

HELPFUL TIPS FOR HEALTHY HOLIDAY PARTIES

As the holidays approach, parties become numerous along with platters of rich and delicious seasonal foods. If you are hosting a gathering this holiday season and want to lighten up your offerings without sacrificing taste, you have plenty of options.



Try swapping out a few ingredients in your favorite recipes with some of these simple tips.

- Try low-sodium vegetable broth in your mashed potatoes to add flavor and cut back on butter or margarine.
- Substitute applesauce for oil, margarine or butter in muffins and quick breads such as banana bread. Try substituting a small amount at first, as too much may change the texture of the finished product.
- For dips and sauces, try using fat-free yogurt in place of sour cream or mayonnaise.
- Try sliced or slivered almonds as a delicious, crunchy topping in place of fried onion rings.
- Choose reduced-fat or fat-free cheeses for salads and casseroles.

Pack your shopping cart with plenty of fresh produce including sweet potatoes, winter squash, broccoli, carrots and green beans. Apples, fresh cranberries

and pears combine easily for a tasty salad, fruit crisp or topping for the turkey.

If you are a guest at a dinner party or other gathering, consider these tips to keep your night healthy, happy and safe:

- Try starting your day with a small meal that includes whole grains, fruit, vegetables and some type of lean protein. Skipping meals before the event may tempt some people to overeat later.
- Socialize and settle into the festivities before seeking out the buffet.
- Savor foods you truly enjoy and pass up on those that don't really interest you.
- Move your socializing away from the buffet tables or appetizer trays. This will minimize the unconscious nibbling.

When it comes to alcohol, satisfy your thirst by drinking water first. If you are of legal age and choose to drink, moderate alcohol consumption is defined as up to one drink per day for women and up to two drinks for men.

Keep in mind, even a single drink may affect your reflexes for several hours. If you plan to drink, keep your holidays merry for everyone by designating a driver who won't be drinking. The holidays are a great time for gathering with friends and family over food and drinks. With just a little preparation, you can enjoy celebratory foods mindfully and still experience all that the season has to offer.

Source: Eatright.org

Inside This Issue:

Calendar of Events	2
Extension Homemakers Holiday Luncheon	2
Matter of Balance Class Offered	3
Dining In for Healthy Families	3
Hand Washing Awareness Week	4
Without a Will in Indiana	5 & 7
Water Bath Jams & Jellies Program Offered	6
Wells County 4-H Enrollment	8

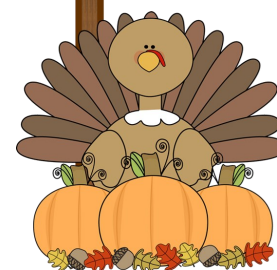
Health & Human Science News

CALENDAR OF EVENTS

November 2022

- 8 Election Day, County Offices Closed
- 11 Veteran's Day, County Offices Closed
- 14 Extension Homemakers Executive Council Meeting, 2:00 PM
- 14 Extension Homemakers President's Council Meeting, 3:00 PM
- 24-25 Thanksgiving—County Offices Closed
- 29 Boiling Water Bath Jams and Jellies Home Preservation Workshop

We are
Thankful for
YOU!



December 2022

- 1 Extension Homemakers Holiday Luncheon
- 23-26 Christmas Holiday—County Offices Closed

January 2023

- 2 New Year's Day Observed, County Offices Closed
- 9 Extension Homemakers Executive Council Meeting, 2:00 PM
- 9 Extension Homemakers President's Council Meeting, 3:00 PM
- 16 Martin Luther King Jr. Day—County Office Closed
- 17-19 Fort Wayne Farm Show



Wells County Extension Homemakers
Gifts of the Season
 Wells County Extension Homemakers
 2022 Holiday Luncheon

December 1st
 Registration begins at 10:30/Luncheon begins at 11:00
 Wells County Community Center

Menu will include:
 Ham, Cheesy Potatoes, Green Beans, Salad, Roll,
 Pumpkin Dessert, and Drinks

To register for this event, pick up a
 registration form from your club president,
 or stop by the Extension Office.
 Cost for the event is \$12.50 and should be
 included with your registration.

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.

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



PURDUE
UNIVERSITY®

Extension - Wells County

Rock Steady Boxing Gym

710 South Mulberry Street
Bluffton, IN 46714

Tuesdays

January 10, 17, 24, 31

February 7, 14, 21, 28

1:00 – 3:00 PM

Classes are held every
Tuesday for 8 weeks
from 1:00 – 3:00 PM.

Classes are free!

Class size is limited so please call to
register by January 3, 2023

**To sign-up, please call
(260) 824-6412**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Dining In for Healthy Families

Join families across the country as they “Dine In” on December 3rd in celebration of home prepared meals. Families that eat together at home not only eat better but they eat more vegetables, enjoy more family conversations, and reduce the risk of substance abuse in teens. To encourage more family meals, the National Extension Association of Family & Consumer Sciences (NEAFCS) is joining forces with the American Association of Family and Consumer Sciences in promoting “Dining In for Healthy Families”.

What Can You Do?

- ◆ Commit to dining in on December 3!
- ◆ Prepare and eat a healthy meal with your family on December 3!
- ◆ Ask your friends and family to dine in!
- ◆ Promote Dining In on social media!
- ◆ Post pictures of your family dining in on social media!



National Handwashing Awareness Week December 4-10, 2022



Personal hygiene begins and ends with our hands. And though we’re taught as youngsters to wash our hands before dinner, it’s important to remember that germs don’t care what time of day it is. Clean hands prevent sickness. So it’s especially important to learn the basics about hand hygiene so that you, too, can become a champion hand washer! Let’s examine some handy (see what we did there?) tips and info in honor of National Handwashing Awareness Week, which takes place each year during the first week of December. Practicing the 4 Principals of Hand Awareness behaviors will ensure that you “stay well”.

