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The Home

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Block Party at Roselawn Library

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 Monday, December 16 at the Roselawn Library from 10:00-11:00 AM. Please call the library at 219.345.2010 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. We are also planning one on January 20 at the Lake Village Library. Details in the next newsletter.



Holiday Hotlines

Have a question about your holiday food preparation? Keep these hotline numbers handy to find the answers you need.

- **Turkey Talk** – If you are looking for information on preparing a holiday turkey, check out the **USDA's Meat & Poultry website:** <http://www.foodsafety.gov/keep/types/turkey/>. Information is included on thawing, stuffing, cooking and handling leftovers. Or call the hotline at 1-888-MPHotline or 1-888-674-6854.

Other helpful numbers and websites to keep handy include:

- **Butterball Turkey Hotline:** 1-800-288-8372 or www.butterball.com
- **Reynolds Kitchen Tips Line:** Online help at www.reynoldskitchens.com
- **Land O'Lakes Holiday Online Bakeline:** Home economists answer questions online at www.landolakes.com

Fall "To-Do" List

- * Fall back: Set your clock back one hour
- * Replace the batteries in your smoke alarm and carbon monoxide detectors
- * Replace your furnace filter
- * Get your flu shot
- * Make a list and set your holiday shopping budget
- * Give back - volunteer your time or donate to a worthy cause
- * Count your blessings

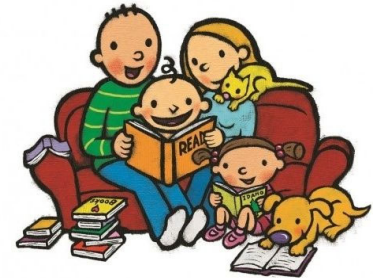


Read, Read, Read!

What was your favorite book as a child? One of my favorites was *Mr. Pine's Purple House*. *The Pokey Little Puppy* and the *Bobsey Twins* series are also at the top of my list! As a parent, I loved reading the *ABC Mysteries* series of books to my own children.

One of the best things you can do for a child is read to them. Most parents are aware that reading to children is important to their development. Not only does it help further language and cognitive skills, but research also shows that reading books together with our kids can help curb behavioral issues, like hyperactivity and aggression. In November, child development students at North Newton and South Newton High Schools will come together to learn about dialogic reading, then will visit Head Start classrooms, local preschools and early elementary classrooms to read to children and share extended reading activities with them. Each child they read to will receive a book (made possible from a grant from the Jean Ann Behney Reading Endowment).

Dialogic Reading is an interactive shared picture book reading practice designed to enhance young children's language and literacy skills. Children will enjoy dialogic reading more than traditional reading. When most adults share a book with a preschooler, they read and the child listens. In dialogic reading, the adult helps the child become the teller of the story. The adult becomes the listener, the questioner, the audience for the child. Children learn most from books when they are actively involved.



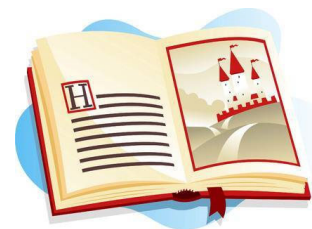
Dialogic reading is best used with children individually or in small groups. While reading the book, the adult uses five types of prompts (**CROWD**):

1. **Completion:** child fills in the blank
2. **Recall:** adult asks questions about a book the child has read before
3. **Open-ended:** adult encourages child to tell what is happening in a picture
4. **Wh-:** adult asks "wh-" questions about the pictures in the book (who, what, when, why, where)
5. **Distancing:** adult relates pictures and words in the book to children's own experiences outside the book.

These prompts are used by the adult in a reading technique called **PEER**:

- ◆ **Prompts** the child to say something about the book
- ◆ **Evaluates** the child's response
- ◆ **Expands** the child's response by rephrasing and adding information to it
- ◆ **Repeats** the prompt to make sure the child has learned from the expansion.

Imagine that the parent and child are looking at the page of a book that has a picture of a fire engine on it. The parent says, "What is this?" (the prompt) while pointing to the fire truck. The child says, truck, the parent follows with "That's right (the evaluation); it's a red fire truck (the expansion); can you say fire truck?" (the repetition).



Except for the first reading of a book to children, PEER sequences should occur on nearly every page. For many books, you should do less and less reading of the written words in the book each time you read it leaving more to the child. Encourage the child to go beyond naming objects in the pictures to thinking more about what is happening in the pictures and how this relates to the child's own experiences.

(Source: US Department of Education: What Works Clearinghouse; Dialogic Reading, February 2007)



Fall for Fall Fruit

Apples and pears both boast fiber, flavor, and phytochemicals in addition to being delicious. A previous study also found that eating an apple or pear a day was associated with a 52% risk reduction in stroke.¹ With so many varieties to choose from, you can enjoy these seasonal fruits for months. Here are 12 ways to start.

