Calendar of Events

January
(Committee Sheets due at February Council Meeting)

1 HAPPY NEW YEAR – EXTENSION OFFICE CLOSED
7 9:30 a.m. Council Meeting; Hostess, Chat ‘n Do
20 MARTIN LUTHER KING JR. DAY – EXTENSION OFFICE CLOSED

February
(Time to Elect Local Club Officers – Officer Sheets and Program Planning Sheets Due in March)

4 9:30 a.m. Council Meeting; Hostess, Modern Homemakers
13 9:30 a.m. Make a Difference Day
14 HAPPY VALENTINE’S DAY
17 PRESIDENT’S DAY – EXTENSION OFFICE CLOSED
20 Educational Lessons – Navigating the Generations
1:00 p.m. Scammed: Investment Fraud Revealed
2:00 p.m. Navigating Healthcare

March
(Coins for Friendship & Nickels for Leadership due by March 31)

3 9:30 a.m. Council Meeting; Hostess, Pollyanna
28 Spring District Meeting, Marion County
TBA Farm Bureau Dinner

Sincerely,
Sue Hatfield
Sue Hatfield, Newsletter Chair
thatfieldfam@gmail.com

Happy Holidays from the Homemaker Happenings staff

IEHA Families Home Page – www.ieha-families.org
Purdue Extension Hendricks County – www.extension.purdue.edu/hendricks

Mission Statement
To strengthen families through continuing education, leadership development and volunteer community support.
Bits from Beth… Creative Things for the Holiday Season
As things go from crisp to cold, this is a great time to spend with friends and family. Although the
holiday season tempts us with many annual, traditional treats, remember to stick with some of the basics.
Not only will it be easy, it can also be economical, and may even start a new tradition for you and/or your
friends and family.
1. Go to a local bowling alley and bowl some games with a group, then invite them to your house for
   a bowl of soup and/or chili
2. Get some inexpensive holiday treats at a dollar store and deliver them to some neighbors close to
   you
3. Grab some extra coats, gloves, and mittens to donate to the homeless or homeless shelters
4. Collect things for the homeless
   • Socks - Living on the street, many unsheltered people rarely take their shoes off
   • Personal hygiene items
   • Food - shelf stable
   • Gift cards and transportation passes
   • Raingear
   • Blankets, sleeping bags
   • Camping gear
Happy holidays to you and yours! Beth

SHARON'S SHARINGS

Holiday Greetings!
I hope everyone is enjoying this special time of the year. Family and friends are the
important things, so don’t stress the little details.
A huge THANK YOU to all who made the Holiday Fest a great success. Many
hands make light work, a phrase that has been repeated to me many times over the years. It
was a financial success. This money goes to scholarships for students as well as teachers, books for Head
Start and other community needs. Thank you to our craft vendors and attendees!
Thank you to the clubs that have invited me to their meetings. I fully enjoy these visits and if my
schedule was already full, please invite me again and I will do my best to attend.
Along the line of “Thank You”, a big one to Steve and his crew. The curtained booth spaces were
fantastic! Thank you again!
So, looking to the new year and all our activities, I leave with you a Merry Christmas and Happy
New Year! Peace!

Sharon
HOLIDAY FEST
I would like to say thank you to everyone for making this Holiday Fest another success. You all make my job as chairman very easy due to you all taking your jobs so seriously. We had a lot of beautifully decorated cookies this year. We were entertained during the day by the preschool kids from Head Start and Bartlett Chapel. We also were able to enjoy the Christmas classics from our very own Treblemakers that always do a wonderful job. Mrs. Claus was present as well and she always passes out candy canes to the kids that perform and some of the adults that are lucky enough to catch her eye! We had 50+ vendors that were visited by a steady stream of patrons that joined us this year for cookies and crafts. I would like to thank Steve Patterson and his crew for setting up the pipe and drape this year, which many said made the room look very nice. Thank you to those that helped with the cookie walk set up and selling of the cookies. Also, thank you to the ladies that helped out in the kitchen to make our lunch a great success as well. Our Homemakers Attic had a lot of great donations as well for us to sell. Thank you to the ladies who set that up and ran it.

This event is one of our two big fundraisers we do every year. When people ask us why we do the cookie walk and the bake sale auction, make sure you let them know that the money we raise is used for the two $1000 scholarships we give away in May to high school seniors, the ten $100 teacher grants we give away during the school year, and to pay for the many books we give away each month to the kids at Head Start every year. We are giving back to our community through those funds that we raise. I hope you were all able to come out and enjoy Holiday Fest and for those of you that put your time and effort into making it another success I thank you from the bottom of my heart.

