

HELPING OTHERS

How Helping Others Helps You

If you lug your elderly neighbor's groceries up her steps, clearly it's good for her. But did you know that it's likely good for you too?

Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health. They may even live longer.



Consider Some Recent Research

- Students who performed five acts of kindness a day increased their happiness
- Providing emotional support to others significantly decreased the harmful health effects of certain kinds of stress among older people
- People who donated money to charity got a boost in a feel-good part of the brain, as revealed in brain imaging research

Doing Good Can Make You Feel Good. It Might...

- remind you that you're relatively lucky

- make you feel connected to others
- help you feel needed and effective
- take your mind off your own worries for a while
- make you feel generous
- add a sense of purpose and meaning to your life

Hints On Helping

Consider these tips for helping others—and yourself:

- Don't feel like you have to make grand gestures or huge time commitments. Sure, helping can mean serving meals at a homeless shelter every week. But it also can mean:
 - Calling a friend to see how she's doing
 - Serving your spouse breakfast in bed
 - Letting a car in front of you on the highway
 - Smiling at a stranger in the street
 - Holding the elevator door for your co-worker
- Vary your acts of generosity to prevent the experience from becoming ho-hum, advises happiness researcher Sonja Lyubomirsky, PhD, who also found that doing several kindnesses in one day gives the best boost.
- Beware of taking on too much, or you'll risk feeling resentful. When asked a favor, think it over before saying yes.

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Health & Human Science News

CALENDAR OF EVENTS

September 2024

- 2 Labor Day, County Offices Closed
- 9 Extension Homemakers Executive Council Meeting, 2:00 PM
- 9 Extension Homemakers President's Council Meeting, 3:00 PM
- 11-13 Extension Homemaker's Camp
- 17 Preserve It Now... Enjoy It Later 9AM—3PM (details on page 6)
- 17-21 Bluffton Street Fair
- 23 Managing a Stress-Less Mentality, 2PM at Senior Snippets (details on page 3)
- 30 Cooking For 1 or 2, 2PM at Senior Snippets (details on page 3)
- 30 Extension Homemakers Quarter Fundraiser Due \$10 per member

October 2024

- 7 Fall Prevention for All Ages, 2PM at Senior Snippets (details on page 3)
- 8 Extension Homemakers Volunteer Work Day (details on page 5)
- 14 Columbus Day, County Offices Closed
- 15 Holiday Happenings 5:30 PM (details on page 4)
- 17 Extension Homemakers Fall District Meeting, Allen County

Helping Others
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Ways To Volunteer

If you want to volunteer for an organization, invest in finding the right match. If you like to

- read... consider volunteering at a school or tutoring program
- work outdoors... try volunteering to clean up a local park
- speak another language... perhaps work with immigrants
- work at home... make fundraising calls
- play sports... volunteer as a coach
- promote health... try a local hospital or clinic

Whatever you choose, ask if the group will provide support for your efforts, like training or a contact to answer questions that arise.

Source:

<https://www.mhanational.org/help-others>



SENIOR SNIPPETS

The Bluffton Parks Department will host Purdue Extension Health and Human Sciences Educator, Molly Hoag, as she presents these upcoming lessons.



Senior Serenity: Managing a Stress-Less Mentality

September 23, 2024 at 2:00 PM
Washington Park Pavillion, Bluffton

Aging can bring on new stressors with health concerns, financial burdens, losing independence and increasing isolation. All these things can have a negative effect on your overall mental health and wellbeing. This program will help you to identify stress and learn healthy ways to manage stress.

Cooking for 1 or 2

September 30, 2024 at 2:00 PM
Washington Park Pavillion, Bluffton

Do you get tired of eating leftovers for many days? Cooking for 1 or 2 people can be challenging, day in and day out. We will discuss how to meal plan, shop, and reduce recipes to make cooking for 1 or 2 easier and reduce food waste.



Fall Prevention for All Ages

October 7, 2024 at 2:00 PM
Washington Park Pavillion, Bluffton

Reducing your risk of falling can easily be done with some changes to your environment, habits, and physical wellbeing. You will learn what makes a person at higher risk for falling and easy strategies to prevent falls.

CALL THE BLUFFTON PARKS DEPARTMENT AT 260-824-6069 TO SIGN UP!



THE WELLS COUNTY EXTENSION HOMEMAKERS &
PURDUE EXTENSION INVITE YOU TO ATTEND THIS YEAR'S

Holiday Happenings

Focus on the 'Stars': Cooking Healthy for the Holidays

LET'S LEARN VARIOUS RECIPES FOR HEALTHY FOOD
ALTERATIONS FOR SOME OF YOUR HOLIDAY FAVORITES!

