



BUSY BEE BUGLE

www.extension.purdue.edu/dearborn



September 2018

Dear EH Members,

September has been filled with plenty of activities. I will end the month with a trip to the National Extension Association of Family and Consumer Sciences Conference in San Antonio, Texas. I look forward to new programming ideas to use in Dearborn County.

I send special birthday wishes to Esther Uhlmansiek as she celebrated her 95th birthday. It was a pleasure to join in the celebration. I admire many characteristics about Esther. She is definitely a role model for me. If you missed her special day, be sure to wish her a belated Happy Birthday next time that you see her.

I have included the Riley Cheer Guild donation policy and wish list. If your club is interested in doing a club project for Riley's Hospital, please follow these guidelines. October 27th is the Make a Difference Day for Indiana Extension Homemakers Association. What will you do for Make a Difference Day? Make a plan early, so we can truly make a difference.

September is also Self Improvement Month. I have shared "Positive Thinking Makes a Difference". You might try suggestions from this article for areas of self-improvement. What are you grateful for? Can you list 20 things that you are grateful for? Ask others what they are grateful for. Do you have any ideas in common? Celebrate World Gratitude day on September 21st. September 28th is National Good Neighbor Day.

Finally, I have included some rice recipes for National Rice Month. It is also Better Breakfast Month and Chicken Month. Enjoy ideas that support these topics as well!

Sincerely,
Marcia Parcell
Extension Educator, Health and Human Sciences

Dates to Remember

- September 26-27 19th Annual Madison District Retreat "Harvest at the Barn" Reservations due by September 14th
- October 1 Homemaker's Council Meeting at 9:30 AM Extension Office
- October 1 Yeast Workshop at North Dearborn Public Library at 6:30 PM
- October 15-19 IEHA Week At the Fall District meeting, they were promoting Double Your Influence add 2 more members or 2 clubs to grow the organization in your county. Do you have an idea for a new club? I would love to hear your idea.
- October 16 Cover Crops on Your Garden at Lawrenceburg Library Depot Room at beginning at 6 PM Registration is required at 812-537-2775
- October 27 Make a Difference Day
- November 5 Homemaker's Council Meeting at 9:30 AM Extension Office
- November 6 Making dinner at the Presbyterian Church in Aurora from 5:15-6:15pm.
- November 13 Dearborn County Extension Homemaker's Holiday Program 11 AM



FROM THE KITCHEN OF JAN

Where did the summer go? Thanks to the ones that sent Esther a birthday card, she got around 120 cards and is still getting them. That made Tim happy, he wanted her to get 95. We had a great party around 80 people attended.

Farmers Fair is October 3-6. They have a lot of exhibits, so if you bake, why not exhibit something. The retreat is next week. I will not be able to attend. Council meeting is October 1. We will be discussing the Holiday program. The Holiday program is November 13, there will be more on this later.

November 6 we will be cooking dinner at the 4th Street Presbyterian Church in Aurora. Serving is from 5:15- 6:15pm. We will need some people to help serve, set up and clean up. They use paper plates so there won't be a lot to do to clean up. This is a free will offering which helps pay for electric and paper items. Come join us.

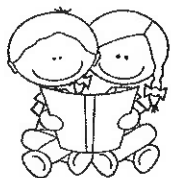
If there a program you would like let us know. Hope everyone is staying dry.

Jan Uhlmansiek Dearborn County Extension Homemakers President

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1,000 Books Before Kindergarten



Families are invited to join the 1,000 Books Before Kindergarten program. This is a free program available to all families with children between the ages of birth to five years. 1,000 Books Before Kindergarten is a nationwide challenge that encourages parents and caregivers to regularly read aloud to their children. By reading just one book a night, families can reach the 1,000 book goal in just three years while providing their children with essential early literacy skills. To register, visit either the Aurora or Dillsboro branches and you'll receive a free book bag and reading log for your child. All you have to do is write down the name of each book your child listens to. Each time you read 100 books, bring your reading record to the library to get a prize! For more information, please call the library or visit their website at www.eapld.org and go to the Programs tab. We'll celebrate with you as your child takes these first steps toward literacy!

