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# The Home

Deb Arseneau, Extension Educator, HHS

arseneau@purdue.edu

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(219)-285-8620 ext. 2800

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## January/ February 2016

### *Paint and Read to Me!*



Look for the *Paint & Read with Me* Flyer in this newsletter! Discover fun ways to read with your second grade child and help them to become a better reader. Then extend the reading activity into a creative experience as each pair will have a chance to create a painted canvas project. Mary Kay Emmrich, Director of the Newton County Public libraries, is trained in Dialogic Reading. This type of reading focuses on having a conversation about a book to get the most from the reading experience. Jessica Zamora, South Newton Elementary Art teacher, will lead the painting experience.

This program is geared toward parents/grandparents and their second grade child. It will be held on Saturday, January 16 from 10 a.m – Noon at the Morocco Community Library, 205 S West Street, Morocco. There is a \$5.00 charge payable to Newton County Extension Education Fund. The program is sponsored by Purdue Extension with funding from a Step Ahead grant from the Newton County Community Foundation. To register or for more information call 219.285.8620 ext 2800 or email [arseneau@purdue.edu](mailto:arseneau@purdue.edu). The program is limited to the first 20 pairs registered. Please register by January 9, 2016.





## *Be Heart Smart*

As the leading cause of death for all Americans, heart disease claims 600,000 lives annually. It's understandably frightening to be at risk for heart disease. Purdue Extension's Be Heart Smart program is a new community program comprising four heart-health classes. It's intended to complement healthcare providers' recommendations and help you, or your loved one, prevent or manage heart disease.

Topics include:

- Identifying and understanding risk factors for heart disease
- Guidelines for healthy cholesterol and blood pressure
- A heart-healthy eating plan, including a cooking demonstration
- Techniques for stress reduction
- Best practices for talking to healthcare providers

We plan to kick off the program with a luncheon on Monday, February 1 from 12:00 noon – 12:50 p.m. at the Newton County Government Center in Morocco. After the first session, lessons will be offered in two locations. Lessons 2-4 will be offered from 12:00- 12:50 p.m. at the Government Center in Morocco and 4:30-5:20 p.m. at the Kentland Library on February 8, 22 and 29. The luncheon, screening and program materials will be funded by a Step Ahead grant from the Newton County Community Foundation. Iroquois Memorial Hospital will offer a free screening for participants (screening details will be presented at lesson 2).

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## *Organizing Important Papers*

How quickly could we access our birth certificates, immunization records, wills, vehicular titles, or even three-month-old credit card statements? Did we file them away and, if so, where? How long would it take to find—or replace—them?



A systematic plan for keeping track of important papers can save hours of anxious searching. When something happens to us, it allows our loved ones to readily locate our health-care powers of attorney, insurance policies, medical records, and outstanding bills. If we experience fire, flood, or theft, we can lay our fingers on essential documents without delay. If we're meeting with an attorney or financial adviser, we can prepare in an hour rather than a week. Even on an everyday basis, systematic recordkeeping makes it easier to pay bills on time, find receipts, and share paperwork chores. What's not to like about that?!

Never search again for an important household paper. Organize your record-keeping system to save time and effort. Start now, with today's papers. Forget the backlog of yesterday's unfiled stacks, at least for now.

If you receive a bank or credit union statement this week and don't yet have a file for storing your banking information, make one that's labeled with the name of the bank or credit union. If you have space on the label, include the type of account (checking, savings, money market, etc.) and the account number. For example: ABC Bank--Checking #12345. Place your most recent statement in this folder. Later, add others in order of the month that you receive them.

Once you get started, organizing the rest of your household papers won't be so difficult. If there's more than one responsible adult in your household, you can share record-keeping and bill-paying duties as long as you both agree who will complete certain tasks in a timely manner and communicate regularly about what's been done. In many households, one adult may be better-suited to record-keeping and financial tasks. If that's the situation in your household, be sure to keep other family members informed and to show them -- or a trusted friend -- where your records are stored and how they're organized.

Watch for more information on organizing your important papers in upcoming newsletters. If you can't wait, click on the source link below for the full article.

Source: <http://articles.extension.org/pages/11023/organize-your-important-household-papers>



# Extension Homemaker Notes



Provided by Nancy Jo

My last newsletter asked for the names of who is interested in going to Home and Family Conference June 13 to 15 and I now have three members who are going. I will ask for the room reservations January 1. (The dates are incorrect in the program book.) Anyone who would like to apply for the First-Timer award, which would pay \$230 towards conference registration and lodging, should get their application to Wanda Monjon by March 1. There are also smaller awards for anyone who has attended but would like financial help in going again.

Thank you to Rose Dawson and her friend for donating 2 wedding gowns to the project at Riley Hospital where there is a crew that makes the gowns into bereavement gowns for tiny infants. They will be delivered after the holidays, but they can always use more.

The next county council meeting is Thursday, January 28 when we will discuss the following:

- \* A bus tour either April 1 or April 15 to Terre Haute for the Clabber Girl and Holocaust Museums.
- \* Number of shawls made for the Indiana (Organ) Donor Network.
- \* Review of bylaws with suggested changes from the committee and determine amount of county dues.
- \* Discuss officer nominating committee process.
- \* Volunteer hours and club reports covering 3-1-15 to 2-29-16 are due to Nancy Jo Prue, March 1.
- \* Still time to apply for First-Timer award and scholarships.
- \* Set dates for program book and budget committee meetings.
- \* Instructions on registering for March 23 Lafayette District meeting in White County.
- \* Determine if plans for April 28 council meeting includes bringing finger foods to share and inviting office staff and Lafayette District Rep, Sande Martin.
- \* Set dates on calendar for county president to visit clubs.
- \* Achievement Night will be Tuesday, June 28 at the Lake Township Fire Department

For anyone interested in buying the following nuts from the extension office, this is how many are still left: Pistachios and Mixed Nuts are sold out; Praline Pecans - 1; Chocolate Amaretto Pecan Halves - 3; Chocolate Covered Cashews - 3; Roasted & Salted Pecans - 8; Commodore Pecan Halves - 8; Mammoth Pecan Halves - 9; Dark Chocolate Covered Pecans - 9; Walnuts - 12; Honey Roasted Peanuts - 17; Commodore Pecan Pieces - 18; Chocolate Covered Raisins - 18; Double Dipped Chocolate Covered Peanuts - 19; Large Pecan Pieces - 20; Chocolate Covered Almonds - 22; Roasted and Salted Jumbo Cashews - 24. Call the office 219-285-8620 ext 2800 for availability before you drive to Morocco and please pay when purchasing.

Thanks to Carol Light for hosting the Holiday Get-together at her beautiful home for the 12 who could attend. We are all good cooks and everything was delicious.



