

# THE EXTENSION LINE

*Bringing University information to the local level to  
strengthen families, spend smart, eat right, and live well.*



Extension - Health and  
Human Sciences



## THANK YOU

We want to say THANK YOU to all of our volunteers that have assisted with another successful Posey County fair! The 4-H Program and Open Class exhibits would not be successful without you!

We still have a few spots open in our Matter of Balance classes that will start in September! The Posey County Health Department and I will be offering Matter of Balance program in two locations this fall. You will have the opportunity to choose if you want to take this 8 week class at Salem U.C.C. or Poseyville Community Center. See the flyer for further details. Please call our office and speak with Laura to register for this program.

Reality Store is September 28th! This is a wonderful opportunity to connect with our youth. Call the office to volunteer. Details can be seen on the flyer within. Please keep checking for program updates on our Facebook page.



**KRISTEN LOWRY**

**HEALTH AND HUMAN  
SCIENCES EXTENSION  
EDUCATOR**

Contact: [klowry@purdue.edu](mailto:klowry@purdue.edu)  
812-838-1331

126 E 3rd Street, Rm. 29  
Mt. Vernon, IN 47620





## Bits from Beth...

And the 2023 Fair is in the books!! Thank you so much to all of you and all your help for another successful week for Open Class and Fair Meals!

October 22-28 is IEHA Week. Look for information in newspapers, on our Facebook page, and on the radio as we toot our horn! Let me know if you would like to help out with this project. The IEHA has provided a Tool Kit full of ideas that we can use.

The Posey County Extension Homemakers can be contacted through our Facebook page (Extension Homemakers - Posey County, Indiana) or through email (pocohomemakers@yahoo.com).

The Fall District Meeting is Tuesday, September 26, in Knox County. Posey County will provide the Thought for the Day and we are to bring a door prize (ideas welcome for this!) At this time I have no further information, but mark your calendars!! As soon as I receive any information I will forward it to the club presidents. (And, if it's received prior to the printing of this newsletter, it will be included here!)

Remember to check the Precious Poseys schedule so your club can fill your volunteer slots. We have updated the calendar, so your dates may have changed.

It's still summertime, but Roadrunners have already set the date - November 28 - and the location - Trinity UCC - for our annual Christmas event! Stay tuned for more details.

Our next Council meeting is Monday, September 25, at 9 a.m. at the Community Events Center. Please note the change of date. I would like to continue our brainstorming session on how to publicize/market Extension Homemakers to the community.

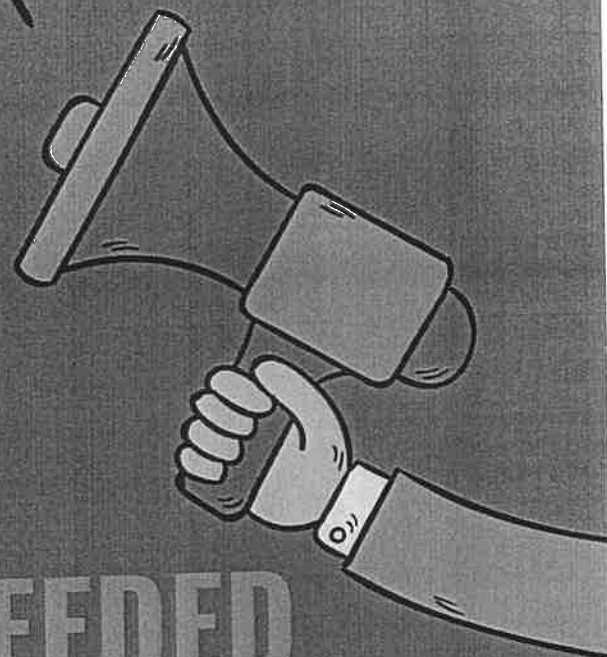
Thanks for all you do, ladies. As far as I'm concerned, you represent the best of the best in our community!

As we move from summer into fall, remember to count your blessings. There is always, always, something to be grateful for.

Beth



# REALITY STORE



## VOLUNTEERS NEEDED

On Thursday, SEPTEMBER 28th, the Purdue Extension-Posey County Office staff is assisting MVJH & NPJH with Reality Store for all Posey County eighth grade students and volunteers are needed. Reality Store is a hands-on student activity that is very close to "real life" in one hour. Through pre-activities, students choose a career. Upon arrival at Reality Store, students open a checking account and begin their journey, going from booth to booth making financial decisions and gaining an economic appreciation to their future.

**JOIN OUR  
TEAM!**

Please consider volunteering for this worthwhile and fun activity! Volunteers are needed 7:30 AM - 2:00 PM and lunch is provided. Call the Extension Office at 812-838-1331 or email [ldeshiel@purdue.edu](mailto:ldeshiel@purdue.edu) to volunteer or to learn more.

