

Vigo County Extension Homemakers November 2021 Newsletter



Important Dates to Remember

November 8	Extension Craft Day
November 11	Extension Office Closed for Veterans Day
November 25 & 26	Extension Office Closed for Thanksgiving
December 13	Past Presidents Meeting
December 24	Extension Office Closed for Christmas



Be sure to check our website www.extension.purdue.edu/vigo for news and updates.

UPCOMING CHANGES FOR CRAFT DAY

Our Extension Craft Day will be starting at 1:00 on November 8th. This time change will allow everyone to have lunch before attending and then be able to enjoy the crafts, goodies, and visiting with each other. It's also a fun way to raise funds for each club. Snacks will be furnished as well.

Each club is to bring an item for the silent auction to raffle off. It's always fun to see the variety of items for the bids.

Please let Carol Hawn have an approximate number of attendees so we can plan table arrangements. Thanks, and we look forward to seeing you on the 8th.

STOCKINGS FOR UNION HOSPITAL

Union Hospital has notified Ruth Ridener that the red felt to make the stockings with is in. They now request that there are no decorations on the stockings.

After some discussion, it was decided that we could have a single time to get together at 10:00 in the 4-H Room on Monday, November 15th. We can have one group cut the stockings out, while another group can

bring sewing machines and sew them together.

It shouldn't take us very long, but feel free to bring a sack lunch. This will also allow us to have one person deliver them to the hospital. Thanks ahead of time for your help in this endeavor.

COMMUNITY CONTRIBUTION IDEAS

Many of our clubs were unable to do much for Make a Difference Day. Yet, many of our clubs don't wait for specific designated days of service. Here are a few ideas for two area establishments that are always grateful for any contributions. Thanks go out to Town & Country's president, Marilyn Campbell, who researched them both for us.

Lighthouse Mission needs:

(Some items are used to fix Thanksgiving Meals.)

- bath soap •sugar •canned goods
- shampoo •flour •salad dressings
- box stuffing •cream of mushroom soup
- \$ for turkeys & hams •dinner rolls
- potatoes, carrots, & onions •paper goods
- cleaning supplies

Vigo Humane Society needs:

- laundry soap
- dishwashing liquid
- bleach
- ammonia
- ammonia
- old sheets & towels
- throw rugs
- old blankets & pillowcases
- cat & dog “poop” bags
- and of course, cat & dog food

You may want to call before dropping them off or items can be dropped off at the front door.

PAST PRESIDENTS

The Past Presidents Christmas Party will be December 13 at Pat's Café, located at Boot City. Lunch is \$9.00, dessert and tip included, and will begin at 11:00 a.m. Please RSVP by calling Judy Johnson, 812-299-4266 no later than December 9. There will be a \$5.00 Grab Bag Gift Exchange at the party as well.

UPCOMING COUNCIL BUSINESS

Please remember that our upcoming February 7th meeting is when we'll be finishing up planning for our Vigo County District Meeting on Tuesday, March 22nd, 2022.

You'll also need to turn in your Extension Homemaker Club Volunteer Community Support Report Form. It's a white form in your president's notebook with black, red, and blue lettering. Please include items that were accomplished despite the Pandemic last year as well as this year. Most of your club's information will probably be on side two. Too, if you usually winter elsewhere, you can send it to me before you leave or from your destination.

JUST A THOUGHT

As this year starts to draw toward a close, we have seen some improvements since last year. Hopefully, we'll be able to be thankful for what we may have taken for granted in past years. As the holiday seasons approach, I'd like to leave you with some thoughtful quotes.

“Even though we can't have all that we want, we ought to be thankful we don't always get what we deserve.”

&

“It isn't what you have in your pocket that makes you thankful, but what you have in your heart.”

&

“Thankfulness is the soil in which joy thrives.”

Julia Reed

Julia Reed

Vigo County Extension Homemaker President

EDUCATOR SPOTLIGHT

November is one of my favorite months of the year. The leaves are changing, cooler weather has arrived, turkey and other fixings are here, and family visits are what make this month great. And yet for me, it is also a time to reflect on the things that I am most grateful for. Eckhart Tolle once said, “acknowledging the good that you already have in your life is the foundation for all abundance.” Furthermore, Willie Nelson stated, “when I started counting my blessings, my whole life turned around.”

What happened in Mr. Nelson's life when he started to count and recognize the blessings in his life? Andrea Uptmor from the University of Minnesota pointed to research on the effectiveness of interventions that focused on producing positive outcomes in all areas of our health and well-being. Researchers discovered the following:

- It helps to boost your immune system.
- Lower blood pressure.
- Make you feel optimistic.
- Decreases depression.

In addition to these findings, researchers were able to connect gratitude to other ways it can positively influence your health, bring us joy, make us more resilient and able to manage difficult

circumstances. And lastly, Andrea Uptmor offered ten tips to fit more gratitude in our lives.

1. Every day, say aloud three good things that happened that day.
2. Keep a gratitude journal.
3. Say thanks to your partner/spouse.
4. Cool a hot temper with a quick gratitude inventory.
5. Thank yourself.
6. Use technology to send three gratitude messages a week.
7. Savor the good moments.
8. Check for silver linings.
9. Look outward, not inward
10. Change your perspective.

What a list of suggestions! Over the next week or two, pick one of these tips and give it a try. You never know what you might find. You may just find the joy Willie Nelson found for himself!

<https://www.takingcharge.csh.umn.edu/10-ways-be-more-thankful-person>

There's
always
SOMETHING
TO BE
thankful
FOR

Jay

Jay Christiansen
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