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# The Home



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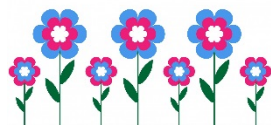
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## May is Healthy Vision Month

You can have a comprehensive dilated eye exam to check for common eye problems. If you haven't had an exam in a while, schedule one now. Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of any eye-related diseases.



Nine ways you can help protect your vision:

- ✓ Get regular comprehensive dilated eye exams.
- ✓ Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary.
- ✓ Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
- ✓ Maintain a healthy weight.
- ✓ Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
- ✓ Quit smoking or never start.
- ✓ Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
- ✓ Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.
- ✓ Practice workplace eye safety.

Taking care of your eyes also may benefit your overall health. People with vision problems are more likely than those with good vision to have diabetes, poor hearing, heart problems, high blood pressure, lower back pain and strokes, as well as have increased risk for falls, injury and depression. Among people aged 65 and older, 54.2 percent of those who are blind and 41.7 percent of those with impaired vision say their overall health is fair or poor. Just 21.5 percent of older Americans without vision problems reported fair to poor health.

Source: <http://www.cdc.gov/features/healthyvision/>

## Conversation & Canvas

Jenn Barrett will be presenting another Conversation & Canvas program on Friday, May 22 from 6:30 – 9:00 p.m. at the Beaver Township Community Center in Morocco. We will be painting a daisy and will also learn about "Eye Health" and sample a healthy smoothie while the paint dries. If you are interested in participating, please call the Extension Office at 219-285-8620, extension 2800. Cost of the program is \$20. We have 6 spots left.



## Quilt in a Day (Well, maybe a day and a half!)

Maria Conrad, from Donovan, IL, will be offering a second "Quilt in a Day" program on Saturday, May 30 at the Beaver Township Community Center in Morocco from 8 a.m. until 5 p.m. Maria is an excellent quilter and will provide instruction to help you make a 54"x66" Single Irish Chain quilt. This is a "Beginner" project, if you are



interested in quilting, but afraid to start, this is the way to go! If you don't have all the sewing supplies needed, Maria will have the necessary tools available for you to use. Participants will need to come to the program with fabric, batting, thread, a portable sewing machine, and basic sewing utensils. You will receive an information sheet with full details when you register for the program. The cost of the program will be \$20 and includes snacks, beverages and lunch. At our April session, many completed the top of their quilt, but did not get all the way done. Evaluations were very complimentary of the day.

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## Newton County Run Series

- **Morocco Homecoming Hustle 5K and 10 K, Run and Walk** is scheduled to begin at 8 a.m. on Sunday, May 24. The Hustle is a family friendly fun run/walk for all ages and abilities. Register by May 7<sup>th</sup> for a t-shirt. Registration forms can be picked up at the Morocco Town Hall. For more information, contact Alyssa Nyberg by email at [alyssanyberg@yahoo.com](mailto:alyssanyberg@yahoo.com).
- **Brook Youth Program 5K** will be held on Saturday, July 4, 7:30 am. Registration fee of \$10.00/person. Register by June 20<sup>th</sup> to guarantee a t-shirt. Mail registration forms to Brook Youth Program, PO Box 329, Brook, IN 47922.
- **Goodland Grand Prix 5K Run/Walk** is scheduled to begin at 8:00 am on Saturday, June 27. Mailed registration forms and \$15.00 fee are due to the Goodland Athletic Association by June 13 to be guaranteed a t-shirt.
- **Pun'kin Vine 5K Walk/Run** will be held on Saturday, July 18 at the Newton County Fairgrounds. A flyer is enclosed with this newsletter or look for the registration form online at [www.extension.purdue.edu/newton](http://www.extension.purdue.edu/newton). Registration fee is \$10.00/person payable to Newton County Extension Ed Fund. Pay by June 30 to guarantee a t-shirt.



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## Reasonable Rules

"Changing rules when appropriate shows your child that your rules are grounded in sense, not just based on who's in charge. This is crucial, because believing that rules are fair and sensible is what gets children to comply with what parents want." (Laurence Steinberg in the book, *The 10 Basic Principles of Good Parenting* p. 93)

Parents are often caught on the horns of a dilemma. We don't want to cave in, but we don't want to be unreasonable. The key to settling this dilemma is for the parent to judge whether the original rule was reasonable. We should not surrender a rule just because a child begs, but when we make a rule or pronounce a punishment in haste and later realize our mistake, it is appropriate to modify our stand.

Here's how you can use this idea to have a better life ...Examine the rules in your home. Do they make sense? If so, stand by them. Be sure that your children learn that rules matter, but when you have made a dumb rule, don't be afraid to amend it. For an excellent (and free!) program on parenting, see *The Parenting Journey* at [www.uaex.edu/families](http://www.uaex.edu/families).

Source: [navigatinglife@uaex.edu](mailto:navigatinglife@uaex.edu), April 3, 2015 *Navigating Life's Journey for Parents*

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### Contact Us:

(219)-285-8620 ext. 2800

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# Extension Homemaker Notes



Dear Homemakers,

Welcome spring! In the weeks to come we can all enjoy tending our flower gardens again. All the plants which have been inside all winter can benefit from fresh air and sunshine.

