



Scribbles

**CELEBRATE
MAY**

MAY 2018

NEWSLETTER

**Mediterranean
Diet Month**

**National Bike
Month**

No Diet Day
May 6

**Wildflower
Week**
May 6-12

**Women's Health
Week**
(May 8-14)



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MEAGAN BROTHERS, EXTENSION EDUCATOR-HHS



Dates to Remember

May 3 (Thursday)

Achievement Banquet
4-H Center Expo Hall
Doors open at 5pm.
Dinner served at 6pm.

May 28 (Monday)

Memorial Day
Office closed

June 25 (Monday)

RSVP due for Leaders'
Luncheon

May 8 (Tuesday)

Primary Election Day
Office Closed

June 4-6 (Mon-Wed)

Home and Family Conference
Indianapolis

June 30 (Saturday)

Leaders' Luncheon, 11:30-2
4-H Conference Room

May 13 (Sunday)

Mother's Day

June 17 (Sunday)

Father's Day



Thank You, Brooksie Smith!

Thank you Brooksie Smith for your two years of service as the President of the Vanderburgh County Extension Homemakers. The organization can only exist with the support and involvement of its members. Your time and dedication are appreciated. We wish you all good things as you continue to serve your fellow members in future leadership roles.



Purdue Extension
FoodLink™

FoodLinkSM is the resource for anyone who has ever stood in front of produce and wondered, "What is that?" or "What do I do with that?" You don't have to be a seasonal produce expert, but now you can get information fast from the experts at Purdue Extension. Learn more about locally produce d foods!

Featured Fruit:

Blueberry

There are three main blueberry types that are associated with regions.

Highbush: This includes most blueberries grown in the Midwest.

Rabbiteye: These are grown in the Southeast.

Lowbush: These are grown in Maine and Nova Scotia.

For recipes and videos, check out the website

<https://extension.purdue.edu/foodlink/index.php>



What's Happening

HOME AND FAMILY CONFERENCE June 4-6

Located at Sheraton Hotel-Keystone Crossing. A Conference registration form and hotel information is available on the web site www.ieha-families.org under Programs/Forms.

Early Registration \$195.
Late Registration (after May 1) \$210. Paper registration forms available at Extension Office. Contact the Extension Office for information about accommodations.

LEADERS' LUNCHEON (Officer's Training)

All club Presidents, Vice Presidents, Treasurers and Secretaries are encouraged to attend the Leaders' Luncheon to be held on Saturday June 30, 2018 from 11:30a.m. – 2:00p.m. in the 4H Center conference room.

Come enjoy a nice meal and the companionship of your fellow club officers. Use

the opportunity to learn about other clubs and share ideas. We will share the plans and goals that we have for the new year such as community service, membership, marketing, specialty clubs, trips and FUN!! New ideas are not only welcomed...they are encouraged!

Please RSVP to the



extension office no later than Monday June 25th.

OUTGOING COMMITTEE CHAIRS

If you were the chairperson for any Committee during the 2017-2018 fiscal year, please bring your binder and any other related materials to the Achievement Banquet on May 3, 2018. We are hoping to have all materials collected so that we can distribute them to

the new chairpersons at the Leaders' Luncheon. If you are returning as the chairperson for a committee, we would still appreciate you bringing the materials so that we can see what everyone is working with. The exception is the Fashion Show committee as they will not have their work completed until July. If you have any questions, please contact Martha Alle at 812-760-5810 or antmartha@aol.com.

LET US BE THE CHANGE

Due to scheduling conflicts with Holly Sullivan, this event has been canceled.

- Learn about growing herbs
- Try new and different ways of utilizing herbs in cooking
- Eat Local, Eat Healthy!



This and That

A NEW KIND OF CAREGIVING

Caregiving—including care of elderly persons who are frail and dependent—has always been a primary function of the family. Today this function has assumed new significance because more women have entered the workplace. Childcare and eldercare issues have become important workplace issues as employees strive to balance work and family caregiving responsibilities.

The process of balancing work and family can be stressful. As many as 10 percent to 31 percent of working caregivers leave their jobs as a result of caregiving responsibilities—some elect to retire early; others quit working altogether. Most working caregivers, however, make workplace accommodations and try their best to create a balance between work and caregiving responsibilities.

Nearly 75 percent of adults currently shouldering elder care responsibilities have been in the workforce (either on a part-time or a full-time basis) at some point in



their caregiving experience. Of those currently employed, about 1 in 6 workers are providing care to one or more elderly or disabled adult family members, relatives or friends. Importantly, these caregivers do not abandon their caregiving responsibilities because of work. Instead, they cope as best they can to balance conflicting sets of responsibilities. This balance is difficult to maintain, and often impacts both caregiver and the employer. The magnitude of missed work from the employer's standpoint translates into an estimated loss of 120 million workdays each year, and the equivalent of \$25.2 billion in lost productivity.

Check out videos created by University of Wisconsin Cooperative Extension addressing “employed caregiving” which tackle issues related to care given to elderly family members by persons who are also employed. The primary objective of these videos is to help employers create work environments that

are supportive of families and households simultaneously engaged in work and elder care.



SHOW YOUR LOVE FOR PURDUE EXTENSION

Do you love the work Purdue Extension does in our community? Have you been impacted by Purdue Extension programs? If you want to continue seeing our impact in Vanderburgh County and throughout Indiana, we need your help! Many Extension services in other states are reducing staff and resources due to budget cuts. You can help keep Extension in all 92 counties in Indiana by joining PCARET!

PCARET, the Purdue Council on Agricultural Research, Extension, and Teaching, is your outlet to advocate for Purdue Agriculture, create conversations about what's important to you, and develop your skills as a leader — all with a reasonable time commitment. Nothing more clearly illustrates the value of Purdue Agriculture than sharing success stories, and PCARET is home to truly energetic, persuasive storytellers. We hope you'll be the next to join our ranks. Have questions? Want more information? Ready to take part? info@pcaret.org, www.pcaret.org, or contact the Vanderburgh Extension Office.

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may the
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be with you

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Ag Days Thank You

A huge THANK YOU to all the Extension Homemaker's who helped with Ag Days!

Sherry Phillips

Linda Deig

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