



BUSY BEE BUGLE

www.extension.purdue.edu/dearborn



November 2019

Dear EH Members,

Thank you to all for attending the holiday program! Frosty the Snowman was a very appropriate theme for this year as we are experiencing below average temperatures currently. Thank you to Jan, Sandy, and Carolyn for their endeavors for all the items in the Country Store. I look forward to hearing about the snowman items that you create from the book!

We would like to welcome new members Ed Braemer and Bill Scharold and welcome back Janet Braemer to the Hidden Valley Neighbors.

November is time to appreciate our caregivers. We also celebrate Peanut Butter Lovers Month and Thanksgiving. What are you thankful for? We are tremendous blessed if we take time to reflect. Wishing each and every one a Happy Thanksgiving!

Sincerely,
Marcia Parcell
Extension Educator
Health and Human Sciences

Dates to Remember

- December 3 "Dine In" for Healthy Families/*Neighbors as Family* #FCSday
- December 4 Homemaker Council 11 AM
- December 4 Pitch-in at Noon
- March 10, 2020 Madison Spring District Spring Meeting at Rising Sun Church of Christ hosted by Ohio County Extension Homemakers.



FROM THE KITCHEN OF JAN

Thanks to everyone that came to the Frosty the Snowman program. We had 21 in attendance. The food was great. We played how many words can you make from "Frosty The Snowman" and the winner had 64 words, she was from Decatur County. Thanks to the ladies from Dearborn, Decatur and Ohio Counties for coming and to Marcia for the crafts. Thanks for the baskets for the silent auction. Our Treasurer, Sandy Bruce, has been sick, so I'm not sure how much money we made. We missed Betty Willoughby at the party, but she is on the road to recovery. There was a suggested theme for next year of "Jingle Bells", if anyone has an idea let me know. When things go on sale after Christmas we can pick them up.

December 4 is the council meeting at 11:00am and then the Christmas party at 12:00noon. **We need to know by December 1 if you plan on coming.** This is a pitch in, so whatever is brought will be it.

JANUARY AND FEBURARY COUNCIL MEETINGS WILL BE GOING DARK.

Enjoy your turkey or ham for Thanksgiving. Enjoy Black Friday, if you go shopping.

My hand is getting better doing more each day.

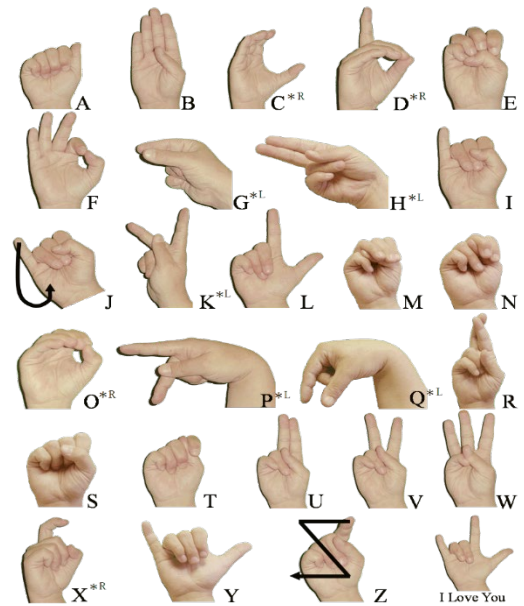
Hope to see you Dec.4.

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Brain Workout #5-November

“Staying intellectually engages is one of the most effective ways to guard against dementia” (Green, 2015, p.2). In fact, “challenging the brain—to learn new things, to be creative, to think “outside the box”—has been linked to the growth of new neurons (brain cells) and synapses (the pathways between brain cells)...the emergence of fresh brain cells and synapses may create a “cognitive reserve” that helps protect the brain from memory loss” (Green, 2015, p.2). One way to stretch the mind and challenge your brain is to learn a new language, such as sign language. Using the alphabet shown, practice signing your name!

Source: Green, C (2015). *TOTAL BRAIN HEALTH: A BLUEPRINT FOR IMPROVING BRAIN FITNESS (White Paper)*.



“Dining In” Day December 3—What is “Dine In” Day?

AAFCS honors found Ellen Swallow Richards by celebrating FCS Day on her birthday. Through the FCS Day initiative, AAFCS provides information, tools, and research on the benefits of families preparing and eating healthy meals together.

Since 2014, nearly half a million people have committed to “Dining In’ on Family &

Consumer Sciences (FCS) Day!

