

# Daviess County Homemakers Happenings



## News from Sandy

Greetings Ladies,

Is anyone else ready for Spring or is it just me? Someone mentioned seeing their Daffodils coming up. I did check my flowerbeds and I saw a little green pushing through. Spring is on its way. I guess we just need to be patient.

I hope the flu bug missed you all. If not, I hope you are all better.

We have several activities coming up in the next few months. Please check below to see what they are and attend what you can.

Sandy York

## A note from Jennifer

Greetings! It has been a cold and snowy winter. I hope you have stayed warm and safe.

In this edition of the newsletter you will find information for the upcoming district meeting. The deadline to send in your reservations is March 4th.

Please get me your Club officer form by April 1st.

Also High School Scholarship applications are now available and due back to the Extension office March 1st.

Achievement Banquet planning is underway so I hope you are planning to join us to celebrate this year's work. See inside for details on certificates and awards.



## Dates to Remember:

- **Feb 15**-East gate Manor Special Interest Presentation 2 pm
- **March 12** -Council Meeting
- **March 15** -District Meeting
- **April 24** -Achievement Banquet

## Bits and Pieces

- Feb 15-Special Interest Lesson-What to do in a Mass Casualty Incident Eastgate Manor 2 pm
- March 1-High School Scholarship Due to Office
- Parent's Night Out March 6, 13, 20– WC High School Library 6:30 pm
- March 12-Council Meeting
- March 14-District Meeting, Warrick Co Fairgrounds-see note below
- April 24-Achievement Banquet
- June 4-6 Home and Family Conference –Sheraton Keystone at the Crossing
- July 13-20 4-H Show
- Aug 3-19 Indiana State Fair



## District Meeting– Stars Among Us

The meeting will be March 14 in Warrick County at their fairgrounds in the Alcoa Building Registration is at 8:30 am CST and meeting starts at 9 am CST. Cost is \$11. Due March 4th. Cindy Kiegel, 1455 Bell Road, Chandler, IN 47610. 812-459-3214

The Warrick County 4H Fairgrounds are located at 133 Degonia Rd, Boonville, IN 47601.

The meal includes pork chops, potatoes, green beans/corn, salad, and dessert. Light breakfast will be served.

## Achievement Banquet– Save the Date April 24<sup>th</sup>- Never stop learning because Life never stops teaching.

For the award certificates -please let Jennifer know if your club or a member of your club will be celebrating the following number of years so that a certificate can be made (25, 50, 60, 75, 80 years recognition from state) (10, 20, 30, 40 year members recognition from county). Deadline is Friday March 23, 2018. For the memorial please let Jennifer or Sandy York know if you have had a club member pass away this year.

Cultural Arts items can be brought to Achievement Night for voting to send an item to Home and Family Conference. Cultural Arts categories- Quilts-full sized, crib/baby quilts, Needlework– needlepoint, counted cross stitch, embroidery, crewel embroidery and Crafts/Miscellaneous– all items not included in the above.

**Heart Health Month-** Stress is your body's response to change. The body reacts to it by releasing adrenaline (a hormone) that causes your breathing and heart rate to speed up, and your blood pressure to rise. These reactions help you deal with the situation. The problems come when stress is constant (chronic) and your body remains in high gear, off and on, for days or weeks at a time. Chronic stress may cause an increase in heart rate and blood pressure.

Chronic stress that causes an increase in heart rate and blood pressure may damage the artery walls. Chronic stress can weaken the immune system, cause uncomfortable physical symptoms. Chronic stress does not cause high blood pressure. The exact causes of high blood pressure are unknown, but contributing factors include being overweight, eating too much sodium (salt), lack of physical activity and drinking too much alcohol. But chronic stress can take a physical toll on you. It can weaken your immune system and cause uncomfortable physical symptoms like headache and stomach problems.

Avoid feelings of anger, hostility that cause heart rate, blood pressure to rise. Since the early 1970s, doctors have used the term "Type A" personality or behavior to describe a person who is always in a hurry, impatient, often irritated, angry or hostile, and who strives for perfection. Recent studies show that the Type A traits linked to heart disease probably are anger and hostility. Why? When you are angry or hostile, your body releases stress hormones into your blood, causing your heart rate and blood pressure to go up temporarily, and making your heart work harder.

Learn to manage stress through relaxation, stress management techniques. Medicines are helpful for many things, but usually not for stress. Some people take tranquilizers to calm them down, but it's far better to learn to manage your stress through relaxation or stress management techniques. Be careful not to confuse stress with anxiety. If you suffer from severe anxiety, speak with your doctor about whether you need medication. (American Heart Association)

### **Recipe: Chicken Jambalaya-8 servings**

6 ounces reduced-fat, fully-cooked, smoked turkey sausage or reduced-fat, fully-cooked, smoked sausage made with turkey, pork and beef 1 pound boneless, skinless chicken thighs

1 package (16 oz.) frozen mixed onions, red peppers and green peppers

1 3/4 cups reduced-sodium chicken broth

1 can (14 1/2 oz.) diced tomatoes with jalapeño peppers or diced tomatoes with chile peppers

1/4 cup tomato paste

1 package (8 oz.) jambalaya rice mix

### **Directions:**

Lengthwise cut sausage in half. Cut each half into 1/2-inch-thick slices. Set aside.

Cut chicken into 1 1/2- to 2-inch pieces. Set aside.

Place frozen vegetables in 3 1/2- to 4-quart slow cooker.

Place sausage and chicken pieces on top of vegetables.

Stir broth, undrained tomatoes and tomato paste into mixture in slow cooker.

Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours.

Stir rice mix into mixture in slow cooker.

Cover and cook on high-heat setting for 45 minutes more or until rice is tender. Stir. Ladle into bowls to serve.

Source: Eatgathergo.org



## Four Steps to Keep Medical Debt In Check



1. Review medical bills carefully-If you don't recognize the provider, check the date of service to see if you had a medical treatment on that day. For more complicated procedures, ask for an itemized bill from the provider in order to check how much you were charged for each service. Some providers who bill you directly may have been associated with a hospital where you were treated, so you may not have known you were receiving services from them at the time you were being treated.
2. Negotiate your bill-Hospitals may negotiate the amount of the bill with you. The tab may be reduced if you pay the whole amount up front. You can also try asking for the rate that people who have insurance get. The hospital might also offer a plan that enables you to pay off the debt in installments at no interest. It doesn't hurt to ask.
3. Get financial assistance or support Many hospitals have financial assistance programs, which may be called "charity care," if you are unable to pay your bill. Check the deadlines, which can vary.
4. Don't put medical bills on your credit card, if you can't pay it If you can't immediately pay off a high debt on your credit card bill, you will be charged high interest, and it will look like regular debt to other creditors. Instead, ask your medical provider for a payment plan with little or no interest.

(Consumer Financial Protection Bureau)

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