Karla Janning, Holiday Fest Chairperson

HOMEMAKER’S HOLIDAY BOOTH
Thank you to all Extension Homemakers, friends and neighbors who donated items to the Homemaker’s booth at Holiday Fest. All items were good; some very pretty and there were many useful items. All items were clean and those who pre-priced, we thank you for that, also.

Happy Homemakers Club

HOLIDAY FEST FINANCIAL REPORT
Financially, the Holiday Fest was another good moneymaker for us. Our total profit was $7,269.70. Hendricks Power donated $1,000 this year. We made $2,682.55 on the cookie sales this year and $187.71 on Homemaker’s Attic sales. Thanks for everyone’s hard work.

Joanna Sell, Treasurer

CLUB NEWS
CHAT ‘N DO HOMEMAKERS
Chat N’ Do met at the Fairgrounds for their November meeting. A devotional, "When I'm An Old Lady and Live With My Kids", was read by hostess Karen Hole. We learned from Judy Heffelman's Health and Safety lesson that 4400 steps a day are sufficient for older women, not the norm of 10,000. We reviewed Holiday Fest publicity and were reminded to bring cookies, cookies, and cookies. We saw the completed quilt made from the Quilt Block Contest - very beautiful! Ten members enjoyed lunch and then we went to Sheltering Wings for a tour. Our next meeting will be our Christmas party at Rosie Lenihan’s home.

Submitted by Karen Hole
HOMEMAKERS’ GIVING TREE
The Hendricks County Extension Homemakers decorated their giving Christmas tree with hats, gloves, scarves and socks to be distributed throughout Hendricks County to various charitable organizations.

The Homemaker members around the tree: (left to right) back row, Deloris Elza, Lisa Doran, Sharon Fruits, Rosie Lenihan; front row, Lynn Lillard, Shannon Wagner, Karla Janning and Joanie Botts. Not pictured: D D Dottenwhy.

HAZELWOOD HOMEMAKERS
Aaah! I’ve started this update for the newsletter so many times. My mind, though, keeps jumping from one event to another and I can’t seem to focus. That’s probably just par for the course at this time of the year. Ha! Christmas is definitely “the Most Wonderful Time of the Year,” but it is also the busiest time of the year. When I think of the Hazelwood Homemakers, many of our members help out within their families; serve in their church; and/or volunteer in the community. However, even though our members are busy, they are never too busy to set time aside for our club and to extend a helping hand! I’m amazed at how much the ladies within my club do for others. At our November meeting, we started off the winter season by learning how to make sock snowmen to enhance our Christmas décor! We also made lots of plans for the Cookie Walk at the Holiday Fest and then met together on Thursday, the night before Holiday Fest, to get things setup. WOW! What a lot of delicious looking cookies! Thank you, ladies, for all the cookies that you brought! After a busy Holiday Fest, instead of our regular meeting in December, we met in Plainfield for a Christmas luncheon and fellowship. Couldn’t think of a better way to end our calendar year. Looking forward to a bright New Year with lots of fun, laughter, and work.

Submitted by Melissa Phillips

VOLUNTEER COMMUNITY SUPPORT
In October, the ladies that attended Make a Difference Day contributed 64 tote bags that were taken to Riley Cheer Guild. Also, one shawl was taken to the Threads of Compassion site. Thanks to the ladies that took time to help in these Extension Homemaker projects. The next Make a Difference Day will be Thursday, February 13, 2020, the Hendricks County Conference Center, 9:30 a.m. – 2:30 p.m.

Volunteer Community Support Chair, Melissa Mikesell

TACO SOUP
1 lb ground beef
1 packet (1.25 oz.) Taco seasoning mix
2 cans (14.5 oz. each) diced tomatoes
1 T plus 2 tsp original Ranch Salad dressing mix
1 can (15 oz.) black beans, rinsed and drained

1 can (15 oz.) kidney beans, rinsed and drained
1 can (4 oz.) chopped green chilies, drained
1 ½ c water
2 c frozen corn

In a large nonstick saucepot, sauté the beef over medium heat, about 8 minutes or until done. Drain off any excess fat. Add the remaining ingredients and bring to a boil. Reduce heat and simmer for 5-10 minutes. (I transfer to a crock pot set on low, to serve at a later time.)

Submitted by Melissa Mikesell
RUTH B. SAYRE SCHOLARSHIP
The Ruth B. Sayre Scholarship is a memorial scholarship of $500 offered for fostering educational development of women. Country Women's Council-USA sponsors the scholarship. IEHA is a member of CWC. IEHA will only sponsor the applications of Indiana residents. The application is available from the Extension Office. Deadline for applications is March 1, 2020.

