

Purdue Extension
Washington County

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Purdue EXTENSION NEWS

August/September 2022

Dear Friends and Extension Families,

The excitement of county fair time has settled down and we are now gearing up for the state fair. See the 4-H section for some photos from the Washington Co. fair. There are lots of agriculture and health & human sciences related programs coming up over the next couple of months so be sure to check those out in this newsletter. We hope you are enjoying your summer and we wish for a great school year for all of the kiddos who will be returning to school very soon!

Megan, Danielle, Sonya, Melissa & Rhonda

SOME OF THE TOPICS IN THIS ISSUE:

- * Back to School 4-H Meal Kits
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- * Home Based Vendor Laws
- * Dining With Diabetes



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Thank You!

A big thank you to all of our 4-H volunteers and families for another successful fair! This was a great opportunity for our youth to showcase their 4-H projects. It would not be possible without the help of our volunteers and parents!

Attention Volunteers!

Volunteers Needed – Volunteers are needed for different roles, including some livestock superintendents, 4-H Council Members, and club leaders. If you would be interested in these positions, please email mcbrough@purdue.edu.

State Fair Tickets

If you will be going to the state fair, you can come by the office to pick up some tickets. We have plenty of tickets available for our 4-H families in the Extension Office. Let us know if you need some, so we can be sure to save some for you. We encourage families to attend the state fair, whether it is to see your project, show an animal, or just eat the good food!

Extra Auction Pictures

If you had a picture taken in front of the backdrop at the fair for the auction, we have some extra copies available in the Extension Office if you would like to look through them. You can come by anytime to pick those up.

Jr. Leaders

Achievement Trip – Jr. Leaders traveled to Northern Indiana in July for their annual achievement trip. If you would like more information on how you can attend the Achievement Trip or Jr. Leaders in general, contact Megan at mcbrough@purdue.edu or 812-883-4601.

Meetings – Jr. Leaders will take August and September off and will begin meeting again in October. Keep your eye out for information on a callout meeting. All 4-H members in grades 7-12 will be invited and encouraged to attend!



Back to School 4-H Meal Kits

Do you want to learn how to cook a healthy meal for your family in your own home? This program available to 4-H members in grades 3-8 might be for you! Check out the included flyer for more information and don't forget to RSVP.



Back to School 4-H Meal Kits

Want to learn how to cook a healthy meal for your family in your own home?

Sign up for this opportunity from Washington County 4-H!

- Pick up a meal kit for a family of 4 from the Extension Office on Mondays in August (8/8, 8/15, 8/22, 8/29)
- Cook the meal for your family, take pictures, and send to the Extension Office to post to social media
- Each kit contains a recipe, all ingredients needed, small kitchen gadget/utensil, and healthy cooking tips
- There will be a zoom meeting at the conclusion of the program for all participants

*For 4-H Members in grades 3-8

*RSVP to 812-883-4601 by 8/3

*Spots are limited, sign up today!

4-H Newspaper Insert

The Salem Leader published an insert for their newspaper with fair results, pictures, and more! If you did not get a copy of this from the newspaper, we have plenty of copies in our office. Stop by the office anytime to pick one up!



Premium Money

Premium checks will be mailed out in August. These will need to be cashed at First Savings Bank by October 15th. Please let us know if you have questions about this.

Washington County Fair 2023

Save the date for the Washington County Fair – June 18th-24th, 2023.



Extension Annual Meeting

The Extension Annual Meeting and 4-H Recognition has been scheduled for October 24, 2023, beginning at 6:30 p.m. At this meeting, we will be recognizing our 4-H volunteers as well as youth members on their accomplishments. All 4-H families will receive an invitation with more information at a later date.



2022 FAIR





Upcoming Ag. & Natural Resources Programming

Scott County Pasture Walk, August 11

The Scott County Pasture Walk on Thursday, August 8, 2022 will cover topics on weed ID & control in pastures, renovating & establishing pastures, soil sampling & reading results, and technical/financial assistance programs. It will be held at the Dan Smith Farms (4634 Hwy 31 S., Scottsburg) from 6:00-8:30 pm. The program is free. PARP credit is available for private applicators for \$10. Commercial applicator credits are also available. Register by Thursday, August 4, 2022 by calling the Scott Co. SWCD office at 812-752-2269 ext. 3.

