Horizons

A publication of Purdue Extension Hamilton County

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Hello all,

In the last two weeks our world has changed almost hour by hour and it continues to bring challenges each day but spring is around the corner. Flowers are starting to bloom, trees are budding, and the birds are chirping. Although we are in our homes, there has never been a more important time for our program information and service of the Extension Homemakers. I know many of you have been busy making masks. Others are checking in with neighbors, and grocery shopping for club members. On our social media pages we are trying to provide information on finances and food. Please share with us how your club might be reaching out to others while staying in place….we would love to share this.

In this time of "social distancing" perhaps it should be considered "physical distancing" because we still need to be social, reach out to each other through phone calls, texts, email or even try a Facebook group call or Zoom meeting. Please follow the guidelines to stay home in place and stay safe. BE healthy and I look forward to visiting with you all soon!

Susan L. Peterson
County Extension Director
Extension Educator, HHS

Dear Extension Homemakers,

No one could have predicted what we are experiencing in our lives right now. March was a month of challenges in so many ways. It has been filled with changes, cancellations, fear, hope, and the stopping of "normal" as we know it. Our office is currently running with "limited public access." We get voice messages and emails remotely but we are here for you.

This issue of ***Horizons*** contains what is currently canceled for Extension Homemakers. Every day (or hour) brings something else to be added. You will also find information on reducing food waste, controlling stress when your income drops, COVID-19 concerns while grocery shopping, and learn some tips on love languages.

I look forward to seeing you all sometime again soon.

Stay safe,
Stay healthy.
Stay home as much as you can.

Bernie Huber
Program Assistant
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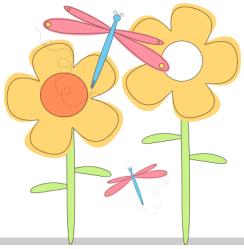
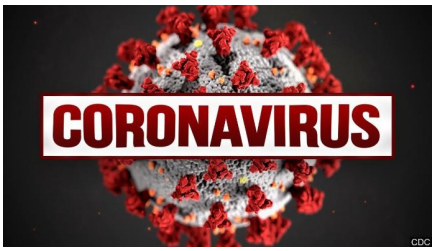
CALENDAR 2020

April 6	Board Meeting Council Meeting	6:00 p.m. 6:30 p.m.
May 6	Self Defense & Exercises at Home—Canceled	6:30 - 7:30 p.m.
June 1 - 3	Home & Family Conference—Canceled Embassy Suites, Plainfield	
June 2	Melody Makers at Indianapolis—Canceled	7:00 p.m.
June 8	Board Meeting Council Meeting ***Note – Second Monday***	10:30 a.m. 12:30 p.m.
June 25	Achievement Day (details coming soon)	6:00 p.m.
July 16- 20	Hamilton County 4-H Fair *Flower Show, July 16 -- 20* *Food and Craft Show, July 18 - 20* *Used Book Sale, July 16 - 20*	
August 7-23	Indiana State Fair	





THIS FAMILIAR SYMBOL SURE HAS CHANGED OUR LIVES.

Home and Family Conference Announcement

"It is the state board's decision to cancel 2020 Home & Family Conference. We are in uncharted waters with the COVID-19 concerns. We regret to cancel the conference, but feel it is in the best interest of our member's health. We are working on alternative ways to bring programs to our members and will have more news in April."

CULTURAL ARTS

Quilts – full sized quilts, crib/baby quilts
Needlework – needlepoint, counted cross stitch, embroidery, crewel embroidery
Crafts/Miscellaneous – all items not included in one of the above categories

SPECIAL PROJECT—aprons

Let us know what you are doing to stay occupied while staying in place. We would love to share it or address your needs. Send a photo if you can. Email me at bchuber@purdue.edu.

Installation of Officers at Achievement Day

2020—2021 Slate of Officers

President	Betty Clark, Fall Creek Home Arts
Vice President	Iris Beechler, Roaring 20's
Secretary	Ginny Hughes, East Wayne
Treasurer	Rachel Merrill, Friendly Eagles
Asst. Treasurer	Beth Oberbeck, Roaring 20's
Recorder	Candy Voit, Fall Creek Home Arts
Education	Iris Beechler, Roaring 20's
Leadership	**opening**
Volunteer Community Support	Linda Burdett, Roaring 20's
Public Relations	Valerie Carson, Roaring 20's
Past President	Sue Coshow, Harbourites

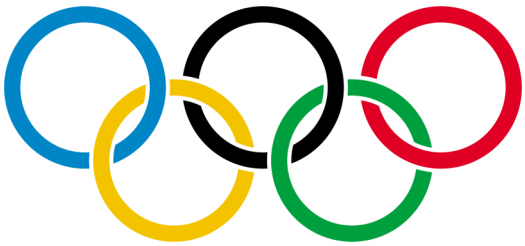
Indianapolis District Retreat
September 23 - 24, 2020
Waycross Camp and Conference Center
7363 Bear Creek Road
Morgantown, IN 46160
More details to come.
Crafts. Fellowship. Fun.