Fragile In America: Nearly 2 in 5 Live on the Financial Edge



Thirty-six percent (36%) of American working adults could not cover an unexpected \$2,000 expense within 30 days. That means a single medical bill or car repair can trigger a chain of financial losses: More debt damages credit, leading to worse loan terms. Medical conditions go untreated, limiting the ability to work. Lack of assets such as insurance, credit cards and retirement accounts mean higher spending, more fees and interest, and less future security.

A broad cross-section of Americans of all ages and incomes are financially fragile, but middle-aged and middle-income families are surprisingly vulnerable. New research shows higher financial literacy helps offset everyone's risk.

What Is Financial Fragility?

A new study from the Global Financial Literacy Excellence Center (GFLEC) at The George Washington University defines financial fragility as the inability to cope with an immediate \$400 emergency expense or being unable to come up with \$2,000 in 30 days.

The study analyzes data from two nationally representative data sets—the 2015 National Financial Capability Study (NFCS) and the 2015 Survey of Household Economics and Decision making (SHED).

The researchers focused on individuals who are in their prime working years (ages 25-60) and not retired. People outside this age range are more likely to have different characteristics, needs and financial behaviors. People under 25 may be students with no labor income, while those over 60 may be retired and receiving Social Security benefits.

	NFCS SURVEY	SHED SURVEY
Definition of financial fragility	Those who say they "probably could not" or "certainly could not" come up with \$2,000 are considered financially fragile.	Those who responded with any but the first two options are considered financially fragile. <ul style="list-style-type: none"> • Charging to a credit card and repaying the amount in full with the next statement • Using cash or savings currently in checking/savings accounts Financially fragile <ul style="list-style-type: none"> • Taking on long-term credit card debt and paying it off eventually • Using a bank loan or line of credit • Borrowing from a friend or family member • Using alternative financial services • Selling something they own

Source: *Nefe Digest, Summer 2018*

Food Safety: Online Grocery Shopping

Now more than ever before, grocery shopping can be done online. In 2017, approximately 1/3 of grocery shoppers had shopped online for groceries, adding to \$14.2 billion in sales alone in the United States. This number is estimated to double by 2021. However, while buying food online might be more convenient, the safety of the food may be less assured compared with food purchased at a physical store. Here are the top 3 food safety concerns when buying groceries online:

1. **Bacteria Growth:** Bacteria grow fast in protein-rich environments with high levels of moisture. This means that perishable food items such as meat and dairy are more sensitive to bacteria. These foods are riskier to buy online as they are more likely to cause infections or foodborne illnesses.
2. **Storage:** According to the Centre for Food Safety, storing food at the wrong temperature is a major cause of foodborne illnesses and food spoilage. When transporting food, frozen food items should be kept in containers that are below 0 degrees Fahrenheit while refrigerated food should be kept below 39 degrees Fahrenheit. Whether or not the food you order online is stored at the proper temperature during delivery, however, is hard to know when shopping online.
3. **Freshness:** Online grocery shopping, while convenient, does not allow shoppers to hand pick food items like they would in a traditional grocery store. In addition, depending on where shoppers choose to shop, the delivery time can take days instead of hours. These factors mean that produce may not be fresh by the time it is delivered.

Here are some more tips for shopping online:

- Avoid buying easily spoiled food items such as meat, dairy products, or fresh fruits online.
- If necessary, buy fruits that are in season to ensure freshness.
- Only buy products from reliable stores, or those that seem to be organized, clean, and well-managed.
- Always check the quality of the food before eating.
- Be extra careful when buying food for children, elderly individuals, and anyone who is pregnant or has a weakened immune system as they are more sensitive to foodborne illnesses.

Sources: *Written by Sammy Wu, College of Health and Human Sciences, Purdue University*



Positive thinking makes a difference

Regular positive thinking will help you develop inner peace, success, improved relationships, better health, happiness and personal satisfaction. Positive thinking can be your key to success!

You may not think so, but regular positive thinking will help you deal with daily challenges of life more smoothly, and will lead the future to be brighter and more promising.

Positive thinking is contagious. People around you detect your mental moods and are affected accordingly. Think about happiness, good health and success and people will more likely appreciate you and want to be around you, because they enjoy the atmosphere that a positive attitude produces.

In order for positive thinking to produce results, you need to develop a positive attitude toward life, expect a successful outcome of whatever you do and take action to do what is necessary to ensure your success.

Effective positive thinking that brings results is much more than just repeating a few positive words or telling yourself that everything is going to be all right. It has to be your primary mental attitude. It is not enough to think positively for a few moments, and then letting fears and lack of belief enter your mind. Some effort and inner work are necessary.

