



# BUSY BEE BUGLE

www.extension.purdue.edu/dearborn



October 2019

Dear EH Members,

Welcome to Andrea , our newest Extension Homemaker! Kudos to Lois Butler for recruiting our newest member. Who will recruit our next new member or group?

My fall has been full of visits to orchards, shows, and parades. I also enjoyed the NEAFCS in Hershey! Hershey, Pennsylvania certainly is the sweetest place on earth! I created my own candy bar at the opening event of the NEAFCS My candy bar was milk chocolate with toffee bites, chocolate chips, and rice crispies. After creating your candy bar, you designed a label for your candy bar. Fun!

I also learned that it takes 270 beans to make a pound of chocolate. I wonder how many pounds of chocolate there are in Hershey. They gave us Hershey bars when we checked into our hotel room. The cleaning staff left us Hershey kisses when they cleaned our room. At the conference, the meeting rooms had baskets of mini Hershey bars or Hershey kisses. If you were feeling chocolate deprived after this conference, you deprived yourself.

At the conference, I learned about programs for Caregivers, such as Finances of Caregivers, also was reminded of ways to keep a work-life balance. I learned how extension is using social media to reach across states.

In October, we celebrate IEHA Week. We are delivering candy bars with opioid facts to police for our Make a Difference Day and to promote awareness of Opioid Abuse which is part of Anne Moore's L.O.V.E. of family project.

In October, we celebrate National Diabetes, National Popcorn Popping and Breast Cancer Awareness month. I have included information, recipes, and tips to celebrate these unique celebrations.

Happy Fall!

Sincerely,  
Marcia Parcell  
Extension Educator  
Health and Human Sciences

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## Dates to Remember

- October 20-26 IEHA Week
- October 23, 2019 Save the Seed at the Extension Office 6 PM
- October 26 Make a Difference Day
- October 29 Stitch and Learn Sewing Circle at the Extension Office 6-8 PM
- November 6 Lawrenceburg Wellness Expo, 4:30-6:30 PM, Ivy Tech, 4<sup>th</sup> Floor Conference Center, Room 446. Free Admission. Visit <https://www.facebook.com/events/68418745539433/> for more details.
- November 13 Council meeting and set up for Holiday Program, 2:00 PM
- November 14 Holiday Program 11:00 AM
- December 4 Homemaker Council 11:00 AM
- December 4 Holiday Pitch-in at Noon
- March 10, 2020 Madison District Spring Meeting. Hosted by Ohio County Homemakers at Rising Sun Church of Christ

## Get To Know Extension

At the *Get to Know Extension* event, I introduced at least 10 participants to spaghetti squash. From 30 Calm Phrases, three individuals voted the following phrases as their favorite.

- I can do this!
- My life has meaning and purpose.
- This is just a bad day, not a bad life.

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## FROM THE KITCHEN OF JAN



We are giving the Aurora Police Department candy for Make a Difference Day.

I got the pins out of my hand and have to go to physical therapy. My hand is coming around and I'm using it more each day.

The council meeting is November 13 at 2:00pm. After the council meeting we will set up for the Holiday program. The meat for the Holiday program is fried chicken and ham, please bring a covered dish.

RSVP by November 8th. FROSTY THE SNOWMAN is the theme this year. We also need items for the country store and baskets for silent auction, this includes Mailbox members.

December 4 we will have our Christmas pitch-in. This will be pot luck. We will be having the council meeting at 11:00am and at 12:00 the pitch-in. We are working on craft ideas.

I'm working on the fair for June. We will be changing some things. We need people to make a pie for Pies for Prizes, this is our money maker. You can't count on one or two homemakers too keep this going and make money.

January and February, we go dark for the council meetings, we are going to start to meet every other month.

Have a good Halloween.

Jan Uhlmansiek Dearborn County Extension Homemakers President

## Diabetes Prevention

It may sound simple — walk 30 minutes a day, five days a week; keep a food journal. In the Centers for Disease Control and Prevention's National Diabetes Prevention Program, these small goals help participants lose five to seven percent of their body weight, reducing their chance of developing pre-diabetes.

