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The Home

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Strengthening Families Program: For Parents and Youth 10-14

At the time of writing this newsletter, we still have space for a couple families in our Strengthening Families Program: For Parents and Youth 10-14. The program begins March 5 and runs through April 23. The 7-session program will be held on Monday evenings from 5:30-8:00 p.m. at the United Methodist Church in Brook. (We will not meet March 26.)

Developed for parents and youth ages 10-14, the program is led by three certified facilitators. A light meal will be provided beginning at 5:30 p.m. At 6:00 p.m. parents and youth meet separately for one hour, then together as a family. The program consists of seven two-hour sessions for a one-time fee of \$20. Additional funding was secured from a Step Ahead grant from the Coalition for a Drug Free Newton County.

Learn how to build communication and practice skills while playing games and working on family projects! Contact Deb Arseneau, Purdue Extension-Newton County at arseneau@purdue.edu or 219.285.8620 x 2800 for more details and to sign up for the program. Space is limited to 10 families.

Building Block Party Scheduled for Roselawn Library



Purdue Extension - Newton County will be hosting a Building Block Party on March 6 at the Roselawn Library from 10:00-11:00 a.m. Enjoy block time with your child while increasing their math, science, reading, social and physical skills! Please call the library at 219.345.2010 to reserve a spot. The program is free, but we need to know how many to plan for. Block Parties are also being offered at the HeadStart Programs in March as well. Contact your HeadStart teacher for details.

Dining with Diabetes

Adopt positive lifestyle changes to control your blood sugar and reduce the risk of complications. Sample healthy recipes. (See the flyer in this newsletter)

Tuesdays, April 10, 17 and 24, May 8, 5-7 p.m.
Lake Village Presbyterian Church



Register by April 3 by contacting the Newton County Extension Office at 219.285-8620 x 2800 or emailing arseneau@purdue.edu.

Interested in learning more
about what we do?

Contact Us:

(219)-285-8620 ext. 2800

Visit us on the web at
[www.extension.purdue.edu/
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Are You Getting Enough Sleep?

A third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions—such as diabetes, heart disease, obesity, and depression—that threaten our nation’s health. Not getting enough sleep can lead to motor vehicle crashes and mistakes at work, which cause a lot of injury and disability each year. Getting enough sleep is not a luxury—it is something people need for good health.

Although the amount of sleep you get each day is important, other aspects of your sleep also contribute to your health and well-being. Good sleep quality is also essential. Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders (https://www.cdc.gov/sleep/about_sleep/key_disorders.html) (such as snoring or gasping for air). Improving sleep quality may be helped by better sleep habits (https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html) or being diagnosed and treated for any sleep disorder you may have.

Some habits that can improve your sleep health:

- ◆ Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- ◆ Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- ◆ Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- ◆ Avoid large meals, caffeine, and alcohol before bedtime
- ◆ Get some exercise. Being physically active during the day can help you fall asleep more easily at night.



Age Group		Recommended Hours of Sleep Per Day
Newborn	0–3 months	14–17 hours (National Sleep Foundation) ¹ No recommendation (American Academy of Sleep Medicine) ²
Infant	4–12 months	12–16 hours per 24 hours (including naps) ²
Toddler	1–2 years	11–14 hours per 24 hours (including naps) ²
Preschool	3–5 years	10–13 hours per 24 hours (including naps) ²
School Age	6–12 years	9–12 hours per 24 hours ²
Teen	13–18 years	8–10 hours per 24 hours ²
Adult	18–60 years	7 or more hours per night ³
	61–64 years	7–9 hours ¹
	65 years and older	7–8 hours ¹

References:

- Hirshkowitz M, Whiton K, Albert SM, Alessi C, Bruni O, et al. The National Sleep Foundation’s sleep time duration recommendations: methodology and results summary. *Sleep Health*. 2015;1(1):40–43.
- Paruthi S, Brooks LJ, D’Ambrosio C, Hall WA, Kotagal S, Lloyd RM, et al. Recommended amount of sleep for pediatric populations: a consensus statement of the American Academy of Sleep Medicine. *J Clin Sleep Med*. 2016;12(6):785–786.
- Watson NF, Badr MS, Belenky G, et al. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep*. 2015;38(6):843–844.

Source: cdc.gov/sleep



Extension Homemaker Notes



Bits and Pieces from Pat Boldman

Hello Homemakers!

Has everyone had enough of the cold temps and snow in the last couple months and ready for Spring to arrive? Be careful and safe out there as you go about your business. The ice can be treacherous as my husband fell on the ice and thank goodness, he didn't get hurt.

At the January council meeting, the remaining nuts were divided up among the clubs to sell. Nancy Jo and I took the remaining nuts and have sold all of them. Thank you to everyone who took the remaining nuts to sell.

Club presidents were reminded that a report on donations to community groups, the hours spent on Extension Homemakers events and activities and number of visits you made to your garden, a farmer's market or ate at a farm to table restaurant are due March 1. If you need more time, you can send them to me by March 5. Please send them to me and not to the Extension office.

At the January Council meeting, it was time to set the dates for International Night and Achievement Night. After much discussion it was voted to combine both events on Thursday, June 28 and move the June Council meeting to Thursday, June 21. Achievement hostess, Northwest Jefferson Club, will work with Jeanette Marter and determine duties for each club and report at the next council meeting.

March 20, 2018 is the Lafayette District Meeting at Whitesville Christian Church in Crawfordsville and hosted by Montgomery County. Registration is at 8:00 CT with meeting beginning at 9:00 CT. The deadline to send your \$11 reservation to Carol Light is March 5. Anyone who has knitted or crocheted shawls for the Indiana Donor Network should bring them to the meeting or call me and I will take them with me.

If you are interested in going to Home and Family Conference June 4 to 6 in Indianapolis, go to ieha-families.org to find the registration form. Please let me know if you want to go so that rooms can be reserved for you. First Timer Award applications are due to Wanda Monjon by March 1. I Want to Go Again Award applications are due to Linda Lowe by March 15.

Details on applying for the Career Advancement (age 25 and older) and Ruth B. Sayre (home-schooled & high school senior girls) scholarships that are available through IEHA were given out at the council meeting. Deadlines for mailing is March 1.

Nominations for County Officers are due to the Extension Office by March 31. We still need a Vice-President, please volunteer! March is also when clubs elects new officers for 218-2019. Please send a list to the Extension Office by April 1. The program book committee (secretaries from each club) will meet on March 6 at 9:30 am. at the Extension Office. The budget committee (treasurers) meeting will be Wednesday, March 14 at 1:30 pm in the Extension Office. Please let Carol Light know if you plan to attend.

The April Council meeting has been moved to the new date of Thursday, May 3. Please bring finger foods and be ready to go through the serving line at 1:00 with the meeting starting at 1:30. Cultural Arts Chair, Helen Treado said to get started now on making a quilt, needlework or miscellaneous crafts for judging at this council meeting. Special Cultural Arts projects for 2018 is a recycled item – taking a waste item and repurposing it into a new useful or decorative item, but cannot be no larger than 12x12x12.

Be kind to one another!
Happy Spring to everyone!