Are you really willing to change the way you think, to make a real inner change? Are you willing to develop a mental power that can positively affect you, your environment and the people around you?

Here are a few actions and suggestions to help you develop the power of positive thinking:

- Stop with your negative attitude and speaking negative words about everything you talk about!
- Use positive words while thinking and talking. Use phrases like, "I can," "I am able," "It is possible," "It can be done," etc.
- Actively focus on thoughts of success, strength and happiness.
- Try to disregard and ignore negative thoughts. Refuse to think such thoughts and substitute them with constructive good ideas.
- In your conversation use words that suggest feelings and mental images of strength, happiness and success.
- Before starting with any plan or action, visualize clearly in your mind its successful outcome.

- Read at least one page of an inspiring book every day.
- Surround yourself with people who think positively.
- Watch movies that make you happy.
- Sit and walk with your back straight. This will strengthen your confidence and inner strength.
- Walk, swim or get moving in some other physical activity. This helps to develop a more positive attitude.

Think positive and expect favorable results and situations, even if your current situation is not what you want for the long term. In time, your positive mental attitude will help you to position your life situations and change them for the better.

Source: *MSU Extension*

World Gratitude Day

Make a list of 20 things that you would like to express your gratitude for.

- | | |
|-----|-----|
| 1. | 11. |
| 2. | 12. |
| 3. | 13. |
| 4. | 14. |
| 5. | 15. |
| 6. | 16. |
| 7. | 17. |
| 8. | 18. |
| 9. | 19. |
| 10. | 20. |

Ask others what they would put on their list. September 28th is National Good Neighbor Day. How are you a good neighbor? What could you do to be a good neighbor?

Barbequed Chicken Pizza

Serves 8

- 1 loaf frozen bread dough, thawed
- 2 cups cooked chicken meat, cubed
- 1 cup barbecue sauce

- 1 cup cheddar cheese, shredded
- 1 cup mozzarella cheese, shredded

Preheat oven to 400 degrees F. Spray or grease a 12" pizza pan. With clean hands, form thawed bread dough, patting to fit pan and forming ½" edge at rim.

Combine cubed, cooked chicken and barbecue sauce; spread evenly over crust. Top with cheeses.

Bake about 20 minutes, until crust browns and cheese is bubbly.

Source: *University of Nebraska Lincoln Extension*



Easy Red Beans and Rice

Makes 4 servings

1 pound smoked sausage, sliced into ½ inch thick slices ¼ teaspoon ground red pepper
1 14-1/2 ounce can stewed tomatoes 3 cups cooked rice
1 15-to 16-ounce can red beans, drained and rinsed

Heat large skillet over medium high heat until hot. Add sausage; cook and stir 3 to 5 minutes or until lightly brown. Add tomatoes, red beans and red pepper. Bring to a boil; reduce heat and simmer 7 to 10 minutes. Stir in rice; cook and stir 2 to 3 minutes more or until thoroughly heated.

Makes 4 servings.

Each serving provides 452 calories, 25 grams protein, 12 grams fat, 59 grams carbohydrate, 7 grams dietary fiber, 56 milligrams cholesterol and 1864 milligrams sodium.

Source: <http://www.infozine.com>

Taco Rice Wraps

Makes 6 servings (3 tacos each)

1 pound lean ground turkey or beef 1 11-ounce can corn, drained
1 16-ounce jar prepared chunky salsa 1 cup (4 ounces) shredded Monterey Jack cheese
3 cups cooked rice 18 flour or corn tortillas, warmed

Brown turkey or beef in large nonstick skillet over medium-high heat; drain fat and liquid, if necessary. Stir in salsa, rice and corn. Cook over medium heat, covered for 5 to 10 minutes or until no liquid remains. Spoon 1/3 cup mixture in each tortilla, top with about 1 tablespoon cheese. Roll up; serve.

Makes 6 servings. (3 tacos each)

Each serving provides 698 calories, 33 grams protein, 21 grams fat, 93 grams carbohydrate, 5 grams dietary fiber, 73 milligrams cholesterol and 976 milligrams sodium.

