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The Home



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Balanced Living

Is life feeling a bit hectic? Do you feel as though things are out of control? Join us for a short series of lessons: Balanced Living. Sessions will be offered at the Lake Village Presbyterian Church on Thursdays, May 1, 8 and 22. On May 1 we will take a look at Time Management. We will discuss ways to manage Stress on May 8 and talk about the role Sleep plays in helping us to lead a balanced life on May 22. Sessions will begin at 10:00 a.m. and end at 11:00 a.m. For those of you who are too busy during the day, a separate session will be offered on the evening of May 22 from 6:30 – 8:30 p.m. We will address both the Time and Stress Management techniques at this program. Please rsvp to Deb Arseneau at 219-285-8620 or Lorrie Laffoon at 219-992-3466.



Starting a Walking Program

Did you know that you can gain up to 2 hours of life for every hour you spend exercising? Research has shown that walking is a great way to get in your daily exercise needs, and walking has the lowest drop-out rate of any exercise! Spending just 30 minutes a day pounding the pavement can help you reduce your risk of developing:

- Coronary heart disease
- Osteoporosis
- Breast and colon cancer
- Type 2 diabetes



Walking can improve your blood pressure, blood sugar levels, and cholesterol levels. It also helps you maintain weight and enhances your mental well-being. So what are you waiting for? Use these tips to start a walking program, and enjoy the multitude of benefits this simple exercise can offer.

- Choose a safe place to walk. Find a partner or group of people to walk with you.
- Wear shoes and good socks that cushion your feet and absorb shock.
- Wear clothes that keep you dry and comfortable. Synthetic fabrics absorb sweat and remove it from your skin.
- Do light stretching exercises before and after you walk. Do not bounce while you stretch.
- Your walk should have a beginning (walk slowly for 5 minutes), a middle (increase your speed for the next 5 minutes), and an end or cool down (walk slowly for 5 minutes).
- Try to walk at least three times per week. Each day, increase your walk time by 2 to 3 minutes. The 2008 Physical Activity Guidelines for Americans suggest 30 minutes of exercise 5 days a week.
- To avoid stiff or sore muscles, start gradually. Over several weeks, begin walking faster, going farther, and walking for longer periods of time.
- The more you walk, the better you will feel. The more you walk, the more calories you burn!

Source: <http://www.extension.org/pages/19866/starting-a-walking-program>

If you haven't started a walking program yet, it's time to get started so you will be ready to join us in the Newton County Running Series. Check out the flyer in this newsletter about upcoming 5K walk/runs in your county!

Where Does Your Money Go?

If you are like most Americans, you do not have a plan to balance your income and spending. In fact 40% of Americans live on 110% of their income. That means for every \$10 they are earning, they are spending \$11. Wow! Join us on Wednesday, May 14 at 4:00 p.m. at the Newton County Government Center as we talk about needs and wants, tracking your spending, and wise use of credit. This program is geared toward the young adults.



Extension Homemaker Notes



Dear Homemakers,

Welcome spring! Who would have thought that we would awaken to a fresh layer of snow on April 15th? Now we are ready for sunny days and warm weather. The 4-H geraniums will be delivered soon and it will be time to plant them.

Hopefully everyone enjoyed their Easter holiday meal with family and friends. It is a lot of preparation, anticipation, and is over so quickly. It is great having our 3 grown children home at the same time but it is a let-down once they leave. The older we are, the more we appreciate the chance of getting them all home. By Easter night all the dishes were done, put away, and the extra table and folding chairs were returned to their rightful owner.

By the time you receive this letter, we will have had our council meeting on April 24th with carry-in snacks. Next year's budget and committee reports were on the agenda. Cultural Arts projects were also voted on. Sure hope that someone participated in the purse contest!

Here is a list of reminders for clubs: Your club officer form for 2014-2015 is due April 30th to the Extension Office. Your club dues, Coins for Friendship & Nickels for Leadership are due to Carol Light by May 31st. Perfect attendance, names of new, transferred, or deceased members, and names of 50 year plus members are due to the Extension Office by May 31st. Please send your point system application to the County Vice President, Martha White, by May 31st too.

Special thanks to Joy Edwards and her committee for preparing the program books on March 19th for the coming year. There is always something else to be done and volunteers are always welcome!

Many, many thanks again to all of you who worked so hard to make our Spring District Meeting on March 27th a success with 120 attendees. We received many positive comments and thank you notes complimenting us on our delightful day. Northwest Jefferson Club provided a beautiful selection of breads for breakfast, and Lincoln Liberty Bells did a fabulous job with door prizes and adorable decorated paper tablets as favors. Everyone's contribution was greatly appreciated.

Last week I read "Little Critter's I Am Helping" to the Head Start children in Goodland and gave each of them a copy of the book. In May Diana Elijah will read to both classrooms at Roselawn and will distribute a book to each of them. Thank you Extension Homemakers for your generosity!

Thank you for your generous donations of "travel friendly" door prizes for the NVON Conference in Indianapolis in July. Our state President, Joanna Sell, was quite pleased when she saw the box full of donations to take to Indianapolis at the end of our district meeting.

Northwest Jefferson Club will be hosting Achievement Night on June 30th in Kentland. Please you're your calendar and more details will be available later.

In closing, I would like to wish all of you a Happy Mother's Day! Mothers are special people and are indeed the heart of the home. What great multi-taskers mothers are!

Always, Wanda Monjon