



# The Extension Line

News for the La Porte County Extension Homemakers

It is the mission of the Indiana Extension Homemakers Association to *strengthen families* through continuing education, leadership development and voluntary community support.

Hello everyone,

With Spring hopefully somewhere on the horizon, my thoughts always turn to spring cleaning and how gratifying the process is to me, so I thought I would share an article that Elkhart County published on Clutter.

Clutter is evidence of many things: poor habits, lack of organization, sentimental attachment, or too much stuff. Each item of clutter is a decision delayed. Beating clutter requires building new habits, applying new organizational methods and creating new household routines. It takes time. Your clutter didn't happen overnight and it will take time to get a handle on it.

Clutter falls into 4 categories:

- **Physical clutter** is the collection of things you don't use and don't care for. This type of clutter is often scattered about your home and office in an untidy mess. Very often, lost and misplaced items stem from physical clutter.
- **Paper clutter** is one of the most frustrating challenges people encounter. When you live amongst piles of papers, it becomes extremely difficult to locate important documents like bills, medical histories, tax papers, passports and more. Not to mention the fact that piles of unread papers, newspapers, magazines, catalogs and other random papers give a home an untidy appearance.
- **Digital clutter** is found on computers, cell phones, tablets and other electronic devices. It often consists of voicemail, email, usernames, passwords, bookmarks, social media and the like.



Con't on pg. 2

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- **Emotional clutter** is the clutter we hold within our mind and heart. It's feelings and emotions people deal with every day like negativity, anxiety, worry, stress, frustration and fear. You can't just hit the 'delete' key with emotional clutter. It takes specific strategies and practice to get back on happy solid ground.

Clutter in any form can wreak havoc on your life. It robs you of precious time, working to destroy your productivity and happiness. It can have detrimental effects on your health and well-being..... Sometimes even on your relationships. It sends out negative messages to those around you and places a huge obstacle right in front of your goals and dreams. The last thing you want in your life is clutter. The best thing you can do is meet clutter head on.... and take it down, make it vanish, and say good-bye to it forever.

This week, the office received an email from Mitch Daniels, President of Purdue University in regards to COVID-19.

It read that to ensure the health and safety of the Purdue community and following guidance from the Centers for Disease Control and Prevention (CDC), the Indiana State Department of Health (ISDH), the University has implemented a number of actions intended to slow the spread of the virus.

On Friday, March 13th Jason Henderson, Director of Extension announced that ALL face-to-face events are cancelled or postponed through April 6th.

We ask that you do your part and follow the CDC recommendation for preventive actions:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



from our President

- ◇ **Spring District Meeting on March 25th at the St. Joseph County Fairgrounds has been cancelled.**
- ◇ *Our June Council Meeting will be our Installation of Officers. This meeting will be held at 4:30 p.m. and will be a potluck.*
- ◇ *Please remember that all Volunteer hours need to be on our new county form. You can call the office if you need more or they will be available at all Council meetings.*
- ◇ *Dues will need to be turned in no later than May 15th. See page 3 for more information.*
- ◇ *If you would prefer to get a copy of the newsletter e-mailed to you please let Kelly at the office know and she will put your name on the e-mail list.*

### **Extension Homemaker Retreat & Potluck Dinner**

Mark your calendar for our next retreat which will be held on **Wednesday, March 18, 2020** at the Purdue Extension Office. Registration begins at 2:45 p.m. with the first lesson presented at 3:00 p.m. Come for 1 or for all 3. There is a \$1.00 charge if you stay for dinner. The agenda is as follows:

2:45 - 3:00 p.m. — Registration

3:00 - 3:45 p.m. — **"Trends Defining Healthy Eating"** by Karen Richey

3:45 - 4:30 p.m. — **"Staying Sharp"** by Linda Curley

4:30 - 5:30 p.m. — Potluck Dinner Break & Speaker

5:30 - 6:30 p.m. — **"Asthma & Allergies"**  
by Olivia Western

Please remember to call the Extension Office and reserve your spot! 219-324-9407 or email Kelly at woznia11@purdue.edu



### **Membership Forms**

The 2020-2021 Membership enrollment forms are ready for pickup at the Extension Office. This year, we have added a photo release so be sure to see page 2. If your club is unable to get to the office, please call 219-324-9407 and we'll see that they get mailed out to the president of the club. Mailbox members will receive them automatically in the mail.