Beef & Forage Field Day, September 7

Registrations are being accepted for a field day at the Southern Indiana Purdue Agricultural Center on Wednesday, September 7, 2022 at 2:00 pm. The field day is organized by the Indiana Beef Cattle Association (IBCA) in partnership with the Indiana Forage Council (IFC). Field day topics will include viewing the SIPAC cow herd and pastures, tall fescue pasture evaluation and management, remediation of fragipan soils utilizing annual ryegrass, native warm season grasses, and plant induced animal disorders. Speakers are Dr. Keith Johnson, Dr. Grant Burcham, Dr. Nick Minton, Mr. Kenny Eck, and Mr. Jason Tower. The field day is free for IBCA and IFC members and \$20 for non-members. Dinner is included. To learn more and register online visit www.indianabeef.org or call 317-293-2333.

Indiana State Fair, July 29 - August 21

For more information about the Indiana State Fair visit the website: <https://www.indianastatefair.com/p/state-fair>

Each year, the Washington County Cattleman's Association members work at the Indiana Beef Cattle Association's Cattlemen's Club food tent. The date for this is Sunday, August 7, 2022, from 1:00 to 5:30 pm. If you are interested in working with the Cattlemen, please contact the Extension Office.

Save the Date:

- [Hoosier Sheep Symposium](#) – September 17, 2022 – Shipshewana, IN.
- [Midwest Hair Sheep Sale](#) – October 1, 2022 – Washington County.
- [Your Land, Your Legacy – Women's Forum](#) – October 14, 2022 – Washington County.

Please watch for future ANR programming efforts via the Purdue Extension – Washington County Facebook page and emails from the Extension office!

2022 Hoosier Hay Contest Submissions Due Sept. 30

The Indiana Forage Council (IFC), with assistance from Purdue Extension and SureTech Laboratories, is hosting a contest for Indiana producers who will harvest forage for hay or baleage within the state for the 2022 hay season.

The Hoosier Hay Contest seeks to promote forage production, inform hay producers on the nutritive value of their hay, and encourage producers to sample and test their hay or baleage before feeding it to livestock. It also creates a friendly competition among Indiana producers on who produces higher-quality hay.

SureTech Laboratories in Indianapolis will analyze all samples and release only to the contest organizer, producer, and producer's local Purdue Extension Agriculture & Natural Resources Educator.

The Hoosier Hay Contest has two categories: hay or baleage. Prize money will go to first, second, and third place entries in both categories. First place will receive \$250 and a one-year membership to IFC, second place \$150 and third place \$100.

Winners will be recognized at the annual IFC meeting and on the IFC website. The cost to participate is \$10 per sample with the contest limited to 100 samples. Entries must be received by Sure Tech Labs and Indiana Forage Council by September 30, 2022. Rules and entry form are available at: <https://indianaforage.org/2022/07/15/2022-hoosier-hay-contest/>.

Preparing Sheep & Goats for Breeding Season

Small ruminant producers are encouraged to watch a recent webinar recording from the University of Tennessee, "Preparing Sheep & Goats for Breeding Season" with the goal of increasing the number of lambs/kids born and to market. The recording is available on YouTube at: https://www.youtube.com/watch?v=Jpa_7_Hdo8w&t=4s.

Don't Get In A Rush – Evaluate Forage Species and Varieties Before Purchase

To reach full potential of the forage-livestock business, Mother Nature must comply with provision of excellent growing conditions, but the manager (you) must be part of a successful team with Mother Nature and trained forage-livestock personnel. Employing a proper soil fertility program, seeding at a proper time, using a correct seeding rate, and harvesting/grazing at the right growth stage are part of the decisions that need to be made. Crop scouting and following through with management decisions during the growing season are critical to success. But before all of the above can be done, deliberating what forage species and varieties within a forage species will be used to renovate an existing stand or establish a new hay or pasture field need to be considered, too. The things I ultimately consider when seeding perennial forages are yield, quality and persistence. Summer-annual forages can't survive winter temperatures, but potential yield and quality are critical to most success.