THURSDAY

**28TH**

SEPTEMBER 2023

Mt. Vernon Junior High

# ***A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS***

Every Tuesday: September 12 - October 31, 2023

9 - 11 a.m. Salem United Church of Christ  
11325 Lower Mt. Vernon Road, Evansville, IN 47712

OR

12 - 2 p.m. Poseyville Community Center  
60 N Church St., Poseyville, IN 47633



**Public Health®**  
Prevent. Promote. Protect.



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS



**PURDUE  
UNIVERSITY®**

**Extension - Health and Human Sciences**

## **You 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**

## **Who should attend?**

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

## **FOR MORE INFORMATION OR TO REGISTER:**

call 812-838-1331

email questions to Kristen Lowry at [Klowry@purdue.edu](mailto:Klowry@purdue.edu)

[www.extension.purdue.edu/hhs](http://www.extension.purdue.edu/hhs)

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

# Parents Forever

Education to aid families in transition after divorce, separation, or custody change

Families face many challenges and sometimes have to deal with transitions. **Parents Forever**® is an educational program for families experiencing divorce, separation, or a change in child custody; developed by the University of Minnesota Extension's Center for Family Development and adopted for use by Purdue Extension for Indiana residents.



## **For parents filing in Posey County:**

Classes are available online and in-person

### Registration

**Online Course: [www.purduecoparenting.org](http://www.purduecoparenting.org)**

**In-Person Classes: <https://bit.ly/ParentsForever2023>**

---

(NOTE: In-Person classes are held monthly at various locations in surrounding counties)



### ***By completing a Parents Forever course, participants learn to:***

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.
- Course fee is **\$50 per person**
- **Certificate of Completion is issued at end of course**

**For Questions, additional information, or if you are in need of accommodations to attend this program,  
please contact Extension Educator Kristen Lowry prior to registration at 812-838-1331.**



**UNIVERSITY OF MINNESOTA EXTENSION**

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.



**PURDUE**  
UNIVERSITY

Extension

**ServSafe**  
FOOD SAFETY CERTIFICATION

## ServSafe Food Manager 1-Day Class & Examination

**Credit Card Payment:** Online registration closes five business days prior to training/exam date.

**Check Payment:** The pay-by-check option close 10 business days prior to an event when registering through the online portal. All mail-in registration forms must be received by the deadline date in order for training materials to be shipped and received prior to the training/exam date. Registrants will not be added to the training roster if the payment is not received by the deadline. Contact the educator directly if you need assistance in paying with a check past the deadline date. A confirmation email will be sent to the attendee once registration is received. **DO NOT SEND CASH.**

Training materials will not be shipped until payment is received. Make checks payable to: Purdue University. Checks must include: County, Date, and Registrants Name. Mail to: Education Store - 301 S. 2nd Street Lafayette, IN 47901

Bring to the training or exam: A photo ID with signature is required to take the exam. (e.g., driver's license, state ID, student ID, military ID, Employee ID, U.S., Green Card, or valid passport) and your training materials if applicable.

**REGISTRATION FORM:** Confirmation will be sent once form is received.

Hosting County: \_\_\_\_\_ Training Date: \_\_\_\_\_

Company Name: \_\_\_\_\_ Contact Name: \_\_\_\_\_

Attendee Name: \_\_\_\_\_ Attendee Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Registration Options	Price	Quantity	Total
Training, Manual and Proctored Exam	\$165		
Training & Proctored Exam	\$115		
Proctored Exam	\$65		
Late registration	\$20		
Overall total			

### PREFERRED REGISTRATION METHOD:

Online Registration  
[www.purdue.edu/servsafe/workshops](http://www.purdue.edu/servsafe/workshops)  
Best way to contact for registration questions is by email:  
[edustore@purdue.edu](mailto:edustore@purdue.edu)  
Phone Number:  
765-494-6794

- Check here if special accommodations needed (pre-registration required) \_\_\_\_\_
- Select Manual language: English \_\_\_\_\_ Spanish \_\_\_\_\_
- Select Exam Language: English \_\_\_\_\_ Spanish \_\_\_\_\_ Chinese \_\_\_\_\_ Japanese \_\_\_\_\_ French \_\_\_\_\_

**PURDUE**  
UNIVERSITY

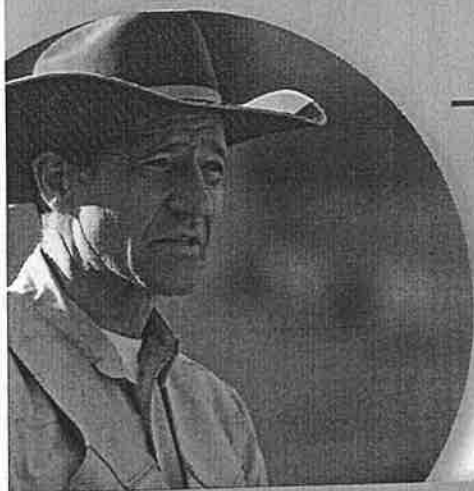
Extension

9/7/2022

Purdue University is an equal access/equal opportunity institution.

