

4MIND4BODY: ANIMAL COMPANIONSHIP

Nearly 70% Of U.S. Households (84.6 Million) Own A Pet. Of Those

- 80% believe their pets bring them happiness and emotional support;
- 55% believe their pets reduce anxiety and depression; and
- 66% believe their pets relieve stress.

PET-FRIENDLY WORKPLACES ARE GOOD FOR BUSINESS

Workplaces that adopt pet-friendly policies can experience benefits like:

- Attracting more job candidates;
- Keeping their employees longer;
- Better employee health; and
- Increased productivity among workers.

WHAT DOES THE SCIENCE SAY ABOUT PETS AND HEALTH?

Pet ownership can help:

- Improve cardiovascular health and physical activity;
- Decrease stress and lower blood pressure; and
- Reduce loneliness, which increases risk of many chronic health conditions.

ANIMALS HELP PEOPLE WITH MENTAL AND PHYSICAL HEALTH CONDITIONS

- In people with cancer, animal-assisted interventions (i.e. therapy, education, activities) play a role in reducing anxiety, depression and aggression during treatment.
- For people receiving treatment



for mental illnesses, animal-assisted interventions reduce anger, anxiety, depression, and general distress, while improving the ability to socialize.

- Studies have also shown that animal interactions have the ability to help people who are critically ill by reducing stress, anxiety, and boredom; improving mood; and reducing heart rate and blood pressure.
- For people being treated for HIV, those who own dogs show fewer symptoms of depression and are better at taking medications—likely because of the routines that come with dog ownership.

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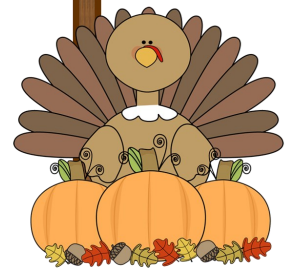
Health & Human Science News

CALENDAR OF EVENTS

November 2021

- 8 Extension Homemakers Executive Council Meeting, 2:00 PM
- 8 Extension Homemakers President's Council Meeting, 3:00 PM
- 10 ServSafe Training, 8:30 AM
- 11 Veteran's Day, County Offices Closed
- 11 Extension Homemakers Holiday Happenings
- 16 Jams and Jellies Home Preservation Workshop
- 17 ServSafe Exam, 9:00 AM
- 25-26 Thanksgiving, County Offices Closed

We are
Thankful for
YOU!



December 2021

- 2 Extension Homemakers Holiday Luncheon
- 23-24 Christmas Holiday, County Offices Closed
- 31 New Years Eve, County Offices Closed

January 2022

- 10 Extension Homemakers Executive Council Meeting, 2:00 PM
- 10 Extension Homemakers President's Council Meeting, 3:00 PM
- 17 County Office Closed—Martin Luther King Jr. Day
- 18-20 Fort Wayne Farm Show

National Handwashing Awareness Week

December 1-7, 2021

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.

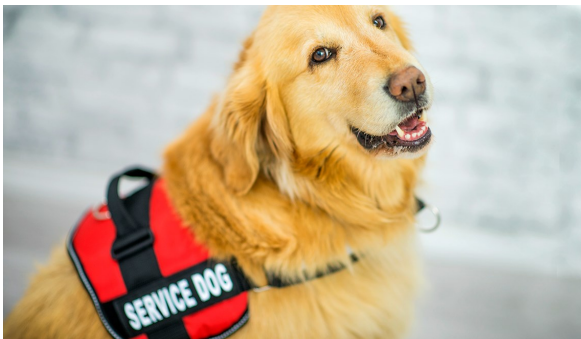


Source: Will Sawyer, MD & Henry the Hand Foundation

4Mind4Body: Animal Companionship Continued from page 1

SERVICE DOGS CAN MAKE A WORLD OF DIFFERENCE

- The majority of people with diabetes who own Diabetic Alert Dogs are less worried about extreme changes in insulin levels, and experience improved quality of life and the ability to participate in physical activities.
- People who are hearing impaired showed long-term reductions in depression after getting a service dog.
- Veterans with PTSD reported decreases in depression, social isolation, anxiety, and alcohol abuse, while also reporting improved sleep and better coping with flashbacks after being paired with service dogs.
- Additionally, service dogs may help lighten the responsibilities of caregivers by assisting those with disabilities to accomplish everyday tasks and alerting to symptoms of chronic health conditions.



SHARE YOUR EXPERIENCES WITH #4MIND4BODY

Mental Health America has created a space where people can learn from each other about what they do to stay well. Share pics of your pets or other animals in your life and tell us how they impact your health by posting with #4mind4body.

We'll collect your Twitter and Instagram posts at mentalhealthamerica.net/4mind4body. You can also post directly and anonymously to the site if you would like.

ARE YOU STRUGGLING?

If you are taking steps to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms. It's free, confidential, and anonymous. Once you have your results, MHA will give you information and help you find tools and resources to feel better.

Source: www.mhanational.org

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!



ServSafe Food Manager 1-Day Class & Examination

ServSafe educates food service workers about food safety.