The 4 Principals of Hand Awareness:

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

Source: Will Sawyer, MD & Henry the Hand Foundation

WITHOUT A WILL IN INDIANA

Do you have a will? If not, do you know what would happen to your belongings if you die without one?

A will is a legal document that describes who will get your property when you die. By having a will, you can control how your estate—the real and personal property that you own at the time of your death—will be distributed to others.

Some people think that only wealthy or elderly people need wills, but this is not true. Serious problems may arise with how a person's property is distributed if he or she dies without a will—or intestate—even if that person dies at an early age or with only a small estate.

Property Distribution Without a Will

In some cases, property can be distributed even without a will if there is a will contract. Inheritance that is determined by a will contract is usually in the form of insurance, such as a life insurance policy. If an individual dies without a will, the proceeds of the policy would still go to a named beneficiary. Other examples of will contracts include trusts, pension plans, joint ownership with rights to survivorship, or other assets with a beneficiary form, such as payable on death and transfer on death contracts.

For property not covered by will contracts, Indiana law determines how it will be distributed in the absence of a will. There may be disadvantages to allowing these inheritance laws, known as the Laws of Descent, to operate. These include:

- Property may be transferred or distributed in a different way than you would have preferred.
- Relatives you hardly know could share in your estate. Many individuals with no relatives or only a few distant ones would rather name a favorite charity to receive their estate.

- Small pieces of your property could be sold and divided.
- If any of the heirs are minors, guardians may have to be appointed, and those guardians may not necessarily be the surviving parent.
- Taxes frequently are much higher when property is transferred without a will. All property transferred (less deductions and exemptions) is subject to federal estate taxes, but the rates vary based on the situation.
- In some cases, the state of Indiana might get all of your property.

Who Will Inherit?

Table 1 on page 7 provides an overview of how Indiana inheritance laws determine property distribution in the absence of a will.

Preparing a Will

Because there are many potential problems and financial considerations, having a will is a way to control the decisions about your estate. There are several ways to prepare one:

- *By consulting your attorney.* A few dollars spent preparing your will may save your family expense and trouble, and ensure that your property is distributed at your death in the way you desire.
- *By using online legal services providers or consumer advocacy groups.* These options may offer low-cost options for creating a will.
- *By consulting a legal services organization.* Depending on your situation, you may be eligible for legal services at no cost.

Continued on page 7

Jam and Jelly Workshop

Learn Boiling Water Bath Canning



Tuesday, November 29, 2022

9:30 AM—12:30 PM

Check-in from 9:00—9:20 AM

**Johnnie Mae Farm, 2518 Winter Street
Fort Wayne, IN 46803**



Register at:

<http://bit.ly/JamJellyWkshop2022>

Cost: \$18.00

Class size is limited to 8 people

Must register & make payment by:

November 23, 2022

Check or cash can be mailed to:

Purdue Extension Noble County

109 N York Street, Albion, IN 46701

Join Purdue Extension Master Home Food Preservation instructors to learn the basics of boiling water bath canning and prepare a jam/jelly recipe to take home.



Extension—Health and
Human Sciences

FOOD PRESERVATION

Without a Will in Indiana: Continued from Page 5

Table 1. Indiana Inheritance Procedures in the Absence of a Will

If you do not make a will, your heirs will be...

For an unmarried person	Distribution of Estate
...with child/children or issue of deceased child/children OR	Child/children and/or grandchild/grandchildren: equal
...without surviving children	Per parent: 1/4 of estate Siblings and nieces/nephews: remaining estate
...and with no parents or siblings	Nieces/nephews: equal shares
...and with no nieces or nephews	Grandparents: equal shares
...and with no grandparents OR	Aunts, uncles and cousins: equal shares
...with none of the above	State of Indiana
For a married person	Distribution of Estate
...with one or more living child and/or issue of deceased child (e.g. wife dies and is survived by husband and child of deceased son) OR	Spouse: 1/2 of estate Child/Children and/or grandchild/grandchildren: 1/2 estate
...with no surviving issue (e.g. child) but with living parents OR	Spouse: 3/4 of estate Parents: 1/4 of estate
...with no surviving issue or parents OR	Spouse
...with a second or subsequent spouse, and with surviving child/children of deceased child/children (e.g. husband dies and is survived by second wife and child from first marriage) OR	Spouse: 1/2 of personal property and 1/4 value of real estate property Child/children and or grandchild/grandchildren: equal share of remaining personal property and real estate property
...with none of the above	State of Indiana





Extension

NON-PROFIT
U.S. POSTAGE
PAID
BLUFFTON IN 46714
PERMIT NO. 404

Purdue University Cooperative Extension Service
Wells County Office
1240 4-H Park Road
Bluffton, IN 46714-9684



RETURN SERVICE REQUESTED



It's Time to Enroll in 4-H for 2023!

The enrollment window for Wells County 4-H is October 1, 2022—January 15, 2023. Enroll early to avoid missing important information! You can enroll by visiting v2.4honline.com

Please feel free to call the Extension Office at 260-824-6412 if you have any questions, or if you need assistance.



This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

Molly M. Hoag, Editor
Extension Educator
Health and Human Sciences
PURDUE UNIVERSITY
Cooperative Extension Service
Wells County Office
1240 4-H Park Road
Bluffton, Indiana 46714
Telephone: 260-824-6412
Email: mhoag@purdue.edu

Webpage: www.extension.purdue.edu/wells

Also find us on:



*Purdue Extension Wells County
or Molly Hoag-Purdue 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.



Extension