If you would like to receive this newsletter electronically:
-e-mail Bernie (bchuber@purdue.edu)
OR
-contact the office at 317-776-0854.

Sign Up to work at the Fair!

Are you ready to volunteer at the Hamilton County 4-H Fair? There are many opportunities available in the Homemakers Kitchen, the Flower Show, the Food & Craft Show, and the Used Book Sale. Many of the openings are sit-down jobs. Please try to help if you are able.

2020 Flower Show
"Olympics in Bloom"



Books!

Hamilton County Extension Homemakers are once again having a *USED BOOK SALE* as a part of the Hamilton County 4-H Fair.

Books!

Food & Craft Books are ready. Registration forms available online at www.extension.purdue.edu/hamilton. Find it on the Hamilton County 4-H Fair page.

BOOKS!

As you spring clean, please donate your gently used cooking, gardening, stitchery, holiday, craft, travel, decorating, woodworking, or children's books to this popular sale. You may bring your books at anytime to the Extension Office.

All proceeds go towards Scholarships

CALL
317-776-0854

Hamilton County 4-H Fair
July 16-20, 2020

Be a 4-H Plaque Sponsor

I would like to sponsor the following awards.
I have listed the project areas requested in order of preference. I know that in some cases I may not get my first choice.

	QUANTITY				
Division Champion ($10)	_____	x	$10.00	=	$_____
Reserve Grand Champion ($10)	_____	x	$10.00	=	$_____
Grand Champion ($20)	_____	x	$20.00	=	$_____
			TOTAL		$_____

Project Area Requested:_____

_____ I wish to receive a receipt for tax purposes (Check if yes)

Sponsor's Name: _____

Sponsor's Mailing Address: _____

_____

Sponsor's Telephone Number: _____email _____

Please return this form to: Purdue Extension Hamilton County Office, 2003 Pleasant Street, Noblesville, IN 46060-3697

Volunteer Community Support

Some homemaker club members are using their sewing skills to help out by making cotton "non-surgical masks." Please check with local hospitals and nursing homes to see what they need and the supplies required.

Here are a few resources and videos to help you. Thank you for helping where you can.

https://leahday.com/pages/how-to-make-a-face-mask-free-pattern

https://youtu.be/9tBg0Os5FWQ

https://www.youtube.com/watch?v=4FB--BOyTiU

Tie quilts for the homeless are up to 35.

2020 Extension Homemaker Scholarship Winners

Winners will be chosen when it is safe to be in groups again. Date to be determined.

IEHA Members Wanted

The State Membership Committee has been focused on learning more about each of the generations that make up our membership. It's been exciting to learn the differences in how we each may see or experience the same organization. By understanding more about how each generation prefer to communicate and what they see as a priority will teach us how we can serve them best.

Millennials

Community service is very important to them so when we speak to them about what the IEHA has to offer, we need to emphasize the extensive community service work that we do. Research also tells us that Millennials prefer to *work in groups* and are not typically interested in bureaucratic hierarchy. From that we know that leadership development will not be a priority for them, and their local clubs will operate with a different style as in the past.

Generation X

A *work/life balance* and *value for their dollar* are important. This generation is reaching an age where their children are grown, they are in the peak of their earning power and they are preparing for retirement. There could be a huge opportunity for membership growth with this group. So, when we speak to Generation X about the IEHA we need to help them understand how it can fit into their schedule and why it is worth the financial investment.

Baby Boomers

Tradition is important. As we evolve and change our approaches to meet the needs of the other generations, we need to be considerate of what the this generation may see as an "untouchable." And while many of the Baby Boom generation have become technologically savvy, the majority still prefers to communicate in a more personal face-to-face manner or by telephone.

We can't sacrifice communication to one generation for the communication to another. We will need to communicate in multiple ways. The membership committee will continue its work with emphasis on how to build a membership drive with target messaging/marketing to reach each generation.

Stay tuned for more.

Message from the president

When I asked your president, Sue Coshow, if she had any words for the homemakers she said, "If kids need something to do while being off school, have them pick up trash outside. *Let's Keep America Beautiful*." Remember that saying? Spread a little sunshine where you can by cleaning up.