Regarding proper forage species selection, it is important to determine what the intended use of the forage will be and whether is best adapted to the



soil type and soil drainage where the forage is to be sown. After the forage species are selected, it is time to select the varieties within the species. *The most important thing I can convey today about forage species/variety selection is to seek the help and advice of a seed company employee, consultant, or educator that has a passion for forages and has an understanding of forage agriculture.* I would be uncomfortable selecting a “VNS” variety. “VNS” stands for “Variety Not Stated”. With these words there is no understanding of the genetic potential of the seed in the bag. Cost of seed purchased is an important decision, but don’t let that drive the final decision without full consideration of potential yield, crop quality, and persistence of stand.

The other day I was at the Purdue Crop Diagnostic Training and Research Center looking at orchardgrass varieties that were seeded several years ago. The importance of variety selection was very evident. One variety had as much brown tissue as it did green. Leaf disease was abundant. Another variety was greener and more photosynthetically active. Yield and quality were obviously superior in the greener variety. Both were orchardgrass, but the difference in response to disease pressure was huge. Which would you rather be growing? Taking the time to learn about the differences in yield, quality and persistence among varieties is worth the effort! Start making forage species/variety selection and purchase decisions now; not on the day that seeding occurs!

*Keith Johnson, Purdue Extension Forage Specialist
Printed July 7, 2022 in Purdue Pest & Crop Newsletter*

How Do Sulfates in Water Affect Livestock Health

Water sources that are often assumed to be safe, such as spring fed reservoirs and clear appearing water, can still be high in salts/sulfates. The visual appearance of water should not be used to determine if the water is good or bad. The only way to know if water is suitable for livestock is through testing.

Health Considerations

Poor-quality water will cause an animal to drink less. As a result, they also consume less forage and feed, which leads to weight loss, decreased milk production, and lower fertility.

Polio

Sporadic cases of polio can be seen when high levels of sulfates are present in the water. A common symptom of polio is blindness, but other signs include: lethargy, anorexia, muscle tremor, exaggerated response to sound and touch, incoordination, staggering, weakness, head pressing, and eventually convulsions and inability to get up. Polio can be successfully treated if caught early. Thiamine injections and anti-inflammatories are important components of treatment. Antibiotics will not solve the problem. Contact your veterinarian to determine your treatment plan if you have any concern of potential losses due to polio.

Sulfates

Research conducted at the South Dakota Agricultural Experiment Station Cottonwood Range and Livestock Field Station near Philip, SD has evaluated the effect of high sulfate on both cow-calf pairs and yearling steers grazing pastures. Both classes of livestock were negatively impacted. Cows consuming high sulfate water (2608 ppm) lost 36 pounds, while cows on low sulfate water (388 ppm) gained 15 pounds during the treatment period (June 3 to August

26). Yearling steers grazing pastures with high-sulfate water had a decreased average daily gain and a few cases of polio at levels of 3900 ppm and 4600 ppm.

Mineral Nutrition

Minerals in the water can also tie-up trace minerals, especially copper. High levels of sulfur and molybdenum (found in forages) binds with copper to form thiomolybdate, which is unavailable to the animal. Iron also binds to copper and decreases the amount the animal can utilize. Having adequate copper in the diet is critical for reproduction and immune function.

Summary

Be proactive and monitor your water and your livestock. Just because your neighbor does not have problems does not mean you will not.

Robin Salverson, South Dakota State University Extension Cow/Calf Field Specialist

Printed June 7, 2022 in Ohio State University Extension Sheep Newsletter



The Office of The Indiana State Chemist (OISC) Schedules Clean Sweeps to Dispose of Unused Chemicals

See flyer below for more details.