What You Can Do & How to Get Started

1. Identify neighborhood type for your “Dine In”.
2. Commit to “Dining In” with your neighborhood.
3. Start planning early.
4. Give stickers to your neighbors to save the date.
5. Join the conversation on social media.
6. Change your Facebook profile photo to the “Dining In” logo.
7. Pin your favorite meal recipes on the “Dining In’ Pinterest board.
8. Prepare and eat a healthy meal with your family and neighbors on December 3.
9. Have fun and take lots of photos!
10. Tell us about your “Dining In” experience with your neighbors.

Be sure to check the AAFCS website for updates and new resources! If

you have any questions or comments about this initiative, please emails nbock@aaafcs.org.

Source: AAFCS American Association of Family & Consumer Sciences

[www.aaafcs.org/FCS day](http://www.aaafcs.org/FCS%20day)
#FCSday
#healthyfamselfie

How To Observe National Family Caregivers Month

1. Attend a caregiving conference or workshop. Since it’s National family Caregivers Month, do something to make an impact. Check with the National Alliance for Caregiving for the details but if you can’t get away to Washington, attend a workshop instead. They have lots of practical advice. The main thing is to know that you are not alone.

2. **Download a caregiving toolkit.** Download the Circle of Care Mental Health Toolkit. Sponsored by the National Alliance for Caregiving, the toolkit covers topics including taking care of yourself, getting an accurate diagnosis, communicating with health professionals, finding community services, finding providers and more. This month, the resources you need are just a click away.
3. **Take naps.** One of the healthiest things you can do for yourself is to fit naps into your weekly schedule. Round-the-clock caregiving is never easy. But when your loved one takes a break, don't do another task—you take a break too. It's important not to wear yourself down or who will take care of you?

Five Reasons Caregiving Is So Tough

1. **Where's the other half?** Over half of family caregivers are women.
2. **Relationships may suffer.** One out of every four caregivers reports diminished family relationships because of caregiving a loved one.
3. **Now wonder you're tired.** Most caregivers work outside the home either part- or full-time in addition to their caregiving responsibilities.
4. **Children do it too.** Over a million American young people, aged eight to 18, care for an adult relative on a daily basis.
5. **It's hard to do self-care.** Nearly 70% of caregivers report they don't see their doctor regularly because of their responsibilities.

Why National Family Caregivers Month is Important

1. **Caregivers need love, too.** Caregiving while still holding down an outside job is exhausting. Much of caregiving is unpaid. National Family Caregivers Month in November provides resources for self-care, advocacy, and de-stressing for our caregivers. The month is dedicated to supporting caregivers as they care for others. This year's theme is "Caregiving Around the Clock."
2. **Learn how to cope.** National Family Caregivers Month features lots of vital information to help caregivers cope with a tough, and sometimes thankless job. There are tips for caregivers such as taking care of your own health, accepting offers of help from others, learning the skills to speak effectively with doctors, and being open to new, assistive technologies that can lighten your load. If you don't take care of yourself, who will?
3. **Check yourself for depression.** Watching a parent age or seeing someone change drastically due to illness can be devastating. Take some time to monitor your own wellbeing. If you are not sleeping well, exercising, or feel yourself becoming reclusive, speak to a professional about depression. It can hit anyone at any time. There's no shame in feeling overwhelmed.

Source: *National Today*

Bitcoin and Beyond: What Do You Know About Crypto?



This week marks the 11th anniversary of Bitcoin. It's one of the most talked about brand names in the fintech world, and for many people, it's as synonymous with cryptocurrency. Think

using Coke in place of soda, Kleenex in place of facial tissue, Chapstick in place of lip balm. There are even terms to define this phenomenon: genericized trademark or proprietary eponym. Essentially, the brand name becomes the common name we use to describe all similar products. In the case of Bitcoin, we often use it in place of cryptocurrency, even though there are more than 2,900 different cryptocurrencies in existence.

So what is cryptocurrency and how does it apply to investing?

First, let's define cryptocurrencies with some help from the North American Securities Administrators Association, or NASAA.

"Cryptocurrencies are digital assets created by companies or individuals that take the form of a virtual coin or token. Anyone can create a cryptocurrency. Cryptocurrencies are intangible and exist only on the internet. Central banks and other governmental authorities do not insure or control cryptocurrencies. You cannot always exchange them for other fiat currencies (i.e., currencies declared "legal tender" by governments), such as the U.S. or Canadian dollar or Mexican peso. Cryptocurrencies trade on unregulated, opaque

exchanges on which there may be little or no opportunity to independently verify their true market value. And given the newness and uniqueness of cryptocurrencies and related instruments, they do not yet have a clear place in the existing framework of financial regulation.”