CAREER ADVANCEMENT SCHOLARSHIP
Eight $750 Scholarships will be given. One (1) as the Eleanor Arnold Award to an IEHA member, one (1) as the Ann Hancook Award to a degree in the medical profession, and six (6) random scholarships. Read and follow the instructions for completing the application. Applications that are incomplete or that have missing information will not be considered. Scholarships are usually granted for Undergraduate degrees rather than Masters degrees. Scholarships will be awarded with regard to financial need. Former winners may reapply. The application is available at https://bit.ly/2PAKMkR or from the Extension Office. Deadline is March 15. Send application to Stephanie Jerabek, Huntington County Extension, 1340 S Jefferson St, Huntington IN 46750.

NEW THIS YEAR - STEPS TO SUCCESS SCHOLARSHIP
Applicant must be a resident of Indiana and must be admitted to or enrolled in an accredited college or university (4 $500 scholarships available) or an accredited vocational or technical program (1 $500 scholarship available). This should be a two-year program earning an industry certification in the chosen field. Vocational and technical scholarship applicants must include a letter from school advisor stating that candidate is on track for graduation. Application is available at https://bit.ly/34cyXXx or from the Extension Office. Applications must be postmarked by May 1 to be considered.

HCEH SCHOLARSHIP
The Hendricks County Extension Homemakers offer two $1,000 educational scholarships to qualified Hendricks County graduating seniors to help further their educational goals and to encourage their continued development in the areas of Health and Human Sciences, Food Science, Education or a related field. Applications can be found at www.extension.purdue.edu/Hendricks or from the Extension Office. Search for 2020 Extension Homemaker Scholarship. Applications are due February 10, 2020.

FIRST TIMER AWARD
Home & Family Conference will be June 1-3, 2020 at the Embassy Suites in Plainfield. If you have never attended, but would like to, IEHA offers awards of $150 to one Extension Homemaker from each district each year. Applications are due by March 1 and are available at https://bit.ly/34f6Ruu or from the Extension Office.

I WANT TO GO AGAIN
The Past State Presidents organization is sponsoring an award for an IEHA member who has attended Home and Family Conference in the past but for some reason has not been able to attend recently. The award will pay $150 toward conference expenses. The application and instructions are available at https://bit.ly/38qFzuW or from the Extension Office.
Ask the Expert:
What is Vitamin D and Why Are Many Americans Deficient
Written by Emma Rich - Purdue University Dietetics/ Nutrition, Fitness, and Health, 2020

Vitamin D is essential for strong bones, a powerful immune system, muscles, and heart strength. This vitamin is not very common in foods. We mainly get this vitamin by making it in our own bodies when UV rays from the sun are absorbed by our skin and turn it into an active form, called calcitriol. Calcitriol is a hormone that regulates calcium and phosphorus in the body.

Unfortunately, Vitamin D is a nutrient that most people don’t get enough of and deficiency is very common in the United States, especially for those in the Northern regions of the country who do not get long days of sunlight in the winter. The months from October-March can be an especially difficult time to get adequate vitamin D in the Northern United States because the UV rays from the sun are not strong enough during these months for our skin to make calcitriol.

Deficiency of vitamin D is associated with rickets in children, osteomalacia and osteoporosis in adults. The symptoms of rickets include bowed legs, and delayed development. People with osteomalacia have bone pain and muscle weakness in the lower back, hips, legs, ribs, and pelvis. Osteoporosis is common in the United States. Symptoms of osteoporosis include loss of height over time and a stooped posture.

Low vitamin D levels can also increase the risk for certain cancers, infections, and certain auto-immune diseases, more body aches and stiffness in the winter. Winter is a great time to go get your vitamin D levels checked by a doctor to keep yourself as healthy as possible. Even though many foods do not have vitamin D, some are good sources and include: salmon, tuna, fortified milk and breakfast cereal, fortified orange juice, eggs, and yogurt.

Eating Right: Food Sources of Vitamin D, Written by Caroline Parker - Purdue University Dietetics/Nutrition, Fitness, and Health, 2021

Most Americans do not get enough vitamin D because they do not get enough vitamin D in their diets, and also because they do not spend enough time in direct sunlight. However, a shortage of vitamin D can also be caused by old age. When people get older, their bodies aren’t able to absorb all the nutrients from food they need and it may be more difficult to create vitamin D from sunlight.

Eating a variety of fruits, vegetables, and meat can be affordable and helpful to getting enough vitamins and minerals to stay healthy. The amount of vitamin D varies between foods. Choose foods high in Vitamin D in order to increase your intake. Look at the nutrition facts label on food products to find and compare the percent daily vitamin D that is contained in a serving of that food.