OISC CLEAN SWEEP PESTICIDE DISPOSAL

WHAT

Indiana Pesticide Clean Sweep Project designed to collect and dispose of suspended, canceled, banned, unusable, opened, unopened or just unwanted pesticides (herbicides, insecticides, rodenticides, fungicides, miticides, etc.) is being sponsored by the Office of Indiana State Chemist (OISC). This disposal service is free of charge up to 250 pounds per participant. Over 250 pounds there will be a \$2.00 per pound charge. This is a great opportunity for you to legally dispose of unwanted products at little or no cost.

WHO

All public and private schools, golf courses, nurseries, farmers, ag dealers, general public, cities, towns, municipalities and county units of government or others receiving this notice are eligible to participate.

PARTICIPANT FORM

Please go to oisc.purdue.edu to complete the Clean Sweep Participant Form or email cleansweep@groups.purdue.edu to have a participant form emailed.

DATES / LOCATIONS

9am to 3pm Local
Time

August 16, 2022:
Ceres Solutions
Wabash County
573 East 700 South
Wabash, Indiana 46992

August 17, 2022:
Bartholomew County
Solid Waste District
720 S. Mapleton Street
Columbus, Indiana 47201

August 18, 2022:
Davies County Highway
Department.
5247 East 100 North
Montgomery, Indiana
47558

August 23, 2022: Davis
Purdue Agricultural
Center (DPAC)
Randolph County
6230 IN-1
Farmland, Indiana 47340

August 24, 2022:
Co-Alliance
Porter County
210 East 400 South
Valparaiso, Indiana
46383

August 25, 2022:
Hendricks County
Fairgrounds
1900 E. Main St.
Danville, Indiana 46122



HORTICULTURE NEWS

Upcoming Horticulture Programming

Wash. Co. Farmer’s Market Open

The Washington County Farmer’s Market is open in the parking lot of the Wash. Co. Justice Center on Jackson St. on Saturday mornings from 8:30 am – 12:00 pm. When produce is more plentiful, the market is open on Tuesdays from 5:00 – 7:00 pm.



Extension Master Gardener Training, Aug.-Dec. 2022

See flyer below for more details.



**Purdue Extension
Master Gardener
(EMG)**

PURDUE EXTENSION
MASTER GARDENER PROGRAM

**Training Class for the
fall of 2022.**

Washington County ANR Educator, Danielle Walker and Scott County ANR Educator, Tom Springstun are offering the Purdue EMG Basic Training through weekly in-person sessions.

- All required core topic training sessions will be held on Tuesdays, August 30 – December 6, 2022 (no meeting on November 22), from 6:00 – 9:00 p.m. ET, and Final Exam is December 13.
- Classes will be held in the Washington County Extension Office, 806 Martinsburg Rd, Suite 104, Salem, IN 47167

The fee for the training is \$180.00/person which includes the print version of the Purdue EMG Manual, and for an additional \$25.00 participants will also receive the digital version of the manual. If two people from the same household want to share a print version of the Purdue EMG Manual, the total cost will be \$280.00. Registrants will be sent a link to pay once application is screened.



If interested, please email Springstun by *August 1, 2022* at dbowellw@purdue.edu



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

Please watch for future HORTICULTURE programming efforts via the Purdue Extension – Washington County Facebook page and emails from the Extension office!

Home Based Vendor Law Updates

If you sell food to an end consumer in the state of Indiana, you are either identified as a Retail Food Establishment or a Home-Based Vendor. Most individuals who sell goods at farmers' markets or roadside stands are operating under home-based vendors laws. Indiana recently passed a new law (HB 1149) which includes changes that will impact all persons operating as a home-based vendor. Information below will help identify who qualifies as a home-based vendor, which foods home-based vendors are allowed to sell, and what has changed in the new law.

Who is a home-based vendor?

Pursuant to newly enacted (effective 7/1/22) code: IC16-42-5.3, "A home based vendor shall prepare and sell only a food product that is: made, grown, or raised by an individual at the individual's primary residence, including any permanent structure that is on the same property as the residence not a potentially hazardous food product prepared using proper sanitary procedures not resold (e.g. must sell to the end user and not to someone who intends to resell; if not selling to the end user, must be licensed as a wholesaler).