Bridget Morrisroe-Aman, University of Idaho Extension educator, says that when people start the Diabetes Prevention Program (DPP), they usually don't realize what being pre-diabetic means. They don't know the risks or the treatments when diagnosed, and that's why it's important to teach simple and accurate information.

"It's possible to reduce the risk of developing type 2 diabetes," said Morrisroe-Aman. "You just have to know what steps to take."

Many people are confused regarding what it means to be diagnosed with pre-diabetes versus diabetes. When diagnosed with pre-diabetes, blood sugar levels are higher than normal, stressing the body, and they are lower than type 2 diabetes levels.

"Once someone transitions into type 2 diabetes, the disease is hard to reverse," Morrisroe-Aman said. "It's important to start disease management during or before the pre-diabetic stage."

Too frequently, patients don't understand the distinction between the two stages, nor what can be done to prevent moving into the high-risk blood sugar levels. One DPP participant had been told by doctors she was pre-diabetic but didn't understand the diagnosis. The participant said she wished she had understood then about carbohydrates and how they relate to diabetes, so she could have taken action before her disease developed further.

"Now she's hearing the information again at a basic level in the program," said Morrisroe-Aman. "She's learning tools, incorporating healthy meal plans; she can manage her disease now."

## Diabetes Prevention Program

The DPP was developed in response to the growing number of adults and children with type 2 diabetes to increase awareness and prevent spread of the disease. UI Extension, the Idaho Department of Health and Welfare, Idaho health professionals and screeners, and other community partners, work in conjunction to tackle this problem before it becomes a health epidemic.

During the 2017-2018 program year, UI Extension partnered with the Idaho Department of Health and Welfare to host a master diabetes prevention trainer who certified seven UI Extension educators and one program coordinator to teach DPP. With participant numbers in each class ranging from five to 20, UI Extension taught six yearlong classes — two in Ada County, two in Canyon County, and one each in Jerome and Minidoka County.

"Extension is well positioned to assist Idaho agencies with this because we reach into the community and get information to people," Morrisroe-Aman said.

One of the best tools for stopping the spread diabetes is something people can do for themselves — eat nutritiously and increase physical activity. That's where the DPP comes in. The program model focuses on prevention before participants have diabetes. It allows individuals to take control of their health, and if they can prevent chronic disease, extends their lifespan so they lead longer and healthier lives.

"The more education, the better," said Morrisroe-Aman. "Healthy eating and active living is the best way to prevent chronic diseases. These are simple concepts that help people."

One young participant joined the program after being diagnosed with pre-diabetes. By applying principles learned through the DPP, the participant lost more than seven percent of her body weight, and according to her doctor, is not pre-diabetic anymore.

“What works for the individual is if they are ready for change. We’re hopeful that participating in the program will help them get motivated,” said Morrisroe-Aman. “That’s why the program is yearlong, to get those habits into place. It makes a difference.”

### Type 2 Diabetes on the Rise

Costs associated with diabetes treatment has a growing impact on our economy. In 2017, there was an estimated \$327 billion spent on diabetes and pre-diabetes with 2020 projections of \$3.35 trillion if the trend continues.

