

# Extension Reflection

February / March 2021

*You have a choice each & every single day.  
I choose to feel blessed. I choose to feel  
grateful. I choose to be excited. I choose to  
be thankful. I choose to be happy. ~Unknown.*

## Inside this issue.....

- Spring District Meeting
- Home & Family Conference
- the Nutrition Nook
- Spring Project Day
- Fever, Chills, Aches



## Stay Immune to Getting Sick

By: Lisa Andrews, MEd, RD, LD of Food and Health Communications, Inc.

As we head into flu season with COVID19 surging in many areas, we're all concerned with ways to avoid getting sick. Staying home, maintaining social distance, regular handwashing, and wearing masks are our best ways to protect ourselves until the majority of the population is vaccinated.

***"Eating a nutritious diet can improve our immune systems to not only prevent us from getting ill, but reducing the risk of serious complications if we do get sick. Let's take a look at what nutrition can do for you!"***

### Here are some tips to protect your immune system:

- Include a variety of fruits and vegetables in your diet daily. Sources of vitamin C include peppers, berries, broccoli, citrus fruits, and spinach.
- Obtain protein in your diet with lean cuts of meat, low-fat dairy products such as Greek yogurt or string cheese, or dried beans and lentils.
- Add whole grains to your diets such as oatmeal, whole-wheat pasta, bran cereal, or quinoa for adequate zinc and fiber.
- Add berries to iron-fortified cereals to boost iron absorption or include peppers and tomatoes in bean dishes.
- Drink plenty of water. Water helps keep mucous membranes moist, which helps protect the lining of our lungs and gut from harmful bacteria. Aim for at least 6 to 8 cups of water daily.
- Get enough vitamin D in your diet through dairy products, fatty fish, or dietary supplementation (if needed).
- Finally, getting enough sleep, reducing stress, and doing regular exercise also improve our immune systems and should be accomplished every day.

To read the full article, go to: <https://bit.ly/39JRK13>

Article by Lisa Andrews, MEd, RD, LD of Food and Health Communications, Inc.

## What's Coming Up

(Remember, if any school in Noble County is closed, then all Extension meetings and programs will be cancelled also. Call the office (636-2111) when in doubt.)

### February 1

Club volunteer hours due to Margaret Menges

### February 15

Office closed—Presidents' Day

### March 1

Due date for applications for the IEHA State Scholarship

Executive Council, 1:00 PM, Dekko Room

### March 15

Due date for IEHA Career Advancement Scholarship

### March 16

Spring District Meeting 9:00 AM, Whitley County

### April 1

Noble Co. Ext. Homemakers Scholarship Applications due

Homemaker of the Year Applications due to the Extension Office

### April 2

Office Closed—Good Friday

### April 15

Spring Project Day 9:00 AM, at Extension Office

## RILEY CHEER GUILD

The Riley Cheer Guild had their Board Meeting on December 3, 2020. During the meeting a budget was established for 2021 of \$778,000.00. They support the Art & Music Therapy at University Hospital in Indianapolis along with the Music Therapy at Riley. The budget for art University \$72,755.00 and music \$48,181.00 Riley Music Therapy is \$227,760. Their donations have fallen this year due to Covid-19 but have enough in reserve to make up the difference.

Since July, the IEHA have donated 200 tote bags, 17 blankets, 10 lbs. of tabs and \$110.00 in toys from various clubs. Riley appreciates anything we can do for them. They especially would like to see more memberships or charters which only cost \$25.00 per year. If any of you want to become a member or club a charter, please let me know, and I would be happy to send you the information and form.

Mary Ann Ripperger ~ Ripperger @ Comcast.net

**Nickels for Indiana Leadership.** IEHA leadership development is supported by voluntary contributions to the Nickels for Indiana Leadership fund. All contributions to this fund stay within the state of Indiana. Funds are used to pay for many of the speakers at Home and Family Conference, scholarships for IEHA members to receive i-LEaD training, funding for i-LEaD programs, District Rep. training, and more! Contributions should be submitted to county or district treasurers annually. Contributions may be included when paying annual dues &/or International Coins for Friendship, but must be before May 1st to be included in the annual conference report. Donations from counties are highly encouraged to allow Indiana Extension Homemakers to strengthen leadership abilities in individuals across our state and within our organization.