What products may a home-based vendor sell?

Home-based vendors are allowed to sell non-potentially hazardous foods. Non-potentially hazardous foods are those that do not require refrigeration for food safety. This list of allowable foods has not changed and includes:

- Baked items
- Candy and confections
- Produce, whole and uncut fruit and vegetables
- Tree nuts, legumes
- Pickles processed in a traditional method (e.g. fermentation)
- Honey, molasses, sorghum, maple syrup
- Mushrooms grown as a product of agriculture (wild mushrooms should be certified)
- Traditional jams, jellies, and preserves made from high-acid fruits and using full sugar recipes (This is the only home-canned food allowed.)
- Dehydrated fruits and vegetables

There may be other potential products that are acceptable. For specific guidance contact your local health department.

What are the labeling requirements?

All food products produced by home-based vendors must include the following information:

- The name and address of the producer
- The common or usual name of the food product
- The ingredients of the food product, in descending order by predominance by weight
- The net weight and volume of the food product by standard measure or numerical count
- The date on which the food product was processed
- The following statement in at least 10-point type: "This product is home produced and processed and the production area has not been inspected by Indiana Department of Health."

What has changed under the new law?

Two major changes under the new law include 1) how and where products can be sold and 2) the addition of requirements for food handler training.

1. How or where can a home-based vendor sell products? Home-based vendors may now sell their product: In person, by telephone, or through the internet and deliver to the end consumer in person, by mail, or by a third-party carrier. All HBV products can only be shipped within Indiana and are not allowed to be shipped across state lines.

2. All home-based vendors must "obtain a food handler certificate from a certificate issuer that is accredited by the American National Standards Institute"(ANSI). ServSafe Food Handler training fulfills this requirement. This certification is valid for three years. You have training options to fulfill this requirement. The Purdue Extension Food Safety Team is preparing a series of in-person food handler trainings. ServSafe Food Handler training can be taken online at www.servsafe.com.

HB 1149 allows exemptions from the requirement to have a Retail Food Establishment Permit when selling at a Farmers Market or Roadside Stand for:

- In-shell chicken eggs sold to the end consumer. You must be registered with the Indiana State Egg Board and follow the packaging, labeling and refrigeration requirements.
- Poultry and Rabbit sold to the end consumer: Must be frozen at point of sale if sold at farmers' markets or roadside stands. Must be refrigerated if sold on-farm. The Indiana Board of Animal Health (BOAH) regulates the slaughter and processing of poultry and poultry products. An individual seeking to engage in these activities should contact BOAH regarding additional requirements. Rabbits must include a label that contains the following information:

- Name and address of the producer
- Common or usual name of the food product
- Ingredients of the food product
- Net weight and volume of the food product
- Date on which the food product was processed
- Statement of exemption (for example, the phrase "Exempt under IC16-42-5-29)
- The following statement in at least 10-point type: "This product is home produced and processed and the production area has not been inspected by the Indiana Department of Health."

**This article is based on the information available at the time of printing.

Anyone selling food products should contact the Washington County Health Department to ensure all home-based vendor and/or retail food establishment rules are followed.

Publication about Decline of Woody Plants

Woody plant stress has many potential causes that can ultimately lead to decline and death of landscape trees and shrubs. The University of Kentucky Extension has a publication discussing the symptoms and common causes of stress and decline in woody plants. The publication has a brief section on ecology and physiology explaining how each part of a woody plant's anatomy performs unique functions, all of which are necessary for healthy growth. Suggestions for preventing and managing plant stress are also included in the publication, "Stress & Decline in Woody Plants (ID-50)" found at: <http://www2.ca.uky.edu/agcomm/pubs/id/id50/id50.pdf>.

Why are the Japanese Beetles Running Late This Year?