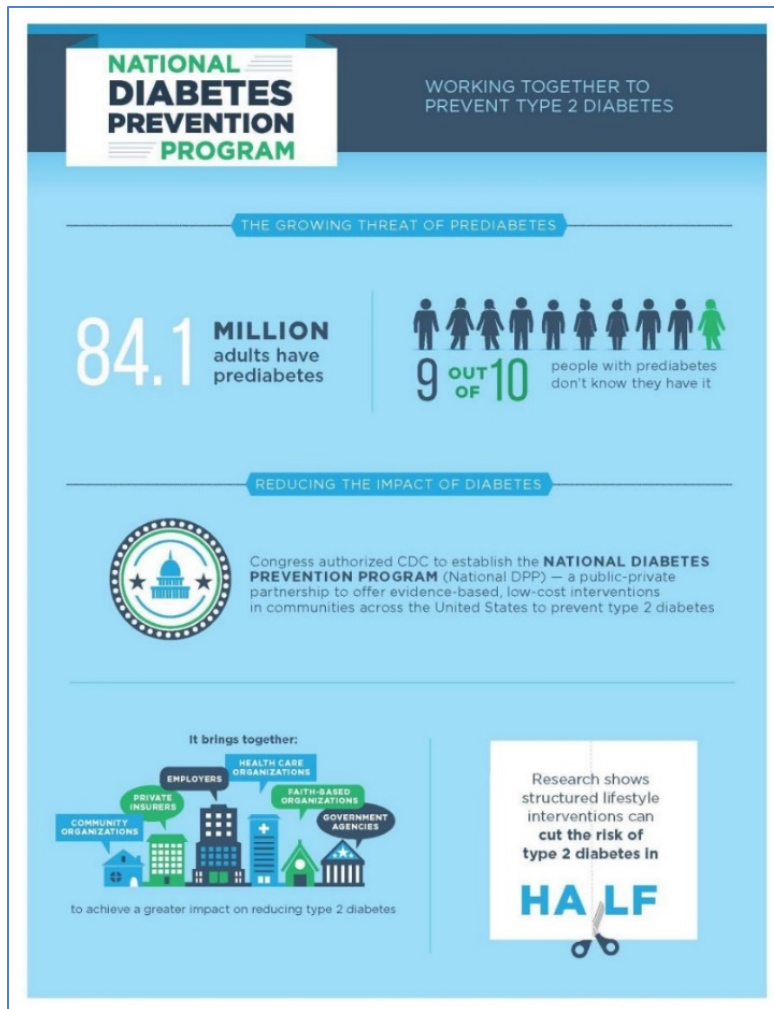
Current research shows that type 2 diabetes is increasing exponentially — virtually no American is immune to the effects of this chronic disease. The CDC reports in a 2015 study that 100 million Americans have pre-diabetes or diabetes, and numbers are growing.

“It touches all of us, family, friends; you can look around,” Morrisroe-Aman said. “It’s estimated that one of five adults are pre-diabetic and many don’t know it. That’s why I’m passionate about it; we can prevent type 2 diabetes with healthy lifestyles.”

Though it’s hard to reverse the disease, it can be managed.

“I recommend everybody take a risk-assessment test,” said Morrisroe-Aman. “It’s better to address a chronic disease before it develops too far, and for a lot of people, family medical history comes into play.”

Want to bring Diabetes Prevention Program to your county? Contact Bridget Morrisroe-Aman at [bridgeta@uidaho.edu](mailto:bridgeta@uidaho.edu) or 208-287-5900.



Source: <https://www.uidaho.edu/extension/news/story/diabetes-prevention>

## October is Breast Cancer Awareness Month-Encourage the Women in Your Life to Take Care of Themselves by Getting Screened!



### Facts about Breast Cancer in the United States:

- One in eight women will be diagnosed with breast cancer in their lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of death among women.
- Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and approximately 410 will die each year.

Breast and cervical cancers are serious diseases, but both are treatable if found early. In Tennessee, more than 3,800 new cases of breast cancer are found each year and an average of 400 new cases of cervical cancer. However, Tennessee women continue to die unnecessarily every year because they do not get screened.

The greatest risk factor for breast and cervical cancer is age. Other risk factors increase a woman's chance and should also be discussed with her doctor. Some of these risk factors include:

- Family history of breast and/or cervical cancer
- Smoking
- Drinking Alcohol
- Being Overweight with a poor diet
- Lack of exercise
- Sexual history
- Genital warts (HPV) or other STD history
- Any change in the size or shape of the breast or nipple discharge

The best way to fight breast and cervical cancer is early detection.