OCTOBER 15, 2024

5:30 PM

**Wells County Community Center
1240 4-H Park Road
Bluffton, IN 46714**

Call the Purdue Extension
Office of Wells County to
RSVP to this FREE event by
October 10th.

“Healthy” and “holiday” don’t usually find themselves in the same sentence, especially when it comes to food. But that doesn’t have to be the case. Holiday celebrations and traditions are an important part of life to be enjoyed. You can learn to reduce the large amounts of fat and sugar usually found in holiday recipes and focus more on the “star” ingredients - fruits and vegetables.

**SAMPLES WILL BE
AVAILABLE TO TASTE!**

EA/EOU



SERVSAFE FOOD MANAGER TRAINING & EXAM

Adams County

Purdue Cooperative Extension Service will be offering a Retail Food Certification class on September 24, 2024. This is for food handlers who need to obtain a Retail Food Certificate. The class will take place 8:30 am - 4:00 pm. The exam will be administered at 4:00 pm. A photo ID with signature is required to take the exam.

Pre-registration is required by September 16th in order to receive a textbook and avoid a \$20.00 late fee. Walk-ins will not receive a textbook. English and Spanish exams are available per registration. Register at Cvent online at <https://cvent.me/qaDrdl>

Cost for the training, manual and exam is \$165, for the manual and exam only the cost is \$115, and for the exam only the cost is \$65.

For more information call Molly Hoag, Wells County Extension Educator, 260-824-6412. The class will be at the Adams County Fairgrounds, Conference Room, Monroe, IN 46772.

EXTENSION HOMEMAKER COMMUNITY SUPPORT WORKDAY

Tuesday, October 8, 2024

**9:00 AM—11:30 AM
Wells Co. Community Center, 4-H
Park, Bluffton**



Come help us make lap blankets for those in need. You might want to carry along your favorite scissors. Invite a friend or neighbor and join the fun and fellowship.

VOLUNTEERS NEEDED!

The 4-H Pancake and Sausage Booth is in need of volunteers during the Bluffton Street Fair, September 17-21. Help is welcome during any shift but especially during the Thursday, Friday and Saturday day shifts. To volunteer, call the Extension Office at 824-6412, or go to bit.ly/PancakeBooth2024. Thank you!





A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



Extension - Health and
Human Sciences

Do You Have Concerns About Falling?

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. If you are concerned about falls, or are interested in improving balance, flexibility, and strength, this program is for you!

LOCATION:

Wells County Council on Aging
225 Water Street
Bluffton, IN 46714



PROGRAM DATES & TIMES:

Classes are held every Monday & Wednesday for 4 weeks from 1—3 PM.

Dates for the upcoming program:

November 4, 6, 11, 13, 18, 20, 25, 27

REGISTRATION INFO:

- Classes are FREE thanks to funding provided by the Wells County Foundation, Inc. through the G. Robert and Emma Studabaker Senior Citizen Endowment Fund
- Class size is limited, so please register by October 25, 2024
- Register by calling (260) 824-6412



Preserve It Now... Enjoy It Later

Learn the basics of boiling water bath and pressure canning through education and a hands-on workshop. Participants will prepare and process a recipe to take home.

September 17, 2024

Johnnie Mae Farm—Allen Co.

2518 Winter St.

Ft. Wayne, IN 46803

9 AM—3 PM

Cost is \$60



Register by September 12th at

<https://cvent.me/GwO9Rb>

ROOTED AND RESILIENT:

Homesteading Conference

GATHERING HOMESTEAD SKILLS FOR FAMILIES



NOVEMBER 1 & 2, 2024

COMMUNITY LEARNING CENTER
401 E DIAMOND STREET, KENDALLVILLE, INDIANA



Friday, November 1

- Hands-on Workshops to include:
- Food Preservation
- Poultry Processing
- Seed Saving
- Chainsaw Safety and Tree Felling
- Beekeeping

Saturday, November 2

- Wide Variety of Sessions for Novice thru Seasoned Homesteaders, including a Kidsteader Track for young learners.
- Food Preservation
- Livestock Production
- Mixed Ventures
- Financial Resources

**SESSION DETAILS &
REGISTRATION:**

<https://bit.ly/rootedconference2024>



Extension

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Thank you to the Wells County
Extension Homemakers and
members of the Wells County
Extension Advisory Board for
generously donating their time to
serve as Expo Hall Hosts
during the 4-H Fair.

We greatly appreciate your support!

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