I like the quote for April in the program book too.

"Smiling doesn't necessarily mean you're happy. Sometimes it just means you're strong."

EAT RIGHT

BITE BY BITE

National Nutrition Month®
March 2020

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eat Right and Reduce Food Waste

GO FURTHER with FOOD by incorporating these food, nutrition and physical activity tips.

People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days.

It's been estimated that Americans throw away 90 billion pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields.

Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home.

A good place to start is right in your own kitchen. Here are a few tips that will help.

Plan Meals Based on the Foods You Already Have on Hand.

- Look in the refrigerator, freezer and pantry for foods that need to be used up.
- Write a list of the ingredients you still need.
- Buy only the amount that can be eaten or frozen within a few days. This is especially important for perishable foods, like fresh fruits, vegetables, meats, dairy products and seafood.

Get Creative with Leftovers

Transform meals into soups, salads or sandwiches by cutting up leftover meats and veggies.

- Use as a topping for salads or cooked grains like rice or pasta.

- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup, then enjoy or freeze for future use.
- Eat as a leftover meal later in the week.
- Or simply brown bag the leftovers for lunch.

Master the Shelf Life of Foods

Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by. Because these dates refer to the product's quality, it doesn't necessarily mean they should be thrown out.

- "Use by", "Best by" and "Best Before" dates are found on foods, such as mustard, salad dressing and ketchup. These products usually don't need to be refrigerated until opened. In many cases, they are safe to eat beyond the date as long as they have been stored properly.
- "Sell by" dates are displayed on perishable foods, such as meats and dairy products. It's possible these foods may be used a few days after that date, as long as they were stored at a safe temperature.

Practice Good Food Safety

- Don't risk eating or drinking anything that you suspect has spoiled.
- Eat leftovers within 3 to 4 days (or freeze for up to 3 to 4 months).
- Test your food safety knowledge or find out if it's time to toss those foods by downloading the "Is My Food Safe" app or accessing the FoodKeeper App online.
- Create ideal storage conditions
- Store foods in the pantry so that products with closer dates are up front.
- Place foods that could spoil quickly within sight, such as in the front of the refrigerator or on the counter (if they're not perishable).
- Wait to wash produce until right before serving.
- Learn which fruits and vegetables to store in the refrigerator. Some produce will cause other fruits and vegetables to ripen quickly, so they need to be separated. And others should be stored in a cool, dark, dry place. Check out the "How to Keep Produce Fresh Longer – Infographic" for more information.

Other Ways to Go Further with Food

- Be mindful of portion sizes. Choose smaller portions to stay within your calorie needs, as MyPlate recommends.
- Order smaller sizes of foods and drinks when eating away from home. Or ask for a to-go container at the start of a meal.
- Learn how to properly can or dehydrate foods at home.
- Donate extra foods that are still safe to eat to a local food pantry or shelter.
- Consider composting.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

eat right.

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

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2003 Pleasant Street
Noblesville, IN 46060

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.
Sources: Let's Talk Trash, USDA ChooseMyPlate.gov; The State of America's Wasted Food & Opportunities to Make a Difference. Academy of Nutrition and Dietetics Foundation, 2016; Leftovers and Food Safety, USDA Food Safety and Inspection Service.

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Family Life
The Marriage Garden
Learning Languages of Love in Marriage

Love is more than words. It is more than an occasional gift. Love is a commitment to another person that shows itself in our willingness to adapt to and cooperate with another person. It is hard work.

When we are first courting a person we are delighted that someone notices us and cares about us. Every gift is cherished. As the years pass, it requires more than any-old-gift to show genuine love. But, if we have been paying attention, we know more about what is important to our partner. We are better at loving.

Loving is the most rewarding thing a person can do. It is rewarding not only in that it provides us companionship with another person, it is also rewarding because, in the process of coming to understand and work with another person, we become more sensitive, more tender, and more unselfish. It makes us into better humans.

Some people may think that the great evidence of love is the oft-repeated words: "I love you." But love is more than words. It requires us to notice what is important to our partners. For example, if you were to give a very expensive dog to your partner as a gift, it would only be an effective evidence of love if your partner wanted a dog. For many partners such a gift would be a sign of insensitivity.

People like to be shown love in different ways. These different ways might be thought of as different languages of love. When we really love another person we study what is important to him or her. We customize our messages of love to fit our partner's preferences.