- Have regular mammogram beginning at age 40.
- Have regular clinical exams.
- Perform monthly breast self-examination.
- Get a pap test every year if you are sexually active or 18 years old and older

By talking with your doctor and getting screened, *you may save your life.*

Source: UTIA

## Reducing holiday financial stress

With the holidays approaching, many people begin to feel the financial stress of the season. You can lessen the anxiety you may feel during this time of year by planning purchases in advance. Consider the following tips for a more enjoyable holiday season:



- **Make a list** of the people you will need to buy for and how much you plan to spend on each person.
- **Determine how much in total** you plan to spend, and if this figure seems too high, make adjustments in your planned purchases.
- **Try to avoid the temptation of paying for all of your purchases with a credit card** when you do not have the money to pay it in total. Avoid thinking that you'll just "pay it off later." If you cannot afford a particular item, look for something similar but less expensive or search for an alternative present. Set a limit and try to stick to it.
- **Be wary of store promotions.** Offers of "buy now and pay later" sometimes have hidden clauses that allow interest to accrue until your first payment. Read through all paperwork before signing it, and do not be afraid to ask the store clerk questions regarding the promotion. Remember, if it sounds too good to be true, it probably is.
- **Be creative with your gifts.** Try making homemade items or giving personalized gifts that offer your services for things such as an evening of free babysitting.
- **A donation to a local charity** may make more of a lasting impression than a store-bought gift. Make one large donation to a specific charity or give smaller donations to each family member's favorite charity. Call local food pantries, shelters and charities to find out what they need during the busy holiday season.
- **Ask others to bring a dish** if you're hosting a family dinner or holiday party.
- **Pay attention to return policies** for items you purchased.
- **Keep your receipts.** If you need to return something later, having your receipt will speed up the process and you will have a better chance of getting your money back.
- **Shop alone.** A tired spouse or child may encourage you to impulsively buy some items so they can get home sooner.

- **Avoid high-pressure sales tactics.** Know what you're looking for before you enter a store or tell the sales clerk that you are just looking and will let them know if you need help with something.
- **Search through clearance racks** for sale items. Shop at discount stores for gifts for children, neighbors and co-workers.
- **Don't wait for the last minute** to do your shopping. You may be more tempted to purchase higher priced items if you are in a hurry or don't have time to comparison shop. If you spread your shopping out over several weeks or months, you won't have to come up with so much money at once.
- **After the holiday season, start saving for the next one.** Put aside a little each month or look for sale items through the year that could be saved for the holiday season.

Source: *MissouriFamilies.org*

## October is National Vegetarian and Pizza Month

Check out [Herbed Garden Pizza](#) to celebrate this month.

### Herbed Garden Pizza

Makes: 4 servings

2 tablespoons salt-free Tomato Basil Garlic Seasoning Blend	1 ½ cups crimini mushrooms, sliced
2 tablespoons olive oil	2 cups baby spinach
1 12-inch, whole-wheat pizza crust, thin, pre-baked	½ cup thinly sliced red onion
4 Roma tomatoes, thinly sliced	¾ cup shredded fat-free mozzarella cheese

Place rack in center of oven and preheat oven to 400 degrees F. In a small bowl, mix Tomato Basil Garlic Seasoning Blend with olive oil. Place pizza crust on pizza pan. Brush pizza dough with olive oil blend, reserve remainder. In a large mixing bowl, gently toss vegetables and remaining olive oil blend. Spread coated vegetables evenly over pizza dough, leaving about ½-inch border around the edges. Top vegetables with shredded cheese. Bake 10 minutes, until cheese is melted.

Serving suggestions: Serve with a side salad and a glass of juice.

Ideas for a side salad: spinach, tomato slices and vinaigrette (made with 2 tbsp. olive oil, 1 tbsp. vinegar, 1 tsp. lemon juice, ½ tsp. sugar, and 1 tbsp. low-sodium seasoning blend)

Source: *Produce for Better Health Foundation*

## October is national popcorn popping month



October is National Popcorn Popping Month. Take advantage of this healthy, inexpensive and easy on-the-go snack.

In 1999, October was officially recognized by the United States Department of Agriculture as the national popcorn popping month. This whole grain makes for a great low-calorie snack, depending on how it is prepared. For those families on the go, this easy whole grain food can be at the ready in the car or for that post game energy boost. For those families asked to bring a snack for the team or classroom, this inexpensive snack can be air popped the night before, packaged up and handed out without much fuss. For under \$5.00, enough air-popped or stove-popped popcorn and brown paper lunch sacks can be purchased for multiple snack duties.