Nothing heralds summer like the hum of Japanese beetles ravenously descending on a flower garden. Cool weather this spring has slowed emergence of adults from the soil. Heavy spring rains early followed by relatively drier weather in late June, may have trapped adult Japanese beetles under a crusty layer of hardened soil. Due to their large numbers in many parts of Indiana last year, they are very likely just waiting for a good rain to soften the surface, so they can dig themselves into the light of day and on to your flowers. So, if we get a little more rain by the time this article comes out, we are likely to be awash in adult beetles.

Weather is only part of what makes Japanese beetles predictably unpredictable. Beneficial organisms including fungi, microsporidia, and parasitic wasps also act different life stages of Japanese beetles. Japanese beetles have been the target of several national programs to release these beneficial organisms to reduce beetle populations. Favorable conditions for these beneficials can help reduce the local abundance of grubs and beetles.



Although killing grubs will reduce the number of beetles, the small size of lawns and the long flight range of the Japanese beetle makes it unlikely for your grub control program to reduce defoliation. In experiments conducted in my lab over 20 years ago, we found adult beetles can easily fly a kilometer (0.66 miles) in a single day. With adults living for several weeks, it is easy to image beetles traveling long distances from untreated lawns to plants on your property.

Life cycle of Japanese beetles: As the weather warms in the spring larvae (aka white grubs) move closer to the surface and begin feeding on turf roots. In May they enter a pupal stage and stop feeding. In June they typically emerge from the soil as adults. Adults fly in summer when they feed on flowers and leaves. In late July and early August adults lay eggs into the turfgrass. White grubs hatch from eggs and feed on the roots until frost when the larvae begin dig deeper into the soil to avoid killing temperatures.

What to do about Japanese beetles? There are quite a few insecticides that can be used to protect plants against Japanese beetle adults. It can be difficult to kill the beetles without harming pollinators that visit flowers because most insecticides that kill beetles will also kill pollinators. One of the best ways to protect pollinators and your flowers is reduce the number of times you spray your flowers. Rather than apply an insecticide when you see the first beetle, wait until you see some beetles starting to feed. Then wait until more

enough beetles arrive before you apply your second spray. This should reduce the number sprays during the spray period.

For a list of products available to control Japanese beetles see:

Japanese Beetles in the Urban Landscape [https://
extension.entm.purdue.edu/publications/E-75/E-75.html](https://extension.entm.purdue.edu/publications/E-75/E-75.html)

For tips on controlling white grubs and a nice illustration of Japanese beetle biology please see: Managing Whitegrubs in Turfgrass [https://
extension.entm.purdue.edu/publications/E-271/E-271.html](https://extension.entm.purdue.edu/publications/E-271/E-271.html)

Cliff Sadof, Purdue Extension Entomologist

Printed July 12, 2022 in Purdue Landscape Report

How to Pick a Ripe Melon

Telling when a melon is ready to be harvested can be a challenge, or it may be quite easy. It all depends on the type of melon. Let's start with the easy one. Muskmelons are one of those crops that tell you when they are ready to be picked. This can be of help to not only harvest melons at the correct time but also choose good melons when shopping. As a melon ripens, a layer of cells around the stem softens so the melon detaches easily from the vine. This is called "slipping" and will leave a dish-shaped scar at the point of stem attachment. When harvesting melons, put a little pressure where the vine attaches to the fruit. If ripe, it will release or "slip."

When choosing a melon from those that have already been harvested, look for a clean, dish-shaped scar. Also, ripe melons have a pleasant, musky aroma if the melons are at room temperature (not refrigerated).

Watermelons can be more difficult and growers often use several techniques to tell when to harvest.

1. Look for the tendril that attaches at the same point as the melon to dry and turn brown. On some varieties this will need to be completely dried before the watermelon is ripe. On others it will only need to be in the process of turning brown.

2. The surface of a ripening melon develops a surface roughness (sometimes called "sugar bumps") near the base of the fruit.

3. Ripe watermelons normally develop a yellow color on the "ground spot" when ripe. This is the area of the melon that contacts the ground.

Honeydew melons are the most difficult to tell when they are ripe because they do not "slip" like muskmelons. Actually, there is one variety that does slip called Earlidew, but it is the exception to the rule. Ripe honeydew melons become soft on the flower end of the fruit. The "flower end" is the end opposite where the stem attaches. Also, honeydews should change to a light or yellowish color when ripe, but this varies with variety.