### **State/County Dues**

Dues for 2020-2021 calendar year are \$12 per person (\$10 if you don't want a program book). \$3.50 County Dues, \$5.00 State Dues, \$1.50 Insurance, \$2.00 Program Book. Mailbox members dues are the same as club. Please make check payable to "LaPorte County Extension Homemakers" and **send check** and **membership enrollment form** to the county treasurer, Kathy Ulman by **May 15, 2020**.

### **State Home & Family Conference**

The Home and Family Conference is being held June 1-3., 2020 at the Embassy Suites by Hilton Plainfield Indianapolis Airport, located at 6089 Clarks Creek Road, Plainfield Indiana. **The applications are available at the Extension office and are due by 5/10/2020.**

### **Cultural Arts Show**

This will again be held in conjunction with our retreat on May 21, 2020 and all entries will need to be at the Extension office before 1:30 p.m. that afternoon. Judging will begin at 2:00 p.m. that day under these new categories:

**Quilts** - Full sized quilts, crib or baby

**Needlework** - needlepoint, counted cross stitch, embroidery or crewel

**Knitting/Crocheting** - there are no size requirements on these

**Crafts/Miscellaneous** - all items not included in above categories

**Special Category** - Aprons



The entire article must be a finished item and the work of an Indiana Extension Homemaker. The exhibit must have been completed within the last two (2) years and never before exhibited at Home & Family Conference.

NO KITS will be allowed and there should be no visible personal identification on the entry.

### **May Extension Homemaker Retreat & Potluck Dinner**

Mark your calendar for our next retreat which will be held on **Thursday, May 21, 2020** at the Purdue Extension Office. Registration begins at 2:45 p.m. with the first lesson presented at 3:00 p.m. Come for 1 or for all 3. We ask that you call the office if you plan on coming so that we can have enough hand-outs ready. There is a \$1.00 charge if you stay for dinner. The agenda is as follows:

- 2:45 - 3:00 p.m. —Registration
- 3:00 - 3:45 p.m. — “How Sweet It Is” by Karen Richey, Marshall Co.
- 3:45 - 4:30 p.m. — “Power of Positive Thinking” by Linda Curley, Lake Co.
- 4:30 - 5:30 p.m. — Potluck Dinner Break & Speaker
- 5:30 - 6:30 p.m. — “Dollars & Sense” by Annetta Jones, Porter Co.

### **2020 Fair Exhibit**

The Council members have been busy planning the 2020 Fair Exhibit and the theme is **“Evolution of Homemakers”**. They would like to have homemade items such as aprons, totes, table runners, and dish-cloths etc. For the Silent Auction they have asked for each club to donate 2 items of substantial value and a minimum of 2 but up to 5 items for the grab bag cash & carry items.

### **SLATE OF OFFICERS** **2020-2021 YEAR**

Congratulations to the new officers! They will be officially be installed at the June Council meeting.

President: Della Wittgren, Kitchen Kin  
 Vice-President: Sherry Riehle, Kitchen Kin  
 Secretary: Penny Flick, Kitchen Kin  
 Treasurer: Kathy Ulman, Homespun Harmony  
 Membership: Ruth Lile, FACS Y Folks  
 Publicity: Connie Carter, Merry Moderns & Kathy Ulman  
 At Large: Connie Carter & Joanna Doscocil, Town & Country  
 Immediate Past President: Pat Day, Kitchen Kin

Thank You to all of the members of LaPorte County Extension Homemakers for your support of Council. We would love to see lots of attendance at the June meeting.

## BOOST YOUR IMMUNE SYSTEM TO FIGHT VIRUSES

### Tips from AARP

**STAY ACTIVE** - According to a recent study published in the *British Journal of Sports Medicine*, of 1,002 people surveyed, those who exercised at least five days a week had almost half the risk of coming down with a cold as those who were more sedentary.