Source: <http://www.infozine.com>

Ten-Minute Turkey Teriyaki

Serves 4

1 tablespoon vegetable oil ¼ cup teriyaki sauce
¾ lb. teriyaki seasoned turkey breast chops cut into ¼ inch stripe ¼ cup water
2 cups (8-ounces) broccoli slaw mixture 3 cups cooked rice

Heat large skillet over medium-high heat until hot. Add turkey; cook and stir 3 to 5 minutes or until turkey is browned. Add broccoli slaw mixture, teriyaki sauce and water. Reduce heat to medium, cover and simmer 3 to 5 minutes until broccoli is tender. Stir in rice; cook and stir 2 to 3 minutes until combined and thoroughly heated. Service immediately.

Source: <http://www.infozine.com>

Flourless Chocolate Skillet Cake With Coffee Ice Cream

Serves 8

4 large eggs, separated 1 cup sugar
8 ounces bittersweet chocolate, chopped ½ teaspoon kosher salt
½ cup (1 stick) unsalted butter, cut into pieces Coffee ice cream, for serving

Preheat oven to 350 degrees F. Beat egg whites with an electric mixer on medium-high speed until stiff peaks form, about 3 minutes.

Place chocolate and butter in a 10-inch cast iron skillet (or other oven-safe skillet) and cook over medium, stirring constantly, until melted, 2 to 3 minutes. Remove from heat and whisk in sugar, salt, and egg yolks. Gently fold in beaten egg whites until just combined (a few streaks are OK).

Transfer skillet to oven and bake until cake begins to pull away from sides of skillet and a toothpick inserted in center comes out mostly clean, about 25 minutes. Cool 10 minutes (center of cake will sink). Serve warm with ice cream.

Source: www.realselfimple.com

Eat Smart:

Enjoy Breakfast Every Day!



Kids learn better if they eat breakfast!

Why should you eat breakfast?

Not only does breakfast start your day with a smile, it:

- Fuels the body with needed nutrients
- Provides energy for an active day
- Gets you ready to learn
- Helps you keep a healthy body weight

How do you start your day with a smile?

By eating grin-ola for breakfast!

Not enough time?

Make sure to manage your morning to make enough time for breakfast. You may need to go to bed earlier the night before to wake up sooner in the morning.



Make Healthful Choices

When choosing breakfast, aim for variety. Do you know your MyPlate Daily Food Plan? Visit www.choosemyplate.gov to find out the amount of each food group kids and adults need daily. For breakfast, try to eat foods from at least three or four different food groups, such as grains, fruits and the dairy groups.

Try these quick, easy and great tasting breakfast ideas:

- ▲ Oatmeal with applesauce and a glass of low-fat milk
- ▲ Ready-to-eat cereal with milk and fruit
- ▲ Peanut butter and banana sandwich
- ▲ Bagel with cheese and 100 percent fruit juice
- ▲ Pita bread with yogurt and strawberries



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Shannon Medenwald, Program Assistant (former)

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Try this fun and simple recipe:

Make-ahead French Toast

- 8 slices bread (½-inch-thick slices)
- 5 eggs
- 1½ c. low-fat milk
- ¼ c. sugar
- ½ tsp. vanilla

Suggested toppings:

Fruit, syrup or sugar-cinnamon mixture

1. Lightly grease a 13- by 9- by 2-inch baking pan. Cut each slice of bread into two even strips. Arrange bread strips in pan.
2. In large bowl, mix eggs, milk, sugar and vanilla with an electric mixer on low speed until well blended, five minutes.
3. Pour egg mixture over bread strips; cover. Chill four to 24 hours.
4. Preheat oven to 425 F. Bake until eggs are set and toast is lightly browned, about 30 to 40 minutes.
5. Serve with toppings of choice.

Nutrition Tip: Try using whole-wheat bread instead of white for more nutrients.

Makes four servings, about two slices each. Each serving has 330 calories, 9 grams (g) fat and 46 g carbohydrate.

NDSU EXTENSION SERVICE

Eat Smart. Play Hard. For more information, visit www.ndsu.edu/eatsmart.

This website has information for parents and kids, including fun educational games and recipes.

"Eat Smart. Play Hard." is an initiative of the Food and Nutrition Service, U.S. Department of Agriculture. Materials were partially funded by USDA's Supplemental Nutrition Assistance Program.



