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The Home

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10 Warning Signs Your Older Family Member May Need Help

Changes in physical and cognitive abilities that may occur with age can be difficult to detect—for older adults and their family members, friends, and caregivers. To help in determining when an older adult may need assistance in the home, the Eldercare Locator has compiled this list of 10 warning signs. Any one of the following behaviors may indicate the need to take action. It is also important to inform the older adult's physician of these changes.

1. Changing eating habits, resulting in weight loss, appetite loss, or missed meals
2. Neglecting personal hygiene, including clothing, body odor, oral health, nails, and skin
3. Neglecting the home, with a noticeable change in tidiness and/or sanitation
4. Exhibiting inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at unusual hours
5. Changing relationship patterns, causing friends and neighbors to express concern
6. Showing physical injuries, such as burns, which may have resulted from general weakness, forgetfulness, or misuse of alcohol or medication
7. Decreasing or stopping participation in activities that were once enjoyable, such as a bridge or book club, dining with friends, or attending religious services
8. Exhibiting forgetfulness, resulting in unopened mail, newspaper piles, unfilled prescriptions, or missed appointments
9. Mishandling finances, such as not paying bills or paying them more than once and losing or hiding money
10. Making unusual purchases, such as more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements.

Through the Eldercare Locator, older adults and their loved ones can find local resources that can help older adults to continue living independently in their homes and communities. To find programs and services in your area, contact the Eldercare Locator at [1-800-677-1116](tel:1-800-677-1116) or <https://eldercare.acl.gov>.

Blueprint for a Healthy Heart Source

The American Heart Association released nutrition recommendations based on research in October 2016. Not surprisingly, no earth-shattering news was discovered. Practical, realistic suggestions are provided below:



- **Enjoy more vegetables** including broccoli, carrots, collards, green beans, green peas, kale, lima beans, sweet potatoes, spinach, squash, tomatoes and peppers. More than 80% of Americans still don't eat the recommended 2-3 cups of vegetables each day.
- **Choose whole grain** cereals or unflavored oatmeal for breakfast; make sandwiches with whole grain bread, and serve brown rice or other whole grains like quinoa or amaranth with dinner.
- **Eat more fruits** such as apricots, bananas, dates, grapes, oranges, orange juice grapefruit, mangoes, melons, papaya, peaches, pears, pineapples, raisins, raspberries, strawberries and tangerines for snacks & meals. Choose fresh fruit, or fruit frozen or canned without added sugar. Blend frozen fruit into plain yogurt for a smoothie!
- **Make heart-healthy fat choices.** Choose seafood, poultry, or lean protein, skim or fat-free dairy. Choose low-fat cooking methods. Limit cheese and other fatty foods.
- **Avoid tropical oils** including coconut and palm-kernel oils. The majority of scientific evidence supports replacing saturated fat found in coconut and palm-kernel oils, red meat, and processed foods with healthier polyunsaturated fat.
- **Reduce sweets** like candy, cookies, and cakes; and sweetened beverages such as lemonade, fruit drinks and sweetened tea. A high sugar intake leads to increased risk of overweight and obesity, high blood pressure, heart disease, type 2 diabetes and liver and kidney disease.

In addition to healthy food choices, incorporate 150 minutes of physical activity into your weekly routine. That works out to about 20-30 minutes most days of the week.

Source: Lynn Greiger, RDN, LD, foodandhealth.com

Block Party at Morocco & Lake Village Libraries



Playing with blocks is fun for children of all ages and promotes STEM learning activities. Research shows that block play can help children's social development, physical skills, and potentially their school readiness. Purdue Extension – Newton County will be hosting a Building Block Party on Monday, January 14 at the Morocco Library from 10:00-11:00 am and on Thursday, January 17 at the Lake Village Library from 10:00-11:00 am. Please call the library (Morocco-219-285-2664/Lake Village-219-992-3490) to reserve a spot. The program is free, but we need to know how many to plan for. Each child attending will also receive a free story book.



Extension Homemaker Notes



Bits and Pieces from Pat Boldman

Hello Homemakers:

Hope everyone had a very nice and relaxing Thanksgiving and Christmas.

Thank you to Carol Light for hosting the Holiday Council Luncheon in her lovely home for the ones that could attend. Thank you to Forever Young and Happy Seniors for inviting me to their Christmas parties at their club. If you would like me to visit your club, please let me know.

Jane Kereven, Nancy Jo Prue and I sold nuts at a booth at Sacred Heart School in Fowler for their Bazaar on December 1. We sold \$867 worth of nuts which put a big dent in all of the leftovers. Thank you Jane and Nancy Jo for taking care of this project. We all went to three different banks on Friday, December 7 and sold more of the leftover nuts. Jane and I are going to Murphy's yet to sell some of the nuts. If you still need some of the nuts, contact me to see what is still available. A big thank you to all of the businesses who allowed us to set up a table in support of our two student scholarships.

The next Council Meeting will be January 24 at 1:30 at the Government Center. Nominations for County Officers are due to Extension Office by March 31. **Please volunteer.**

Homemaker volunteer hours forms from each club are due to me Friday, March 1. This should include club hours, lessons given, donations and activities from March 1, 2018 thru February 28, 2019.

First Timer applications to go to Home and Family Conference in June in Indianapolis are due to Wanda Monjon by March 1. If you have never been to Home and Family Conference, now is the perfect time to think about it and apply for this award. It helps defray some of the cost of the Conference. Home and Family Conference is June 3-5, 2019. The Cultural Arts special project for 2019 is a "Bird House". You may use any material you wish to make this bird house. The item can be no larger than 15 inches high. These are to be brought to the April council meeting to be voted on and the winner will go to Home and Family Conference to compete with other Counties in the State.

The Lafayette District Meeting will be in Pulaski County on March 14, 2019. More information will follow.

This is just a reminder to keep crafting and to get me your items before the district meeting so that I can take them with me. If you put a post it note on them as to what you want the price to be, I will price them when I get the price tags in February. Thank you in advance for your help in this project and your support for the Purdue Cancer Research Endowment Fund.

The deadline for applying for Ruth B. Sayre (home-schooled & high school senior girls) scholarship is February 15 to Cindy Saferight, State President. Career Advancement (age 25 and older Scholarship applications are due March 15 to Stephanie Jerabek, Past State President. If you need more information on these Scholarships, please contact me or the Extension Office. Or you can visit the website at <http://www.ieha-families.org>.

Have a Happy and safe New Year!!
Be kind to one another!