For some investors, the decentralized, unregulated nature of cryptocurrencies makes them MORE appealing, and fraudsters agree.

Fraudsters all too eager to exploit investors' interest in the crypto craze. Here are some common schemes associated with cryptocurrencies:

- **Fake digital wallets** – A digital wallet is used to store, send, and receive cryptocurrencies. Scammers design a fake digital wallet to lure users into providing their private key or code that enables the wallet to open. Once a scammer receives the private key, he or she can steal all the cryptocurrency from the owner's digital wallet.
- **Pump-and-dumps** – Groups of individuals coordinate to buy a thinly-traded cryptocurrency, promote the cryptocurrency on social media to push up demand and price, and then sell it in a coordinated sale. The price plummets and those unaware of the scheme are left with the devalued cryptocurrency.
- **Multi-level marketing platforms** – Companies lure investors through the promise of high interest with low risk. These investors are then incentivized to recruit more members.

In an effort to combat cryptocurrency scams, the Indiana Securities Division joined forces with NASAA to investigate Initial Coin Offerings (ICOs) and cryptocurrency-related investment products. “Operation Cryptosweep” involves more than 40 NASAA members, including the Indiana Securities Division. To date, the operation has resulted in more than 330 inquiries and investigations and at least 85 enforcement actions. As part of the sweep, the Indiana Securities Division filed a cease and desist order against Bionic for registration violations.

Before investing in crypto-related products, here are some common concerns you should consider:

- **Volatility** - Cryptocurrency markets are highly volatile, making them unsuitable for most investors looking to meet long-term savings or retirement goals. To understand this volatility, just look to the Bitcoin crash of 2018. It was valued at \$6,447 on October 31, 2017 before spiking to an all-time high of \$19,068 on December 17, 2017 and returning to \$6,283 as of October 30, 2018. Other cryptocurrencies experienced similar volatility.
- **No recourse** - Cryptocurrency and many crypto-related investments are subject to minimal regulatory oversight, and there may be no recourse should the cryptocurrency disappear due to a cybersecurity breach or hack.
- **Untraceable** - Cryptocurrency or crypto-related investments only exist on the internet. Issuers can be located anywhere in the world, so it may be impossible to trace and recover lost funds through the courts.
- **Uninsured** - Cryptocurrency accounts are not insured by the Federal Deposit Insurance Corporation, or FDIC.
- **Unregulated** - Cryptocurrency investors rely upon unregulated exchanges that may lack appropriate internal controls, making them susceptible to fraud, theft and hacking.
- **Hackable** - Creating a digital wallet to store cryptocurrency involves installing software on an investor's computer. As with any software download, hackers may include malicious code.
- **Vulnerable** - Purchasers of cryptocurrencies rely on the strength of their own computer systems as well as systems provided by third parties to protect purchased cryptocurrencies from theft.

Last year, ahead of the 10th anniversary of Bitcoin, the Securities Division of the Indiana Secretary of State's office released an investor advisory on the subject of cryptocurrencies. Additionally, NASAA created a short, animated video to help investors better understand cryptocurrency-related investing and the risks involved.

Source: MoneyWise Matters Blog

WHAT IS THE HEALTHIEST FRUIT OR VEGGIE?—By Meredith McGrath, RD, LDN

When it comes to fruits and vegetables, more really does matter when it comes to building and maintaining a healthy body!

As a Registered Dietitian, I tend to get many questions daily. What should I eat? Are “carbs” bad for you? How do I lose weight? One of my favorite questions: What is the healthiest fruit or vegetable to eat? I love this question because it’s easy to answer: ALL of them!



Eat More Colors

We know that fruits and vegetables come in all the colors of the rainbow. Each of those colors represents different nutrients that aid your body in many ways. For example, if you only eat an apple every day, you are missing out on the nutrients that are provided by bananas, oranges, grapes, etc. So, not only do you want to push yourself to eat MORE daily, eat MORE colors!

3 Colorful Meals Loaded with Fruits & Veggies

Breakfast

- Egg white omelet with your favorite veggies (spinach, tomatoes, and onions are mine!) topped with a slice of reduced-fat cheese
- Fat-free yogurt topped with blueberries
- Whole-grain toast

Lunch

- Leafy greens topped with tuna salad, dried cranberries, feta cheese, and a lite dressing
- Orange slices

Dinner

- Grilled chicken topped with a mango salsa
- Brown rice
- Broccoli
- Pineapple chunks

Phytochemicals

Not only is there a difference in vitamins and minerals among fruits and vegetables, but they also contain compounds called phytochemicals. Phytochemicals are found in plant foods and are beneficial to your body in many ways. By eating a variety of fruits and vegetables in different forms (fresh, canned, frozen, and dried) you can be sure you are doing the very best for your body!