# 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 live-stock production and the impact that improved livestock handling practices create for the sustainability of the cattle industry.

Direct questions to [towerj@purdue.edu](mailto:towerj@purdue.edu) or 812-678-4427

Register Online under the events tab

[www.indianabeef.org](http://www.indianabeef.org)

[www.indianasheep.com](http://www.indianasheep.com)

[www.indianaforage.org](http://www.indianaforage.org)



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

Full Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Total enclosed \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Circle if member of - IBCA ISA IFC

Registration Type: (Day 1, Day 2, or Both)

Payment Type: Credit Card or Check **\$30/day/person**

Credit Card Type (Visa, Mastercard, Discover)

Credit Card # \_\_\_\_\_

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**

POSEY COUNTY 4-H

# ENROLL TODAY!

---

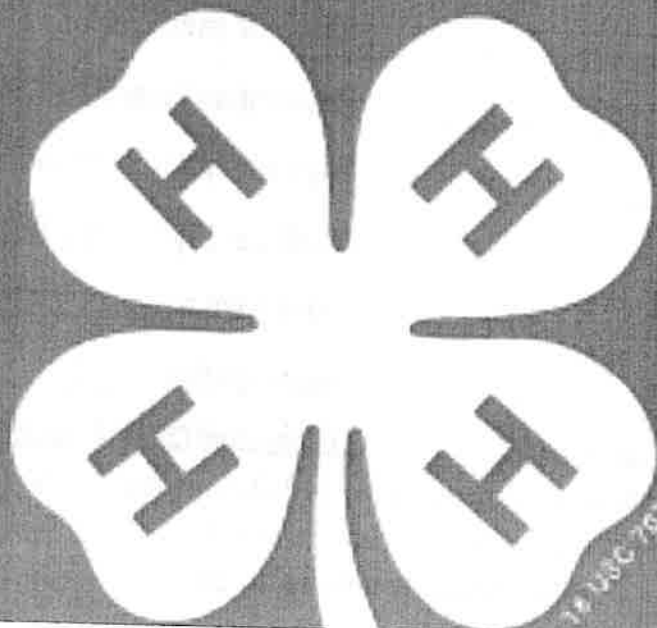
Enrollment starts October 1st!

**LOOKING FOR AN ORGANIZATION  
THAT EMPOWERS YOUTH, BUILDS  
CONFIDENCE AND CREATES  
TOMORROW'S LEADERS?**

Enroll in 4-H! Learn more about all the activities  
4-H has to offer!

Enroll at <https://v2.4honline.com>

Questions? Contact Amanda Bender  
812-838-1331 [bender14@purdue.edu](mailto:bender14@purdue.edu)



# IEHA FALL DISTRICT MEETING

**HOST COUNTY:**  
**KNOX**

**LOCATION**

Community Church of Vincennes  
1548 S Hart Street  
Vincennes, IN

**COST**

\$15 per person  
Meal from McCallister's

**EVENT DETAILS**

**Speaker-** representative from the Red Skelton Museum

**Registration** 8-9 a.m. EST / 7-8 a.m. CST

**President's meeting** 8:30 EST/7:30 CST

**Event starts** 9 a.m. EST / 8 a.m. CST

**\*\*Registration information will come to club presidents soon\*\***

PURDUE EXTENSION-POSEY COUNTY

126 E. THIRD STREET, ROOM 29

MT. VERNON IN 47620

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.

Precious Poseys - 2023	Second Wednesday 1-3 p.m.	Second Saturday 9-11 a.m.	Fourth Wednesday 9-11 a.m.	Club
January	11	14	25	Friendship Circle
February	8	11	22	Busy Homemakers
March	8	11	22	Members on the Move
April	12	8	26	Roadrunners
May	10	13	24	Town & Country
June	14	10	28	Friendship Circle
July	12	8	26	Members on the Move
August	9	12	23	Roadrunners
September	13	9	27	Town & Country
October	11	14	25	Friendship Circle
November	8	11	15 (3 <sup>rd</sup> Wednesday)	Busy Homemakers
December	13	9	20 (3 <sup>rd</sup> Wednesday)	Members on the Move