Air-popped popcorn has approximately 30 calories per cup and oil-popped popcorn has approximately 55 calories per cup. Popcorn has a serving size of three cups. There are 3 grams of fiber, 3 grams of protein and 15 grams of carbohydrates in a three-cup serving of popcorn.

Popcorn starts out being a healthy snack, but when some extras are added, it becomes a snack to avoid. Salt and butter are not the only items that can be added to popcorn. Try this recipe with poppy seeds and lemon zest. Plain, air-popped popcorn can be dressed up with healthier ingredients. A light spray of olive oil with a sprinkle of chili powder, Parmesan cheese or sea salt can add additional flavors. Try adding air-popped popcorn to dried fruit or nuts. For additional recipes, visit the popcorn board website.

Popcorn should be stored in an air tight container to keep it fresh and with the appropriate moisture content needed for popping. Refrigeration is not necessary and may cause the popcorn to dry out if left there long enough. Popcorn kernels can be purchased at most grocery stores or from a farmer growing popcorn.

Source: *MSU Extension*



## Brain Workout—October

One of the top memory complaints of adults is not being able to remember names. We recognize someone, know who they are, but just can't seem to recall their name. According to Dr. Cynthia Green, neuro-psychologist and found of Total brain health, "One of the most effective ways to remember names is to adopt the REHEARSE technique: that is repeat a person's name as soon as you hear it. Not just once, but several times throughout your conversation with them".

Another strategy that can be used to help recall names is the practice strategy. With the practice strategy you want to use the following steps to help you focus attention on the name you are trying to learn.

1. Make a comment about their name.
2. Ask them how to spell their name.
3. Use their name at the beginning and end of the conversation.

Next time you meet someone new, practice using the strategies about to help you better acquire their name. Or take some time to practice using the strategies above the next time you have a conversation with someone.

Source: Green, C.R. (2009)

## CREATE A HABIT OCTOBER

Author & speaker Gretchen Rubin stated "We can use *decision making* to choose the habits we want to form; we can use *willpower* to get the habit started; then we can allow the extraordinary power of *habit* to take over." What Rubin is revealing here is that once certain steps are taken to form a habit, very little effort is then needed to ensure that we continue doing things the same way once the habit has been formed. The hard part is forming the habit. We will break down the important factors that go into developing a habit. Motivation—along with a readiness to change—are the keys to developing an enduring habit.

**Motivation.** From my experience as a health coach, I find that a person's wellness journey typically goes through phases, some of which are more motivating than others. These phases are completely normal and part of a life that is fluid. But once that motivation reaches a point where it is driving you to make a change in your life, the creation of a habit becomes possible.

**Readiness to change.** Readiness to change is vital. A scale of readiness can be seen in the transtheoretical model of behavior change. These stages include: precontemplation, contemplation, preparation, action, maintenance & relapse. Let's look closer:

- Precontemplation—not thinking seriously about change; no intention to change; not ready.
- Contemplation—recognition that a problem exists; starting to consider changing but no commitment.
- Preparation—having an intent to make a change; belief that you are indeed capable to make this change.
- Action—actively taking steps to change behavior.
- Maintenance—sustained change; learned to anticipate & manage road blocks; old behavior is consistently replaced with the new.
- Relapse—old behavior re-emerges; important for learning & strengthening ultimate resolve to change.

Once you have gone through the first three phases and find yourself ready to take the action step, you will uncover the magic of creating and maintaining healthier habits. Contemplate a lifestyle change you may be considering today. What has motivated you to consider this change? Where are you currently on scale of readiness to make this change?

**What's the timeline?** How long should it take to form a new habit? Unfortunately, there is no magic number-it varies! One study published in the *European Journal of Social Psychology* found that it can take anywhere from 18 to 254 days to form a habit. The more motivation, readiness and support you have, the greater your chances are for success.

What habit could benefit you?

Source: Center for Healthy Living



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