6 Phytochemicals and Their Health Benefits

| Phytochemical | Proposed Benefits | Food Sources |
|----------------------|---|--|
| Beta-Carotene | Immune System Vision Skin Health Bone Health | Pumpkin, Sweet Potato, Carrots, Winter Squash, Cantaloupe, Apricots, Spinach, Collard Greens, Kale, Broccoli |
| Lycopene | Cancer (Prostate) Heart Health | Tomatoes, Pink Grapefruit, Red Peppers, Watermelon, Tomato Products |
| Lutein | Eye Health Cancer Heart Health | Collard Greens, Kale, Spinach, Broccoli, Brussels Sprouts, Lettuces, Artichokes |
| Resveratrol | Heart Health Cancer Lung Health Inflammation | Red Wine, Peanuts, Grapes |

| | | |
|-----------------------|--|--|
| Anthocyanidins | Blood Vessel Health | Blueberries, Blackberries, Plums, Cranberries, Raspberries, Red Onions, Red Potatoes, Red Radishes, Strawberries |
| Isoflavones | Menopause Cancer (Breast) Bone Health Joint Inflammation Lower Cholesterol | |

PEANUT BUTTER LOVER’S MONTH

1. The average American eats about three pounds of peanut butter per year.
2. Despite their name, peanuts are actually legumes, not nuts.
3. Americans spend nearly \$800 million per year on peanut butter.
4. Peanut butter was an easy way to get nourishing protein to troops, so peanut butter sandwiches were a big hit. Peanut butter has been popular ever since.
5. Peanut butter’s heart healthy, may reduce the risk of colon cancer, helps protect your memory, and is high in protein and potassium.



Source: nationaltoday.com/national-peanut-butter-lovers-month/

15 Crunchy Facts for Peanut Butter Lover’s Month

November is Peanut Butter Lover’s Month, so let’s find out everything we need to know about jelly’s best friend.

1. There is some debate over who invented peanut butter, but the first American patent for the lunchbox staple went to John Harvey Kellogg in 1895. Canadian Marcellus Gilmore Edson had patented a proto-peanut paste the year before, which doesn’t sound like it’d be quite as tasty when spread on celery.
2. More than half of the American peanut crop is used to make peanut butter, and that’s a lot of peanuts. America is the world’s third-highest peanut-producing nation, after China and India.
3. It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
4. Peanut butter sales were confined to regional markets until the development of hydrogenation in the 1920s. Hydrogenation stops the separation of peanut oil and solids by raising the melting point so that peanut butter is a solid at room temperature. Hydrogenated peanut butter outsold natural for the first time in 1942.
5. Arachibutyrophobia is the fear of getting peanut butter stuck to the top of your mouth.
6. There are plenty of all-natural peanut butters to choose from these days, but no matter what brand you pick up, rest assured that most of what you’re getting is peanut. In fact, law dictates that any product labeled “peanut butter” in the United States must be at least 90 percent peanut.
7. In the ongoing battle of crunchy versus smooth, sales records show some demographic breakdowns: People living on the East Coast prefer creamy peanut butter, while those on the West Coast prefer the crunchy style. Additionally, women and children prefer creamy, while most men opt for chunky.
8. Even after accounting for those preferences, 80 percent of the peanut butter sold in the U.S. is creamy, while only 17 percent is crunchy. The remainder is a mixed variety where peanut butter and jelly are together in the same jar.

9. Peanut butter is more than just delicious and filling—it may also have long-term health benefits. One recent study showed that girls between the ages of 9 and 15 who regularly ate peanut butter were 39 percent less likely to develop benign breast disease by age 30.
10. Peanut butter is also loaded with potassium, which is shown to help counteract the effects of a high-sodium diet by relaxing the blood vessels. This is especially helpful when you consider that there's a vocal group of foodies touting the deliciousness of pairing peanut butter with bacon.
11. Animal trainers for movies and TV have achieved a “talking horse” effect by feeding their equine actors sticky peanut butter and letting them flap their jaws.
12. Peanuts, it seems, are very presidential. Thomas Jefferson dabbled in peanut farming before becoming president.
13. Peanut butter and jelly sandwiches are considered the all-American school lunch food, but when it comes to pure peanut butter, Canadians and the Dutch actually consume more per capita than Americans do.
14. The peanuts in your peanut butter today are a different variety than the ones used 50 years ago. In the 1960s, peanut butter was made with a combination of Spanish peanuts (which have a sweet taste because of their high oil content and are used as cocktail peanuts) and Virginia peanuts (whose low oil content balances out the Spanish), whereas nowadays the prolific and less expensive runner peanuts are used.
15. Grand Saline, Texas, holds the record for the largest peanut butter and jelly sandwich, which weighed in at 1,342 pounds.



