

..improving, enlarging and endearing the greatest institution in the world -

The Home



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Matter of Balance Starting on October 2

Did you know that more than one-third of adults ages 65 years and older fall each year? Many seniors are afraid to discuss falls with family members as they become afraid that the nursing home will be the next step. Assessing home issues first can be a painless way to look at a home and see what can be accomplished by changing a few things. Socialization can also be gained by interacting with others as well as finding solutions together to avoid falls. The Matter of Balance program addresses these concerns and more. The Matter of Balance 8-part series will be offered at the Roselawn Library on Thursday afternoons beginning October 2 and running through November 20 from 1:30-3:30 p.m. The program will include:

- Group Discussion
- Problem-Solving
- Skill Building
- Assertiveness Training
- Videotapes
- Exercise Training & Healthy Snacks



The cost of the program is \$5.00. Please send a check payable to the Newton County Extension Education Fund to the Newton County Extension Office at 4117 S 240 W, Suite 600, Morocco, IN 47963. Class size is limited, so please reserve your spot soon! If you have any questions, please call 219-285-8620 or email arseneau@purdue.edu.

Save the Date: Saturday, October 11, 2014

Watch for information on our local World Wide Day of Play event. Plans are to hold this annual event on Saturday, October 11 at Cast Park in Kentland. More details can be found in next month's newsletter. As always, Cheryl Link and her Family and Consumer Science students will come up with a fun program for parents and children.

Caring for Rash Guard Clothing

You've invested in the clothing that will protect you from the harmful rays of the sun. But are you taking care of those rash guard shirts as well as you are caring for your skin? If you don't launder them properly, they can lose their effectiveness. So read up!

1. Rinse it out with fresh water immediately after wearing.
2. Never use hot water, only cool or lukewarm.
3. Turn the garment inside out and hand wash, using a biodegradable soap.
4. Hang dry away from direct sun or heat.
5. Don't fold or ball up the garment because it can weaken the fabric.
6. Don't leave in the trunk of your car because it can be damaged by the heat



Watch out for Scammers

Taxpayers nationwide are reporting unsolicited calls from scammers who claim to be with the IRS and demand immediate payment. It has been deemed the largest-ever phone fraud scam targeting taxpayers, costing victims an estimated \$5 million in total. To date, 159 Hoosiers have reported this scam to Indiana Attorney General Greg Zoeller's Office.

Potential phone scam victims might be told they owe money that must be paid immediately to the IRS or that they are entitled to a large refund. Warning: Scammers may be able to recite the last four digits of a victim's Social Security number. They also may be able to spoof the IRS toll-free number on Caller ID to make the call look legitimate.

Don't fall victim to this scam. The IRS will never initiate contact over the phone. You will always be contacted first through official correspondence by mail. Additionally, the IRS will never ask you for credit card, debit card or prepaid card information over the phone.



If you receive a call from someone claiming to be with the IRS that you think might be a scam, hang up immediately. Call the IRS at 1.800.829.1040 yourself to confirm it was a scam. Then, report the scam to the Treasury Inspector General for Tax Administration at 1.800.366.4484 or go to www.irs.gov and type "scam" in the search box to report the incident online.

You should also report these scams to the Indiana Attorney General's Office by filing a consumer complaint online at www.indianaconsumer.com or by calling 1.888.834.9969.



Extension Homemaker Notes



Dear Homemakers,

The first order of business is to thank many people who were generous with their time during the fair: all who helped clean the building on July 10th, anyone who helped set up the exhibits or with judging or exhibited at the fair and those who spent time overseeing the building and greeting guests. We were so lucky that the weather cooperated this year and it was very pleasant.

Please think about some projects you may have completed in the last year that you could show next year. After the fair I thought of several items I had made that could have been displayed. Start your list for next year now!

Kudos to Martha White and her bookbag committee for a job well done! I saw her in Remington the other day and she said that she had received another request for more bookbags and supplies. In all, they prepared 371 bookbags at a cost of approximately \$9,000.00. Many children are blessed to receive such a nice gift to begin the school year. Thank you for all of your effort!

Congratulations to the M & M's Homemaker Club (formerly Modern Mothers) for their 50th anniversary! They enjoyed a celebratory dinner at the Colonial Inn in Kentland on Thursday evening, August 21st.

Special thanks to all who helped prepare and compile the new program books. If we all find new members, we will have to share our books and order more next year. Our membership numbers have increased since last year. Way to go!

Many thanks to Northwest Jefferson Club for hosting Achievement Night on June 30th. The evening was somewhat rushed due to the possible increment weather heading our way, but everyone enjoyed a delicious meal and fellowship with friends. Some delightful young ladies from the Junior Master Gardeners Program shared their experiences with us. Patty Coonrod, our district representative, installed the officers and the outgoing state president, Joanna Sell, paid us a visit on her last day in office.

On July 23rd, Pat Boldman and I met Nancy Jo Prue at the NVON Conference in Indianapolis for the day. This was their 16th annual conference with 150 attendees from 8 states: Arkansas, Illinois, Indiana, Kentucky, North Carolina, South Carolina, West Virginia, and Wisconsin. One of their main international projects is raising funds for Water Around the World. These portable water purification devices are sent to third world countries with the help of missionaries in order to give people access to safe water in their villages. Each filter costs about \$60 and would be a worthwhile project for any club.

Some homemakers from Kentucky presented "Fast Food In Minutes". They were quite entertaining and informative. They made fudge in the microwave mixing a bag of melted chocolate chips and a container of ready-made frosting. We also sampled their one skillet meal. I tried their quick dessert recipe: mix a box of angel food cake mix with a large can of crushed pineapple with the juice and bake at 350 for 30-35 minutes. (Use a 9 X 13" pan) Very light and sweet.

We were entertained at the evening banquet by the all volunteer Peru City Circus Band with rousing circus music. Also delegates from West Virginia entertained us with song to introduce their conference next year on July 14-16 in Martinsburg, West Virginia, near Washington, D.C.

August 4th was the pre-district meeting in Reynolds. We updated the blue binders and the group voted to discontinue the "First Timer Award" of \$150 and chose to have 2 awards of \$75 each for anyone who wants to apply for the "I Want to go to Conference". For the last 2 years our county had the only applicants and were able to benefit from the First Timer Award.

September 3rd is the Fall District Meeting at the Knights of Columbus in Winamac. Hopefully many will attend from our county. Registration begins at 8 a.m. our time and the meeting begins at 8:30 a.m. our time. Another early morning!

Enjoy the remainder of the summer and any fresh vegetables from your garden. Don't forget the council meeting on September 25th at 1:30 p.m. Have a safe and enjoyable Labor Day!

See you soon, Wanda Monjon



DO YOU HAVE **Concerns** about **falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

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.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



AREA IV AGENCY

On Aging and Community Action Programs

When: Thursday afternoons,
October 2-Nov 20, 2014
1:30 pm – 3:30 pm

Where: Roselawn Library

Cost: \$5.00
(payable to the Newton County Extension Ed. Fund)

Coaches: Deb Arseneau from Purdue Extension, Kim Durham & Nancy Miiller from the Newton County Health Dept.

Register by Sept 22. Class size is limited to 12 participants. Send registration fee to Deb Arseneau, Purdue Extension, 4117 S 240 W, Suite 600, Morocco, IN 47963.

Questions? Call 219-285-8620 or email arseneau@purdue.edu

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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