

Vigo County Extension Homemakers November/December 2019 Newsletter



Important Dates to Remember

November 5	Extension Office Closed, Election Day
November 11	Extension Craft Day
November 11	Extension Office Closed, Veterans Day
November 28-29	Extension Office Closed, Thanksgiving
December 9	Past Presidents Meeting
December 24-25	Extension Office Closed, Christmas



Be sure to check our website www.extension.purdue.edu/vigo for news and updates.

INTERNATIONAL DAY

We had an enjoyable day at the fairgrounds while we celebrated the country of Italy October 7th. Virginia Toppas told us about her visit as she shared slides of the scenery & places her family visited. Several of our extension attendees were reminded of their past visits as well.

The program was hosted by the Fayette Homemakers & Vocal Chords. We had a plentiful supply of delicious food. Actually, there was enough for a bigger crowd. Fayette's lasagna was fantastic.

Thank you to those of you who brought coloring books, crayons, & Ziplocs for our county projects for hospitals. I know several clubs brought them earlier to our September Council meeting as well.

EXTENSION CRAFT DAY – Nov. 11th

Set up time will be 9:30-10:00 in the Floriculture building at the fairgrounds.

Since craft day falls on Veterans Day we are encouraging you to bring photos of your loved ones that served in the military. Please include their names and the relationship to you. We also encourage you to wear red for Christmas or red, white and blue for Veterans Day.

Each club is requested to bring 2 dishes of sides or desserts to go along with the hostess's soup beans & cornbread. Clubs are also asked to remember to bring a raffle item for the sale.

Shopping will then be from 10:00-Noon with lunch to follow. We also hope to have it advertised on the Fair sign at the entrance to encourage shoppers from the community.

*Please RSVP to Linda Sturgeon at 812 241-6928.

PAST PRESIDENT'S CLUB

Past Presidents Club will be held December 9th at Cackleberries. Please be there at 10:30 in your holiday attire with a \$5.00 grab bag gift.

VIGO COUNTY VOCAL CHORDS

Welcome to our 2019-2020 season!

The twelve Melody Makers state songs we're singing this year are delightful to sing and exciting to learn – *Poor Wayfaring Stranger, And All That Jazz, God Bless America, A Thousand Years, The Frim Fram Sauce, One Song, Give Me a Choral Medley, Connected, Humble and Kind, Twistin' at the Hop, Jubilate Deo, and Love's Onward Journey.*

The Vocal Chords also produce two local shows for the Wabash Valley (Christmas and Spring) and have already started rehearsing our Christmas show – *All I Want for Christmas Is...!*

We already have seven Christmas Shows booked, but have room for more – so, if you know a group that would enjoy being entertained for the Holidays, please have them contact our Director,

Anne Hewner (annehewner@gmail.com) or VCVC Club President DeDe Schindel (1.812.877.3194, maildedede@aol.com).

If you (or someone you know) loves to sing, contact Anne or DeDe and we will gladly welcome them to try us out for a couple of rehearsals. We have open membership without auditions and sing a broad selection of three-part harmony music and perform throughout the Wabash Valley for various civic groups, churches, senior centers, birthday parties, and special functions.

When you have a moment, check out the Vigo County Vocal Chords Facebook page – it's full of information and fun photos to enjoy!

CHANGES – Home & Family Conference is Coming

The conference will be June 1-3, 2020 at the Embassy Suites Hotel in Plainfield. If you've never been to conference & want to apply for the First Timer's Award, please send your application to me before February 1, 2020. There is a 200-word essay about why you want to attend as well.

JUST A THOUGHT

As autumn wraps its colors around us and we find ourselves getting ready for the busy holiday rush to come, let's try to reflect on our friends, family, and the beauty all around us.

Hope you all have a great holiday season and we'll look forward to the new year of 2020.

Julia Reed

Julia Reed

Vigo County Extension Homemaker President

Educator Spotlight

A1C? Blood Glucose? Pre-diabetes? Adult Onset Diabetes? If you are hearing these words, you may already have diabetes or are close to becoming diabetic.

According to the American Diabetes Association, "diabetes is the seventh leading cause of death in the United States in 2015. On average, people who have been diagnosed with diabetes, have medical costs 2.3 times higher than what normal health expenditures would be in the absence of

diabetes." With the rising prevalence of diabetes and prediabetes within our society (1 in 10 Americans have diabetes, that's more than 30 million people), it is important to take a moment and understand your risk.

One in three American adults has pre-diabetes. Pre-diabetes occurs when a person's blood sugar level is higher than normal, but not high enough for a person to be diagnosed with diabetes. Without making changes to your lifestyle, you could develop type 2 diabetes and increase your risk for other health problems such as heart disease and stroke. The good news is that making lifestyle changes can help stop or delay the onset of pre-diabetes and diabetes.

Two of the most important changes we make is in choosing what to eat and being physically active. Making healthy food choices can be easy and enjoyable. Make half of your plate fruits and vegetables by enjoying them with meals, as a snack or a dessert.

Remember, choose a variety of colorful fruits and veggies that you can enjoy. Make half of you grains whole grains. Move to low-fat or fat-free milk or yogurt, this can help you cut back on saturated fat. Vary your protein routine and add in beans, nuts, eggs, lean meats and poultry. Physical activity has many benefits. It can help control weight, reduce your risk for chronic disease, strengthen your bones and muscles, relieve stress and improve your mental health and mood. Aim for thirty minutes of moderate physical activity on most days of the week. If you are finding it difficult to find thirty minutes in your day to exercise, find 10 minutes three times during the day to be active.

For more information on physical activity, visit the Centers for Disease Control and Prevention at <https://www.cdc.gov/physicalactivity/index.html>. For more Information on diabetes, visit the American Diabetes Association at <http://www.diabetes.org/>.

For information on who's at risk for diabetes, see risk factors below or visit <https://www.cdc.gov/diabetes/basics/risk-factors.html>

Prediabetes

You're at risk for developing prediabetes if you:

- Are overweight

- Are 45 yrs. or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week

You can prevent or reverse prediabetes with simple, proven lifestyle changes such as losing weight if you're overweight, eating healthier, and getting regular physical activity

Type 2 Diabetes

You're at risk for developing type 2 diabetes if you:

- Have prediabetes
- Are overweight
- Are 45 yrs. or older
- Have parent, brother or sister with type 2 diabetes
- Are physically active less than 3 times a week

You can prevent or delay type 2 diabetes with simple, proven lifestyle changes such as losing weight if you're overweight, eating healthier, and getting regular physical activity.

Jay Christiansen
 Extension Educator
 Health and Human Sciences



All I want for Christmas is...

**Vigo County Vocal Chords
 2019 Christmas Show**
 (Available from November 22-December 15, 2019)

- a fun mix of Christmas favorites, oldies, and contemporary songs!

Enjoy the holiday spirit as we take our turns telling Santa what we want for Christmas.

Two front teeth perhaps, or just a text from someone you love.

Everyone has a Christmas wish. What's yours?

We can perform at your facility or wherever your special event is taking place.
 We operate on a first-come, first-served basis.

Book Now For more information, contact:
 Anne Hewner: annehewner@gmail.com
 or DeDe Schindel: maildede@aol.com

Donations Gratefully Accepted