## ~ MARK YOUR CALENDARS! ~



### HOME and FAMILY CONFERENCE

Mark your calendars for the annual Home and Family Conference at the Embassy Suites Hotel in Plainfield, IN on *June 1-3, 2021.*

### **SPRING District Meeting in Whitley County**

At this time the Spring District meeting is scheduled for Tuesday, **March 16th**, in Whitley County. Final determination whether the event will be a 'go' or not, will depend on the color status of the county at the time of the event. We'll keep everyone posted.

## *the Nutrition Nook*

### February is Heart Health Month



#### Heart Health for Women

*Reviewed by Wendy Marcason, RDN*

Heart disease is the leading cause of death in American women. What a woman eats and her lifestyle choices play a big part in her heart health.

#### Other Risk Factors

While you can change what you eat and whether you stay physically active, there are some risk factors for heart disease you cannot change.

These include:



- **Aging:** As women get older, their risk for heart disease goes up.
- **Gender:** More women than men have heart attacks and strokes as they age.
- **Family History:** If a woman has a close blood relative with heart disease, the chances she will have heart disease are greater.
- **Race:** Black women have a higher risk of heart disease than white women. Their chances of dying from a stroke are also greater.

**Previous Heart Attack: If a woman has already had a heart attack, she is at risk of having another one.**

#### Take Care of Your Heart

Choose heart-healthy foods such as whole grains, fruits, vegetables, low-fat or fat-free dairy, lean protein and heart-healthy fats. Limit your calories by filling up on high-fiber foods including whole grains, fruits and vegetables. Fiber can help you lose weight and keep the pounds off by filling you up faster and for a longer time.

Source: [www.eatright.org](http://www.eatright.org)



## SPRING PROJECT

The Spring project day is scheduled for **Thursday, April 15th** starting at 9 AM. Projects—pillow cases & tote bags will be made for Riley Children's Hospital.

## LADIES' DAY At The Fair

Ladies' Day at the Noble County Fair will be held on **Wednesday, July 14th**. Speakers will be discussed at the Executive Council meeting in March, If you have any suggestions, please let your Executive Council members know!

**Fever, Chills, Aches—the FLU is a miserable experience...& for some people it can lead to life-threatening complications.**

**Watch for warning signs & go to ER if you notice:**

1. Difficulty breathing
2. Sudden dizziness
3. Ongoing vomiting
4. Confusion
5. Pain or pressure in chest or abdomen area
6. Symptoms that get better, then return & are worse than before

From : phpni.com Winter 2019



## Condolences

*Our sincere thoughts & prayers go out to the loved ones of*

***Nancy Peterson, of Chatterbelles & Past County President who died this past December.***

*We are appreciative of her time & passion as an Extension Homemaker in Noble County.*

*We, also, send our condolences to **Judy Lepper, for the passing of her husband, Monteal Lepper and Margaret Menges, for the death of her son-in-law.***

*Peace, Blessings, & Prayers*

## PROGRAM YEAR

### 2021—2022

It is the time of year when we begin to look forward to the next program year. At the March council meeting, a packet of information and forms will be given to each club. Please look through this packet, complete the necessary forms, and return them to the Office by April 1st. Inside the packet you will find a description of officers' responsibilities, the Extension Homemakers Council, and our various committees. Also included will be a New Member Information Sheet, a Committee Sign-up Sheet, a Membership List, a Club Officers Sheet, and a Reimbursement Voucher. These are not new to extension, but this is just a reminder to please use the forms.

**International Coins for Friendship.** International Coins for Friendship is a voluntary contribution that supports the IEHA International Program, helping to create better understanding, goodwill, and friendship between the people of Indiana and other countries.

