more deaths each year than any other gynecologic cancer in the US. Ovarian cancer is group of diseases that originates in the ovaries or in related areas like the fallopian tubes or peritoneum (tissue lining that covers organs in the abdomen).

Risk factors for ovarian cancer include being middle aged, close family members on either the maternal/paternal side who have had it, a genetic mutation or one associated with Lynch syndrome, previous diagnoses of breast, uterine or colon cancer, have endometriosis or have had fertility issues.

Symptoms for ovarian cancer include vaginal bleeding or abnormal discharge, pain or pressure in pelvic area, abdominal or back pain, bloating, feeling full too quickly or having difficulty eating along with a change in bathroom habits such as more urgent need to urinate or issues with constipation.

If you experience any of these symptoms or have any of these risk factors, talk to your doctor and don't skip your yearly appointments and health screens.

Health & Human Science

September 18-22nd is Fall Prevention Week

4 Things That You Can Do To Prevent Falls

Talk to your Doctor!!! If you have any fear of falling, feel unsteady or just off, have an open discussion with your doctor. Your doctor and pharmacist may need to look over the prescriptions you are taking, including over the counter meds, that could be negatively interacting. After checking through your prescriptions, your doctor might suggest adding Vitamin D supplements to your diet to improve bone, muscle and nerve health.

Exercise to improve balance and strength! If you don't use it, you lose it. Exercise can help improve balance and make your legs stronger thus lowering your chances of falling. Talk to your doctor about possible exercise programs like Tai Chi, yoga or strength training that may be beneficial to you .

Have your eyes and feet checked! Do not skip these appointments! Your eyes can change on a yearly basis, so getting them checked can help detect early signs of glaucoma or cataracts which can limit your vision. Also- your feet need some TLC too! Have your provider look over feet and make sure that your shoes are sturdy and in good shape. DYK? Your shoes should be replaced after they have logged anywhere from 300-500 miles.

Make your home Safer!

- Remove items that you can trip over from stairs and places where you walk (ex. Rugs, books, clothes, toys etc).
- Remove small throw rugs or use double sided adhesive to keep them from slipping.
- Keep frequently used items in cabinets that are easily reached without a step stool.
 - Have grab bars by the toilet and in your shower/bathtub.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home- add lights that are motion sensed or easily accessible in rooms upon entering.
- Make sure to have handrails and lights on all stair cases and steps- especially the outside ones.
 - Wear good supportive shoes both inside and outside the house. Information courtesy: <https://www.cdc.gov/steady/patient.html>

DO YOU HAVE **concerns** about **falling?**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



This program emphasizes practical strategies to manage falls.

Participants in the classes will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance
- concerns

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, stability and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Tuesdays, October 24th, 31st, November 5th, 12th, 19th and 26th, December 5th and 12th

10:00am-12:00pm at

Purdue Extension Ohio County Office
412 Main St. Rising Sun, IN 47040

Classes are held once/week for 8 weeks for 2 hour each.

RSVP by October 17th to Purdue Extension Ohio County at 812-438-3656

Shannon Chipman, HHS Extension Educator
chipmans@purdue.edu/812-438-3656

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model 2008. The program is based on Fall of Falling, A Matter of Balance: Managing Concerns About Falls, a program developed and adapted by permission of Purdue University.

A Matter of Balance Lay Leader Model. Adapted by permission and copyright 2008, American Council on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging, Department of Health and Human Services.

Reminder!

Madison District Homemaker Meeting-

September 28th

Jefferson County

\$15/person. Registration due by 9/10 to Extension Office

Navy Bean Festival - September 15 & 16

Cornbread muffins will be made on September 13 at Education Center at 10am

IEHA Make a Difference

items needed:

SNACKS, sweatpants (sizes 6-8 and 8-10 boys and girls), 2 or 3 girl colored backpacks and adult women's large underwear.

Nutrition Education



Fall into Ohio County Parks!



Participate for a chance to win a Family Pool Pass to the Rising Sun Community Pool, a Golf Pass to The Links, & more!

September 23rd - December 1st

Let's get active and visit our parks!

AT YOUR OWN PACE:

(Follow these simple steps!)

1. REVIEW THE PARK GUIDE
2. JOIN THE FACEBOOK GROUP
(Scan the QR code with your phone or follow the link)
<https://www.facebook.com/groups/127343960419188>
3. POST A PHOTO OF YOU MOVING AT THE PARK
4. JOIN US FOR A DRAWING ON DECEMBER 1ST



Each time you visit a Rising Sun-Ohio County Park and post a photo to the Facebook Group, you will be entered to win a prize on Dec. 1st!



Purdue University Cooperative Extension is an Equal Access/Equal Opportunity Institution

Rising Sun-Ohio County Park Guide

SHINER COMMUNITY PARK
27.5 acres



- Mulberry St., Rising Sun, IN.
- ADA Accessible Walking/Bike & Tree Trail **1.25 miles**
 - Playground Equipment
 - Pool
 - Tennis Courts
 - Outdoor Fitness Equipment
 - Soccer and Baseball Fields
 - Restrooms & Shelter Houses

RIVER PARK
0.67 acres



- Front St., Rising Sun, IN.
- Ohio River Access
 - Downtown Rising Sun
 - Walking Trail **1 mile**
 - Playground Equipment
 - Shelter House
 - Staircase Murals

DENVER SIEKMAN PARK
60.85 acres



- 3334 Walston Rd., Rising Sun, IN
- Hiking Trails - distance varies
 - Fishing Area
 - Green Space
 - Shelter Houses
 - Picnic Area

BEAR BRANCH COMMUNITY PARK
3 acres



- Milton-Bear Branch Rd.,
Next to Bear Branch Fire Dept.
- Playground Equipment
 - Softball Field
 - Basketball Court

TURNER PARK
0.49 acres



- Burgess Ave., Rising Sun, IN.
- Playground Equipment
 - Picnic Area



Purdue University Cooperative Extension is an Equal Access/Equal Opportunity Institution

LOCAL RESOURCES AND INFORMATION

Apply for SNAP

2-1-1

OCEMS

ONLINE: www.FSSAbenefits.IN.gov/

In-person:
Division of Family Resources 308
N.High St. Suite B
Rising Sun, IN 47040
Monday-Friday 8:00am-4:30pm

For guided, personalized, confidential assistance finding resources in your area, you can call 2-1-1 or visit in211.communityos.org (available 24/7)
Prefer Text? Text your zip code to 898211, Monday-Friday, 8am-5pm

School Based Resources

Free/Reduced Lunch-Forms distributed yearly the first day of school and available year round in the office.

Snacks to Feed Those in Need- Provides weekend food packs to students PreK-8th Grade. Call the Office at 812-438-2626

Apply for WIC

Christian Outreach

ONLINE:
<https://www.in.gov/health/wic/how-do-i-apply-for-wic/>

In-person:
St. Elizabeth Physicians Primary Care
2306th St. Rising Sun, IN 47040
Monthly- 2nd & 4th Thursday
8:00am-4:30pm

315 N High St. Rising Sun, IN 47040
Thursdays from 4-6pm
Saturdays 11a.-1pm
Free food and resources for Ohio County residents

Clearing House

411 George St. Aurora IN. 47001
Mon-Wed 10am-1pm
Monthly groceries and daily lunches provided to Ohio and Dearborn county residents