**WATCH YOUR DIET** - "Eighty percent of your immune system is in the gut, so when it's healthy, we tend to be able to fight off infections faster and better," says Yufang Lin, M.D., of the Center for Integrative Medicine at the Cleveland Clinic.

**STAY ON TOP OF STRESS** - There's a strong link between your immune health and your mental health. "When you're under chronic stress or anxiety, your body produces stress hormones that suppress your immune system," Mark Moyad, M.D., M.P.H, University of Michigan Medical Center says.

**GET ENOUGH SLEEP** - "Your immune system is like your computer — it needs moments of rest so it doesn't become overheated," Moyad explains. "Sleep reboots the system." When you're sleep-deprived, he adds, your body churns out stress hormones like cortisol to keep you awake and alert, which can suppress your immune system.

### **WANT TO IMPROVE YOUR HEALTH ...**

Sign up for this FREE, email-based walking program.

### **SIGN UP, WALK, AND GET EMAIL SUPPORT!**

The program will be starting April 6, 2020 and you will receive a total of 16 emails - 2 per week for the first month, and 1 per week for the next 8 weeks.

Register by March 30, 2020 by emailing Kelly at [woznia11@purdue.edu](mailto:woznia11@purdue.edu)



*Helping Hoosiers get on their feet!*

At the Council Meeting, the newsletter was discussed and some of the comments were about the font size and how it was hard for some members to read..... The office decided to make our newsletter a large print edition.

We hope you enjoy!

**Important Dates to Remember**

**March**

**25th**

MC Spring District Meeting St. Joseph County Fairgrounds at 9:00 am CST

**18th**

EH Retreat at the Extension Office 2:45 pm - 6:30 pm

**April**

**2nd**

Lend A Hand Day 9:00 am - 8:00 pm @ the Community Bldg - LP Fairgrounds

**May**

**14th**

Lend A Hand Day 9:00 am - 8:00 pm @ the Community Bldg - LP Fairgrounds

**21st**

EH Retreat at the Extension Office 2:45 - 6:30 pm  
Cultural Arts Projects Due before 1:30 p.m.

**June**

**1st - 3rd**

Home & Family Conference in Indianapolis

**9th**

Council Meeting & Installation of New Officers at the Extension Office 4:30 pm

**July**

**12th- 18th**

LaPorte County Fair

**August**

**7th- 23rd**

Indiana State Fair

MAY YOU HAVE

Enough happiness to keep you sweet.

Enough trials to keep you strong.

Enough sorrow to keep you human.

Enough hope to keep you happy.

Enough failure to keep you humble.

Enough success to keep you eager.

Enough friends to give you comfort.

Enough wealth to meet your needs.

Enough enthusiasm to look forward.

Enough faith to banish depression.

Enough determination to make each day better than yesterday.



**The Office will be Closed**

April 10th - Good Friday

May 5th - Primary Election Day

May 25th - Memorial Day



**March**

Sherry Riehle 3/5  
Janice Schumaker 3/11  
Jan Daniels 3/17  
Betty Olsen 3/19  
Doris Bedwell 3/19  
Linda Pardue 3/24  
Donna Teter 3/27  
Pamela Struebing 3/27  
Angela Lenig 3/28

**April**

Diane Valentine 4/2  
Maggie Childress 4/2  
Victoria Kelsey 4/4  
Elaine Shurte 4/5  
Carla Sights 4/9  
Delores (Dee) Dickman 4/12  
Carolyn Hunt 4/28  
Marolyn Klockow 4/28  
Phyllis Austin 4/30

**May**

Penny Flick 5/5  
Sue Howell 5/7  
Phyllis Nichols 5/14  
Shirley Griffin 5/17  
Sue Meer 5/18  
Jane Wayland 5/19  
Tina Albertson 5/19  
Theresa Lile 5/22  
Jeanne Miller 5/23  
Phyllis Ekovich 5/30

**June**

Carolyn Kissinger 6/4  
Betty Swanson 6/9  
Theresa Wahlster 6/13  
Angela Lile 6/23  
Marcy Dailey 6/27  
Sharon Russ 6/27  
Carol Welsh 6/30

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