Source: *Mental Floss*

Peanut Butter Banana Spirals

- | | |
|--------------------------------|--|
| ½ cup peanut butter | 2 ripe bananas, sliced |
| 1/3 cup vanilla low-fat yogurt | 4 (8-inch) whole-wheat flour tortillas |
| 1 tablespoon orange juice | ¼ teaspoon ground cinnamon |

Combine peanut butter and yogurt, stirring until smooth. Drizzle juice over bananas; toss gently to coat. Spread 3 tablespoons peanut butter mixture over each tortilla. Arrange banana slices over peanut butter mixture. Sprinkle cinnamon over banana slices. Roll up. Slice each roll into 6 pieces.

Source: www.michiganfitness.org

Peanut Butter Balls

Serves: 25

- | | |
|---|-----------------------------|
| 1 can (15oz) great northern beans, drained & rinsed | 1 ¼ cups peanut butter |
| 1/3 cup honey | 1 ½ cups quick cooking oats |
| 1 tablespoon vanilla | |

Mash the great northern beans with a fork in a bowl until smooth. Add the honey and vanilla. Stir. Add peanut butter. Stir until blended. Stir in the oatmeal. Wash hands. Use a tablespoon to scoop up some of the peanut butter mixture. Shape the mixture into balls (makes 50 balls). Store leftover balls in an airtight container in the refrigerator.

TIPS:

- This recipe is not for children under age 1 because it contains honey and peanut butter.
- You can use a blender or food processor to mix ingredients before shaping into balls.
- You can store peanut butter balls in the freezer. Lay them out on a cookie sheet and freeze. Then store in a freezer bag. Thaw for 5 minutes before serving.
- Alternate Peanut Butter Balls with washed fresh fruit pieces on a toothpick or kebab stick. Use fruit that will not brown such as kiwi slices, grapes, pineapple, strawberries, and blueberries.

Source: *Iowa State University Extension and Outreach*

11 Tips for a Healthy Fall

As the days get shorter and cooler and the leaves change color, use these 11 healthy strategies to help prevent chronic diseases like type 2 diabetes, heart disease, and cancer.

1. *Don't Use Tobacco.* You can quit today! Call 1-800-QUIT-NOW for free support.
2. *Eat Healthy.* Delicious fruits, vegetables, whole grains, lean meats, and low-fat dairy products make healthy meals. TIP: Choose fat-free or low-fat milk or yogurt more often than cheese. They have more potassium and less sodium.
3. *Move More, Sit Less.* Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.
4. *Be Sun Safe.* Wear long-sleeved shirts and pants, a wide-brimmed hat, and sunglasses and use broad spectrum sunscreen with at least SPF 15. TIP: Even if the weather is cooler, the sun can still damage your skin. UV rays, not the temperature, do the damage.
5. *Rethink Your Drink.* Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.
6. *Brush Your Teeth.* Brush twice a day with fluoride toothpaste.
7. *Sleep.* Get at least 7 hours of sleep every night.
8. *Learn Your Family Health History.* Talk to your family and your doctor about your family health history.
9. *Get Your Screenings.* Visit your doctor regularly for preventive services like cancer and diabetes screenings.
10. *Wash Your Hands.* Wash your hands with soap and clean running water for 20 seconds. Did you know? Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.
11. *Get Your Flu Shot.* An annual flu vaccine is the best way to help protect against flu, especially for cancer survivors.

Source: CDC's National Center for Chronic Disease Prevention and Health Promotion

Tips for a good night's sleep from the National Institute on Health:

- Follow a sleep schedule. Go to bed and get up the same time each day, even on weekends.
- Avoid eating heavy foods or large meals. Close to the time you go to bed, you do not want food laying in your stomach, so try to avoid eating large meals right before sleep.
- Don't use technology in bedroom. The light from televisions, computers, cell phones and tablets make it difficult to fall asleep.
- Control the temperature. Don't make your bedroom too warm or too cold.
- Stay away from caffeine. Caffeine is a stimulant and may keep you awake.
- Exercise every day. Exercise daily around the same time every day, but not within three hours of your bedtime.
- Avoid napping. During the late afternoon, try not to nap because it can keep you awake at night.
- Develop a bedtime routine. By taking time to relax by reading a book, taking a warm bath or listening to music before bed, you may make falling asleep easier.