ServSafe Food Protection Manager is their highest certification, and focuses on five aspects:

- Foodborne microorganisms and allergens
- Personal hygiene
- Purchasing, receiving, and storage
- Preparing, cooking, and serving
- Facilities, cleaning/sanitation, and managing pests

The full 1-day training includes a manual and proctored paper exam.

You must score 75 percent or greater to earn the certificate. The certification is valid for five years. A photo ID with signature is required to take the exam (driver license, state ID, student ID, military ID, employee ID, U.S. green card, or valid passport).



Event Date:

Training - **November 10th, 2021**

Exam - **November 17th, 2021**

Location:

Wells County 4-H Community Center

1240 4-H Park Road, Bluffton, IN 46714

Cost:

Training, Exam, & Manual: \$165

Training & Exam: \$115

Exam Only: \$65

Registration: 8:00 AM - Nov 10

Class: 8:30 AM - 4:30 PM

Exam: 9:00 AM - Nov 17th

All Times Eastern

For more information go to: www.purdue.edu/servsafe/

Register with online: <https://cvent.me/Xnd7Dz>

HOW TO THAW A FROZEN TURKEY



Safely thawing your frozen turkey is one of the most important steps in your meal prep. There are two recommended thawing methods:

- Refrigerator thawing is preferred and the least labor-intensive but requires more time.
- Cold water thawing takes less time but requires more attention.

Regardless of which turkey thawing method you choose, never thaw a turkey at room temperature. If you're running low on time, try a fresh whole turkey—they're just as delicious and require little prep.

Ways to Thaw a Frozen Turkey

Frozen Whole Turkeys and Frozen Whole Turkey Breasts need to be thawed before cooking. For the best results, follow one of these thawing methods:

Refrigerator Thawing

- Thaw turkey breast side up, in an unopened wrapper on a tray in the fridge (40 degrees F or below).
- Allow at least 1 day of thawing for every 4 lbs of turkey.
- Keep turkey in original wrapper and place on tray.
- Use turkey within 4 days after thawing.

Cold Water Thawing

- Thaw turkey breast side down, in an unopened wrapper, with enough cold water to cover your turkey completely.
- Change water every 30 minutes and if turkey cannot be completely covered, rotate every 30 minutes to keep the turkey chilled.
- Estimate a minimum thawing time of 30 minutes per lb of turkey.

What Not to Thaw

Some Butterball products are made to go from freezer to the oven, skillet or grill without thawing. Be sure not to thaw our:
 Frozen Stuffed Whole Turkeys
 Frozen Ready to Roast Breast Roasts
 Frozen Ready to Roast Boneless Roasts

When to Freeze Cooked Turkeys

For the best flavor, you should use our products by their use-by date. However, if you're unable to cook the food by then you can save it for later by safely freezing it with these instructions:

- Freeze the product before the use-by date.
- Thaw using the Refrigerator Thawing or Cold Water method above.
- Consume product within 2-4 days of thawing.

Need more turkey tips? Visit www.butterball.com or call the Butterball help line at 1-800-Butterball.

Did you know?

A thawed turkey may be kept in the refrigerator (40 degrees F or below) up to 4 days before cooking.

You should thaw fully cooked baked and smoked turkeys via the refrigerator method.

Source: www.butterball.com/how-to/thaw-a-turkey

Join Purdue Extension for...

Holiday Jams & Jellies



Option
1

Friday, October 29
9:30 AM – 12:30

Option
2

Tuesday, November 16
9:30 AM – 12:30

One great program – two different dates & locations to choose from.

Option 1: Friday, October 29th – check-in between 9:00 – 9:20 AM

Community Learning Center
401 E. Diamond Street
Kendallville, IN 46755

Must register & make payment by: Monday, October 25th

Option 2: Tuesday, November 16th – check-in between 9:00 – 9:20 AM

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

Must register & make payment by: Friday, November 12th

Register at:
<https://bit.ly/Jam>

JellyWkshop

Cost: \$15.00

Class size is LIMITED to
9 people

Join Purdue Extension Master Home Food Preservation instructors to learn how to preserve jams & jellies safely and prepare two different recipes. Participant registration includes educational handouts, two 4oz. jam/jelly to take home, and a wealth of resources for all home food preservation.



Extension - Health and
Human Sciences

FOOD PRESERVATION

Holiday Happenings

Presented by the Wells County
Extension Homemakers

What: Join the Wells County Extension Homemakers in creating a holiday centerpiece and learning how to make a bow.

Where: Wells Co. Community Center
Wells County 4-H Park
1240 4-H Park Road
Bluffton, IN 46714

When: November 11, 7:00 PM

RSVP: Please call the Wells County Extension Office at 824-6412 to register for this event by Friday, November 1st.
Cost is \$5.



Wells County Extension Homemakers

CELEBRATE JOY!



The Wells County Extension Homemakers will

be celebrating the season at the

2021 Holiday Luncheon on

December 2nd

Registration begins at 10:30

Luncheon begins at 11:00

Wells County Community Center

Menu will include:

Baked Steak

Hash Brown Casserole

Honey Glazed Carrots

Rolls

Red & Green Poke Cake

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 \$13.00 and should be included with your registration.



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It's Time to Enroll in 4-H for 2022!

The enrollment window to participate in Wells County 4-H is October 1, 2021—January 15, 2022. 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.

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