Source: Ward Upham, Kansas State University Horticulture Department





PASTA **Parenting the Second Time Around**

Please join us for our second presentation of Parenting the Second Time Around. Our first session, held February of 2022, was filled with guest speakers from area agencies as well as your Health and Human Sciences Educator. Together they provided information, resources, encouraged dialogue, and fielded questions from participants. Here are some participant quotes taken from surveys that were submitted at the end of this eight-session program:

“This program has given me so much information and resources to raise my grandchildren. I was truly lost and had no idea where to turn until I came here. THANK YOU!!! I really feel a lot better about this whole situation of having these babies placed with us and have a better idea of where to turn for more help.” - Grandparent



“This program has brought awareness to resources available that could be beneficial to whole the family. This program is wonderful for grandparents that have a more active role with their grandchildren. It offers resources that are available from preschool, behaviors, and in-home services. It was great learning better behavior techniques and meeting a child where they are.” - Grandparent



“This program allowed me to grow my understanding of relative caregiving. It gave me an opportunity to learn their strategies as well as their victories and how I can best aide in their journey” – Community Organization Representative


Meals are provided at each session, as well as other related program items. Participants are encouraged to ask questions and share their experiences – to the extent they are comfortable. Participants are also encouraged to utilize resources presented and hopefully feel more confident doing so after making connections to local community organizations that offer support, most often free of charge!

Registration per family is \$20.00 for the entire 8 sessions. Meals are provided at each session. Child care is not included.

Thanks to generous support from the Washington County Commissioners and the Washington County Substance Abuse Council, we are able to offer this wonderful program a second time.

PASTA

Parenting the Second Time Around



An eight session, national award-winning program designed for grandparents and other kinship caregivers who are in a parenting role.

Date: Wednesdays, September 14 thru October 26, 2022 (excludes 10/12)
Time: 11:30am-1:00pm, includes lunch
Address: Washington County Government Center Meeting Room
806 Martinsburg Road, Salem, IN 47167
Fee: \$20 reservation fee per family (cash or check), child care not included


Registration required by September 7

- ✓ Changing roles and responsibilities.
- ✓ Understanding children's development and behavior.
- ✓ Discipline that really works.
- ✓ Rebuilding a family.
- ✓ Legal concerns.
- ✓ Teen concerns and challenges.
- ✓ Community resources & advocacy techniques.


"We need every human gift and cannot afford to neglect any gift because of artificial barriers of sex or race or class or national origin."
-Margaret Mead

First & Last name of Parents/Caregivers attending series _____
Mailing Address _____
Ages of children _____
Email address _____ Phone number _____

For additional information, contact:
Sonya Mitchell
Health and Human Sciences Educator
Purdue Extension Washington County
Address: 806 Martinsburg Road,
Suite 104, Salem, Indiana 47167
Email: shmitche@purdue.edu
Phone: 812-883-4601



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PURDUE UNIVERSITY Extension
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Program made possible through the generous support of the Washington County Commissioners and the Washington County Substance Abuse Council



Full Circle

Purdue Extension Washington County is offering a curriculum-based support group for caregivers entitled "Full Circle." Join us as your Health and Human Sciences Educator presents educational information and resources related to caregiving. Meetings are designed to be both educational and supportive. Free.

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.” — Rosalyn Carter

We are looking for additional members. You can join us any time and attend whatever sessions meet your schedule. Come prepared to learn about resources and share your experience and resources with others. We are currently compiling a list of employable caregivers to assist families who need additional support.

When: Every first Monday at 7:00 pm, Monthly
~Beginning March 7, 2022~
Where: Washington Co. Government Building
Meeting Room
806 Martinsburg Rd., Salem, IN

Opportunity Knocks TWICE!

If you've been looking for an opportunity to attend Purdue Extension's Dining with Diabetes Program or our Be Heart Smart Program but weren't able to attend the latest sessions, I have some great news! We have gained support from local organizations to provide these programs free to the public.

