

# Daviess County Extension Homemakers

# 2017

News from Sandy

Greetings Ladies,

Here we are entering the Holiday Season, already.

Before we talk holidays, I would like to say, "Thank You" to the April Debs for the fun time and learning experience during the Special Interest Lesson and meal. Also, for the Fall Outing Trip to Henderson, Ky.

Thanksgiving is a busy time for us, but, it is a great reminder that we have so much to be thankful for. Then we will be getting ready for Christmas. My wish for all is that we can find time during all the business of the season to relax and reflect on the "Reason for the Season." Sandy

A note from Jennifer

Wishing you all a wonderful Holiday season. I am grateful for all that you do for Purdue Extension and Daviess County. May you enjoy the sights and sounds of the season and be surrounded by those that you love. Please look for important upcoming dates and take some time to enjoy each other as we often get too busy this time of year. If we can be of assistance, don't hesitate to contact us! Happy Holidays!

Jennifer

## Dates to Remember:

Council Meeting Nov. 13  
Security Center 6::30 pm  
Office Closed Nov 23 and  
24 for Thanksgiving  
Holiday Gift Lift items  
Due- Dec 4

## What's Inside:

Bits and Pieces  
Holiday Gift Lift  
HCI Project  
Holiday Stress  
Pumpkin Ice Cream Pie





## Bits and Pieces

4-H ABE Renewal –Please go online and renew your 4-H Volunteer status. If you need help or have questions call the office! Thank you so much.

Office Closed for Thanksgiving November 23 and 24.

Christmas Holiday the office will be closed Dec 25 and 26 as well as Jan 2 for New Year's Day.

Save the Date-Jan 30th for Community Forum for HCI project. 6:30 pm to 8 pm Harvest Community Center



### Holiday Gift Lift

Sugarland Homemakers are organizing the Holiday Gift Lift this year as in the several past years! Please have your items or monetary donations to the Extension Office by Monday Dec 4th or you may also drop them by Karen Boyd's house. You can donate items like you have in the past and they will organize and get them out to the area nursing home residents and needy groups as needed. Thank you so much for helping with this cause.

### HCI Community Survey-We need your input

You will be getting information soon on completing a survey for community needs for the City of Washington as part of our Hometown Collaboration Initiative project. The survey will be available on our website, Facebook page, and be open to take anytime from **November 20th to Jan 5 2018**. This will help us gather your input. We will then discuss the results of the survey on **January 30th** so save the date at **6 pm. Harvest Community Center**.



## Tips to Manage Holiday Stress for Parents

**Strengthen social connections** – We know that strong, supportive relationships help us manage all kinds of challenges. So, we can view the holidays as a time to reconnect with the positive people in our lives. Accepting help and support from those who care about us can help alleviate stress. Also, volunteering at a local charity on our own or with family can be another way to make connections; helping others often makes us feel better, too.

**Initiate conversations about the season** – It can be helpful to have conversations with our kids about the variety of different holiday traditions our families, friends and others may celebrate. Parents can use this time as an opportunity to discuss how some families may not participate in the same holiday traditions as others. Not everyone needs to be the same. It is important to teach open-mindedness about others and their celebrations.

**Set expectations** – It is helpful to set realistic expectations for gifts and holiday activities. Depending on a child's age, we can use this opportunity to teach kids about the value of money and responsible spending. We need to remember to pare down our own expectations, too. Instead of trying to take on everything, we need to identify the most important holiday tasks and take small concrete steps to accomplish them.

**Keep things in perspective** – On the whole, the holiday season is short. It helps to maintain a broader context and a longer-term perspective. We can ask ourselves, what's the worst thing that could happen this holiday? Our greatest fears may not happen and, if they do, we can tap our strengths and the help of others to manage them. There will be time after the holiday season to follow up or do more of things we've overlooked or did not have the time to do during the holidays.

**Take care of yourself** – It is important that we pay attention to our own needs and feelings during the holiday season. We can find fun, enjoyable and relaxing activities for ourselves and our families. By keeping our minds and bodies healthy, we are primed to deal with stressful situations when they arise. Consider cutting back television viewing for kids and getting the family out together for fresh air and a winter walk. Physical activity can help us feel better and sleep well, while reducing sedentary time and possible exposure to stress-inducing advertisements. (Source: American Psychological Association)



### Recipe: Pumpkin Ice Cream Pie

1 can (15 to 16 oz.) pure pumpkin puree                      1/4 cup sugar

1-1/2 to 2 teaspoons pumpkin pie spice, depending on how spicy a flavor you enjoy

1 quart (4 cups) of a lower fat vanilla ice cream or frozen yogurt, softened

1 9-inch prepared graham cracker pie crust                      Whipped topping, if desired

### Directions:

Mix the pumpkin, sugar and spice until well blended.                      Quickly mix pumpkin mixture with the softened ice cream. Pour into crumb crust and freeze, uncovered, until firm -- a couple of hours.

When pie is frozen, cover with plastic wrap and then cover with freezer-quality foil or place in a freezer bag and squish out the air. Thaw pie slightly at room temperature (about 5 to 10 minutes) before serving. Top with whipped topping, if desired.

The Oxen by: Thomas Hardy

Christmas Eve, and twelve of the clock.

“Now they are all on their knees,”  
An elder said as we sat in a flock  
By the embers in hearthside ease.

We pictured the meek mild creatures where  
They dwelt in their strawy pen,  
Nor did it occur to one of us there  
To doubt they were kneeling then.

So fair a fancy few would weave  
In these years! Yet, I feel,  
If someone said on Christmas Eve,  
“Come; see the oxen kneel,

“In the lonely barton by yonder coomb  
Our childhood used to know,”  
I should go with him in the gloom,  
Hoping it might be so.



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