From this fund, we make annual donations to:

- ☒ ACWW General Projects Fund—The WE Fund (Women Empowered)
- ☒ The Ruth B. Sayre Scholarship
- ☒ Associated Country Women of the World\*

\*Contributions are divided allotting 25% to ACWW, 15% to the Exchange Homemaker program and 60% to general. The fund also pays for:

- ☒ Dues to ACWW and Country Women's Council U.S.A.
- ☒ Partial expenses of the IEHA President, President Elect, and Past President to attend the ACWW Triennial Conference
- ☒ Expense for President and President Elect to attend CWC Conference
- ☒ Exchange Homemaker
- ☒ Partial expense of an IEHA member serving as a Chairperson of Officer on ACWW, CWC, or National Volunteer Outreach Network Board

County or District Treasurers may send contributions to the State Treasurer annually, may be sent along with dues and/or Nickels for Indiana Leadership donations. The donations must be received before May 1st to be included in the current annual Conference report..

**PURDUE UNIVERSITY IN NOBLE COUNTY**  
**ABIGAIL CREIGH—HHS EDUCATOR**  
**MARGARET MENGES—PRESIDENT**

*Abigail Creigh*—Extension Educator/HHS  
2090 N State Rd 9, Ste D  
Albion, IN 46701



Purdue University is an equal opportunity/equal access/affirmative action institution. July 2007

Phone: 260-636-2111 or 1-800-601-5826

Fax: 260-636-7704

E-mail: creigh@purdue.edu

*Tell someone about us! We're on the web!*  
*www.extension.purdue.edu/noble*

**PURDUE**  
UNIVERSITY

Extension  
NOBLE COUNTY

La oficina de Purdue Extension es disponible para toda la gente del condado Noble. Nuestros programas y materiales pueden estar usados por cualquiera sin importar su raza, religión, color, sexo edad, país de origen, estado marital, estado paternal o maternal, orientación sexual, o impotencia. Podemos asistirle con preguntas y necesidades en las áreas sobre el Desarrollo Juvenil, Vida de Casa y Familia, y información de Agricultura o como modificar su propio terreno.

Ann Kline, y Abigail Creigh les dan la bienvenida para usar nuestra oficina localizada en el bajo nivel de la South Office Complex establecida a 2090 N. St. Rd. 9 en Albión. Estamos abiertos Lunes a Viernes entre las 8:00 a.m. hasta las 4:00 p.m. Nos pueden obtener por teléfono a los siguientes números: (260)636-2111 o 1-800-601-5826.

## EXECUTIVE COUNCIL CORNER

### **Homemaker of the Year**

**It's time to nominate a homemaker who should be recognized for her service, please submit an application to the extension office by April 1st. Applications are available now—you may request through e-mail or it may be picked up at the office. Nominees MUST belong to a Noble County Extension Homemaker Club.**

**Deadline for Noble County Extension Homemakers Dues (\$10.00) - May 3rd, this also applies to Mail-Box Members.**

**Noble County Extension Homemakers Treasurer's Report from the January Presidents' Council Meeting—**  
**Money Market Acct.: \$6,302.09; NOW Acct.: \$12,326.78 (\$8,237.69 after Floral Hall)**

**Reminder to Club Presidents!**  
**Club volunteer hours need to be reported to Margaret Menges by February 1st**

**First Timer Award—April 1st**  
**If you are interested in attending the Home and Family Conference at Indianapolis June 1-3, and you would be a first-time attendee, apply for the Noble County First Timer Award.**

**PROJECT DAY—**  
**Thursday, April 15 at 9:00 AM.** The next project day will be on Thursday, April 15 from 9:00—2:00 PM. Bring basic sewing supplies and a packed lunch. Projects to be prepared will be pillow cases and tote bags for Riley Children's Hospital.

**Noble County Health Fair—**  
**The 2021 health fair is postponed at this time. We will anticipate holding one in the Fall.**