First, the Cardiovascular & Diabetes Coalition of Indiana (CADI) and Connections IN Health, in conjunction with Indiana Clinical and Translational Sciences Institute (CTSI), are still working to implement programs to address health-related issues identified during listening sessions and town halls held here in Washington County. I bet many of you heard about this effort but had forgotten up until now. Additionally, several of you participated in the listening sessions and town halls and, as a result, good things are coming our way. Two of Purdue's programs are being funded and will be scheduled in the months ahead. Below is a brief description of these programs that will be offered free of charge to community members as a result of the generosity of these organizations.

Dining with Diabetes - Consists of four sessions and a follow-up. Adults with type 2 diabetes and their family members, caregivers, and support persons are invited to participate in learning how to manage diabetes through healthy food preparation and cooking by teaching participants how to:

- Read food labels
- Use a variety of sweeteners
- Use seasoning to replace salt
- Use fiber in the diet
- Differentiate between various types of fat
- Incorporate exercise into a daily routine
- Set personal goals to manage your diabetes

Be Heart Smart – Learn about heart disease and how to reduce your risk factors. This is a lecture-based program for individuals who want to learn more about preventing heart disease by making heart-healthy lifestyle changes. This program will teach participants how to monitor risk factors

for heart disease and how to make simple changes to their daily routine that can improve their heart health. This program, comprised of four lessons, is to be delivered over the course of 4 weeks - one lesson per week for four weeks.

Second, we are pleased to announce that the Washington County Community Foundation received an award from the Downing Charitable Trust that includes programs offered by Purdue Extension to promote health living. Coming in 2023, we will be offering some of our signature programs, cooking demonstrations, meal kits, and more! Free of charge!

Be sure to read your Purdue Extension Washington County Newsletter for further details or check us out on Facebook!

WALKTOBER

The Community Health Action Team (CHAT) would like to invite you to participate in the Washington County WALKtober: a community activity challenge again this year. It's super simple to join the fun...

1. Register here: <https://bit.ly/walktober22>
2. Put on your walking shoes, get out and move.
3. Track your steps or minutes of movement, via link sent after registration.



There will be more information to come, register today so you're in the know. Register here: <https://bit.ly/walktober22> and forward this link to all your friend and invite them to join!

Food, Family, Money and Health

Did you know that your Health and Human Sciences Educator provides educational information and resources around the topics of Food, Family, Money and Health? Did you know that we can come to your organization to deliver these programs? Or if you're an individual, you can express interest in learning more and we can schedule a class for you and other members of the public to attend? Our programming is offered in response to community needs and requests for educational information. We are here to serve you, so don't hesitate to contact us!

And lastly, as you may have noticed, we partner with other organizations as much as possible to make programming affordable and accessible to all. Plus, partnerships, such as the ones mentioned above, also enhance our programming by adding additional resources and tangible items to support healthy living. An example of our most recent efforts would be the "Living Well in Washington County" program. In this program, participants attend educational sessions on healthy living such as nutrition education with food demonstrations, ways to be active, stress management, brain health, etc., and each time participants attend a session they receive a free meal kit of locally sourced foods supplied by Lost River Market, and funded by I-Hope. This program is supported by funds made available from the Centers for Disease Control and Prevention, Center for State, Tribal, Local and Territorial Support, under NH75OT000073.

Our office is located at 806 Martinsburg Rd., Suite 104, which is on the lower level of the Washington County Government building. Office hours are 8 a.m. to 4:00 p.m. Monday through Friday.

All persons shall have equal opportunity and access to our programs and facilities without regard to race, color, sex, religion, national origin, age, marital status, parental status, sexual orientation, or disability. If you have a disability that requires special assistance for your participation in an Extension event, please contact the Washington County Extension Office at:

Phone: 812-883-4601



Extension

WASHINGTON COUNTY

**MISSION OF THE COOPERATIVE
EXTENSION OFFICE**

The mission of the Purdue University Extension Service is education of Indiana citizens through the application of land-grant university research and knowledge

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