- ◆ **Start with breakfast.** Add chopped apples and cinnamon to rolled oats. This adds flavor and texture without the extra sugar.
- ◆ Another **breakfast** treat includes sliced pears with ginger and honey in plain Greek yogurt. A sprinkle of chopped cashews or almonds adds a bit of crunch.
- ◆ At snack time, enjoy **apple slices** with peanut or almond butter. Dust them with ground nutmeg or cinnamon before eating.
- ◆ If you've got more time, cut **pears into fours** and brush with 1 tsp. melted butter, 1 tsp. cinnamon and 1 tsp. brown sugar. Broil for 10 minutes. Cool before eating.
- ◆ In your **salads**, add 2 thinly sliced Granny Smith apples to 6 cups fresh spinach or arugula. Drizzle with a dressing made with 2 Tbsp. balsamic vinegar, 2 Tbsp. olive oil and a tsp. of Dijon mustard. Add 2 Tbsp. feta cheese and ¼ cup chopped pecans.
- ◆ Try an apple and cheddar **quesadilla**. Place ¼ cup shredded cheddar cheese and ½ of a sliced Gala or honey crisp apple in a whole wheat tortilla. Fold over and grill in a medium skillet using non-stick spray.
- ◆ Make a roast beef and pear **roll-up**. Add 2-3 slices of thinly sliced pears to a whole wheat tortilla, with 2-3 slices of lean roast beef, 1 slice Swiss cheese, and 1 tsp. honey mustard. Roll up and eat. This sweet, salty combination is delicious!
- ◆ In your side dishes, add peeled, chopped **apples** to sweet potatoes and boil for 30 minutes. Add 1 tsp. vanilla, ¾ cup orange juice, and 1 tsp. cinnamon and mash. Serve warm. Who needs marshmallows?
- ◆ For a fun snack, try an apple **sandwich**. Slice the bottom and top off of a crisp Gala or Granny Smith apple, then slice into ¼" slices. Layer an apple slice with almond butter, flaked coconut, and a dash of cinnamon. Top the apple with another apple slice and enjoy it.
- ◆ Make a pear **compote** to serve with chicken, pork or fish. Combine 2 ripe, firm pears that have been cored and chopped. Add ¼ cup raisins, 1/3 cup apple or grape juice, ¼ tsp. cinnamon, 1 Tbsp. apple cider or red wine vinegar, ¼ tsp. sea salt and 1/8 tsp. pepper. Place pears, raisins, apple juice, and cinnamon in a small pot and cook over medium heat for 10 minutes. Add vinegar, salt, and pepper. Cook another 5 minutes or until the liquid starts to thicken and the pears begin to fall apart.
- ◆ For a more delicious **dinner**, top a seasoned pork tenderloin with chopped apples before you cook it in a slow cooker. Add a dash of cumin and cinnamon for flavor.
- ◆ At a party, serve sliced pears with blue cheese in a leaf of endive as an **appetizer**. Top with chopped pecans and drizzle with honey or pure maple syrup before serving.



Reference: Linda M. Oude Griep, W. M. Monique Verschuren, Daan Kromhout, Marga C. Ocké, Johanna M. Geleijnse. **Colors of Fruit and Vegetables and 10-Year Incidence of Stroke.** *Stroke*, 2011

Source: <https://foodandhealth.com>



Extension Homemaker Notes



Bits and Pieces from Pat Boldman

I had two nice vacations in the last 6 weeks, one to Salt Lake City, Utah for my husband's Army reunion and to reconnect with cousins we hadn't seen in better than 20 years. I just got back from California where my Grandson in the Navy got married. I came back to temps in the 60's compared to 90 in California. Now back to reality.

There were 9 from Newton County members plus our Educator that went to the Fall District Meeting in Tippecanoe County on September 11. The Spring District Meeting will be March 23, 2020 at the Beef House so plan to attend.

Hope you were able to do something to promote Extension Homemakers during IEHA week October 20-26 and also visited a shut-in or did something nice for someone on October 26 for Make a Difference Day. If not, it is never too late to do something nice for someone who can't get out or to visit someone in a Nursing Home. Just a simple phone call is a nice gesture.

Nut orders: Help will be needed to attach the 2019 labels. South Georgia Pecan Co. will ship them soon and we requested a delivery date of November 4 or 5. Please volunteer to help sort over 1,000 pounds of nuts by calling Pat Boldman or Nancy Jo Prue and we will call you when they come in. Thank you!

The Holiday get-together for all council members and club presidents will be Thursday, December 5 at noon at the home of Carol Light. Please put this on your calendar and wait for a special invitation/reminder in November. If you were not at the Council Meeting and would like to sign up to bring something, please contact me. Thank you!

Our website has a new look to it, please check it out at www.ieha-families.org You can find out all kinds of information including forms for scholarships and lessons to give at your club meetings.

Contact the Extension Office for details on applying for the Career Advancement (age 25 and older) and Ruth B. Sayre (home-schooled & high school senior girls) scholarships that are available through IEHA. You can access these online. I also have a copy and can give you more information. Deadline for mailing is March 1, 2018. Don't wait until March to apply!

We also have Five new Scholarships available for \$500 each. Four will be given to an applicant admitted to or enrolled in a state accredited college or university and one to a state accredited vocational and technical program. Applications must be postmarked by May 1 to be considered and are to mailed to IEHA Immediate Past State President and can be found either on the website or in our books. If you know someone who is a Senior, please pass this information on to them.

IEHA is promoting L.O.V.E. of Family this year. It is the program our State President Anne Moore wants to promote. The letter L stands for the importance of Literacy, O stands for Opioid Abuse Awareness, V stands for Volunteerism, E stands for Education. For each three-month period of July thru September (L), October through December (O), January thru March (V), and April thru June (E), try to do something related to each of these letters. For the months of July to September, our club reported how many books we have read to promote Literacy. To promote Opioid Abuse Awareness our Club Secretary is putting an article in the paper. Let me know what you are doing so I can report it to Anne Moore. Thank you for your help in this program and we are also promoting IEHA and letting everyone know who we are and what we stand for. For more information on this, contact me or check out the website.

I received an email to let me know the special project for Cultural Arts at Home and Family will be an Apron. As I get more information, I will pass it on to you.

Have a Merry Christmas & Happy New Year!