Riley Cheer Guild

helping to create smiles since 1924

DONATION ACCEPTANCE POLICY

Riley Hospital for Children at Indiana University Health

We greatly appreciate the thoughtful interest of those making donations for our patients. Please follow these guidelines and procedures when purchasing and/or referring persons to Riley at IU Health for donations. All in kind donations are processed by the Riley Cheer Guild.

- **Safety and infection control standards are priority concerns.**
- Toys must be **NEW** and **CLEAN** with no broken or missing pieces.
- Toys and art supplies need to be **NON-TOXIC**.
- We **CANNOT** accept toys or books with **BUTTON BATTERIES**.
- We **CANNOT** accept **USED** or previously owned stuffed animals.
- Please **AVOID** toys made of materials that are easily broken causing possible **SHARP EDGES**.
- Please donate toys with few or no loose pieces.
- Please do not gift wrap any donations.
- Many of our patients have restricted diets; therefore, food and candy cannot be distributed.
- All materials must be **LATEX-FREE**. No latex balloons are allowed for allergy and safety reasons. Mylar balloons are acceptable.
- All donations of children's books, magazines, movies, and library materials may be new or used but must not have any violent, sexual, or religious content, and magazines may not be older than 6 months from the publication date.
- If stored, all donations must have been in areas **AWAY** from contact with **MOLD, MILDEW,** and **CIGARETTE SMOKE**. Items should not be stored in trash bags, however, you may place your donations in them for delivery purposes.
- **DONATION FORMS** can be received from a Riley Information Desk at any time. Please complete the donation form in full and be as specific as possible about the items you are donating. The form is carbon copied, so donors can keep a copy for their tax purposes. All money and gift cards should be reflected on the form in addition to toys and handmade items.
- All donations go through a **SCREENING PROCESS** prior to being available for distribution. All donated items are **DISTRIBUTED** by designated Riley **STAFF**.

Riley Hospital for Children

DONATION WISH LIST

High Need Items:

- Lipsmackers Chapstick:
 - grape, orange, bubble gum, sprite, watermelon and root beer
- Grab'n Go Play Packs
- Barbie Dolls
- Action Figures
- Paw Patrol, Disney, Shopkins
- Sketch Pads and Markers
- BrightStarts Fun Pad w/lights & sound

Gift Cards

- iTunes, Hobby Lobby, Michael's, Wal-Mart, Target, Amazon.com, Best Buy, Barnes and Noble, United Art & Education, and Meijer

Toys/ Games/Electronics

- Infant Fisher Price Soothers
- Infant wrist rattles and Sassy rattles
- Musical toys
- Wooden toddler puzzles
- Little People sets
- Ear buds/Teen Headphones
- Action Figures
- Play Doh (Brand name items)
- Baby First Dolls (Newborn +)
- Lego sets, including Bionicles
- Nintendo Wii games (rated E for Everyone)
- DVDs(G , PG & PG-13 rated, new releases preferred)
- Card Games (Uno, Skip Bo, Spot It, etc)
- Fisher Price medical kits

Books/Magazines

- Board books
- Interactive books (i.e., I Spy, Where's Waldo?, Magic Eye, Sound Books, etc.)

Art/Craft Supplies

Crayola Crayons (also in washable)

- Crayola washable markers and paints
- Crayola Model Magic
- Fiskars scissors
- Art drawing pads
- Paint by number for young kids and teens

- Model glue/Model paint/Model Kits
- Crayola Slick Stix

Art/Craft Supplies, cont'd.

- Painting Canvases – various sizes
- Prismacolor colored pencils and markers
- Knitting rings (4" diameter)
- Paint brushes
- Embroidery thread
- Jewelry kits
- Pottery kits (cups and banks)
- Sticker Books
- Crayola Color Wonder Sets
- RoseArt 3-D Create 'n' Color
- RoseArt Wooden Animal Sets
- Suncatcher with Paint Set
- Fuzzy Posters with markers

General Needs

- **Latex-Free** and **Antibacterial-Free** Character Bandages
- Nail polish (individual bottles)
- Kleenex or Puffs tissues

For the safety of our pediatric patients, please ensure that all donations are brand new, non-toxic and do not include button batteries.

The Riley Cheer Guild accepts ALL donations made to Riley at IU Health. These donations benefit the pediatric patients and are distributed primarily by the Child Life & Creative Arts Therapies Department.

Please direct donations and questions to:



Riley Cheer Guild

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www.CheerGuild.org