Six of us attended the Lafayette District Meeting at Tippecanoe Fair Grounds on St. Patrick's Day. The theme was "Lucky Stroll Down Main Street" with 124 homemakers and three state officers in attendance. The afternoon speaker, a representative of the Indiana Donor Network was quite interesting. She lost her 20 year old son in a car accident in 2013 and his organs were donated to save the lives of others needing transplants. One donor can possibly help 50 people as a tissue donor. Currently there are 1,400 people in Indiana waiting for organ transplants.

State officers gave their reports on various projects: IEHA has done an outstanding effort raising funds for the Purdue Cancer Research Endowment Fund. So far this year \$1,200 has been raised for the Water Around the World project. Members were invited to serve on state Focus Groups and also explained a new membership drive. We enjoyed a delicious lunch catered by Christo's Restaurant and were entertained by the Tippi Choral Club.

Congratulations to Joy Edwards and Pat Boldman who were named as the recipients of a monetary award to attend the conference in Indianapolis. The "I Want to Go to Conference" scholarship was offered by our district to replace the "First Timer Award".

Mark Linquist will be the keynote speaker on Thursday at the Home and Family Conference held in Indianapolis June 9-11th. Several classes will be held on Heritage Skills as well as educational concurrent sessions. On Tuesday there is a tour offered of the Governor's Mansion and Crown Hill Cemetery. The tours on Thursday include the Riley Cheer Guild and the Ronald McDonald House. There will be a Talent Show Wednesday night and the conference will conclude with a Gala Banquet on Thursday evening. It is estimated that there will be 300 homemakers in attendance.

Achievement Night will take place on June 30th and will be hosted by the M & M's Club in Kentland. Dr. Barb Lucas will present one of her nature photography programs. More details will be announced later.

Warren County will host the Fall District Meeting in Williamsport on Friday, September 11, 2015 with an "All American" theme. The cost is \$10 per person with RSVP's due to Warren County by August 28th.

The NVON (National Volunteer Outreach Network) conference will be held July 14-16 in Martinsburg, West Virginia. There will be a tour to Washington, D.C. I have information about the conference if anyone is interested in attending.

We are still needing readers for the Goodland and Roselawn Head Start classrooms before classes end on May 28th. Please contact me if you would like to read to the children. We have books to distribute to the children and Head Start greatly appreciates the homemakers as a community partner and their generous volunteer time!

Saturday was the first "Quilt in a Day" class. What a wonderful time we all had. Maria Conrad was such a patient and helpful teacher for a novice like myself! She gave us confidence and explained the process of making a quilt from start to finish. Some participants finished their quilt top in one day but everyone left knowing how to finish their quilt. Deb Arseneau served nutritious snacks and a delicious lunch. Another quilting day will be offered on May 30th, please contact Deb at the Extension Office for details.

By the time you receive this mailing, we will have had our council meeting on April 23, 2015. We will have a new incoming county president in July. I would like to thank everyone for all their efforts for our organization. I have enjoyed being president for two years and it has been a learning and worthwhile experience.

Enjoy warmer days with sunshine. Always, Wanda Monjon

# You Can Make Amazing Salads!

## Kale is the Star Salad

### Ingredients:

1 bunch dinosaur kale            6 cups raw baby kale  
1 teaspoon olive oil            Juice from 1 lemon  
1 cup shredded radishes       1 cup diced apples  
1 tablespoon black sesame seeds  
2 tablespoons light poppy seed dressing



### Directions:

Remove the stems from the dinosaur kale and rinse well. Place the undried kale in a covered container and steam lightly in the microwave for 30 seconds to 1 minute. The color will intensify and the leaves will be crisp tender. Place the dinosaur kale leaves on the plate as pictured. Toss the baby kale with the olive oil and lemon juice. Put it on a plate and top with the radishes and apples. Drizzle a thin ribbon of poppy seed dressing over the greens and add the black sesame seeds. Serve immediately.



## Arugula Citrus Salad

### Ingredients:

2 cups arugula                            1 tsp extra virgin olive oil  
1 dementine                            Zest and juice of one lemon  
1/4 cup romaine lettuce, chopped, rinsed, & dried

### Directions:

Toss the arugula and romaine with the olive oil and pile into a tall stack on a dinner plate. Top the stack with the lemon zest and juice. Arrange the orange segments in and around the pile of greens, then serve immediately.

## Caribbean Bean Salad

### Ingredients:

4 cups romaine lettuce            1/4 cup chopped red onion  
1 orange, peeled and diced    1 tomato, diced  
1 tablespoon olive oil            3 Tbsp red wine vinegar  
1 teaspoon dried oregano       Black pepper to taste  
1 cup canned black beans, drained and rinsed



### Directions:

Toss all ingredients together in a large salad bowl and serve immediately. You can also skip the lettuce and serve the salad as a dip for veggies and crackers, as shown above.