One language of love is telling. Some people love to hear words of affection. "I love you." "I enjoy being with you." "You mean so much to me." Some people want to hear such words every day, maybe even several times every day. Yet some people think that words are not enough or not a meaningful demonstration of love.

Another language is showing. Some people want to see love in action. "If you love me, help me around the house." "If you love me, make time to be with me." "Show me your love by the way you help with the children." For some people, actions speak much louder than words.

Another language is touching. Some people love to hug and cuddle. They appreciate a partner who holds his or her hand. They may like to sit close. Physical closeness is important to them.

Most people do not want love in just one language; we all have a combination of languages of love. One may prefer showing with occasional telling. Another may want lots of hugging with regular doses of showing. We may discover another person's language of love by noticing how that person shows love, by noticing how that person has preferred to receive love, or by asking what that person enjoys.

There are other powerful languages of love: taking time and showing understanding. These two languages are so important that a separate unit is dedicated to each of them. Since languages of love are also important in our relationships with our children, there are units on that subject in this series.

Gladly accept your partner's efforts to show you love while sending clear messages about your preferences. Sometimes we become impatient with our partner's efforts to show us love. Sometimes our languages are so different from each other that it is hard for either of us to get the message through. We can choose to appreciate our partners' best efforts and we can keep trying to be more effective in our own efforts to show love.

Loving takes effort. That is good news! Real love requires a real commitment and it leads to real growth. You can never show love perfectly but you can keep trying. The willingness to keep trying is part of the message of love.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

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PURDUE UNIVERSITY | Extension - Health and Human Sciences

When Your Income Drops

Control Stress

The Covid 19 pandemic is causing major changes in our lives. These include social isolation, working from home, and for some, the inability to work. This leads to a drop in income and security. When this happens we are likely to become stressed as you cope with the worry of how you are going to pay your bills and care for your family.

It is important to understand some causes, effects, and ways of handling stress to cope with difficult times. Severe and prolonged stress of the type associated with events causing loss of income can have a serious effect on a person's physical and mental health. Stress-related exhaustion is believed to play a significant role in heart attacks, high blood pressure, cancer, some kinds of arthritis, migraine headaches, peptic ulcers, asthma, allergies, and kidney and thyroid disease. Stress alone probably does not cause these disorders; rather, it is one factor in their onset and progression. In addition, stress contributes to many types of accidents through human error, fatigue, worry, and haste.
If your income has dropped, suddenly you must cope with this worry as well as daily reminders-the bills piling up, the children needing shoes, medical treatment, or school supplies. Regardless of the source of stress, your body may react to it in three stages: alarm, resistance, and exhaustion.

Managing your well-being

What can you do? Concentrate your efforts on keeping your psyche, your family, and your body as strong as possible: ***Don't blame yourself*** for what has happened. Many other people are in your situation. Find support with friends, family, and others going through similar circumstances. The anger and depression you feel will gradually disappear. Recognize it for what it is - a natural and temporary feeling.

Don't keep anxiety and anger bottled up. Talk out your problems with your family or someone close to you. Be honest about your situation, your anger, your hurt, your confusion. Your spouse and children know when you are feeling tension. Others can help if you will let them.

Take one thing at a time. Set small goals and celebrate your progress. Don't try to resolve all your problems at once.

Keep yourself occupied, active, and involved. The loss of a job presents you with more time than you want to think about your troubles. Of course, you need to spend some time planning your future but don't allow yourself to worry continuously about these problems. Spend some of your time doing those family and personal things you've been postponing for years.

Keep yourself healthy through sensible diet and exercise. Although your family income may be sharply reduced, it is important to maintain good nutrition. Exercise regularly to keep fit, reduce tension, and help your self-esteem. Maintain medical and life insurance if possible.

A resource to help you manage your stress. https://extension.uga.edu/publications/detail.html?number=C1041-7
If you have stress related to contracting Covid 19: https://counseling.uci.edu/0_coping-with-stress.pdf

References
1. Cudaback, D.J. Stress, Parts I-V, Cooperative Extension Service, University of California.
2. Bridgman, B. Layoffs and Stress: What You Can Do About It. Kansas Department of Social and Rehabilitation Services.
3. National Manpower Task Force and the Coping with Unemployment Network, "Family Security," Coping with Unemployment Resource Notebook, Cooperative Extension Service. Dr. Joe Lanham, Program Leader, USDA

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Food Science
ag.purdue.edu/foodsci
FS-36-W

How to Prevent Wuhan Coronavirus Infection:

LESSONS FROM NOROVIRUS PREVENTION

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Peer-reviewed by
Amanda Deering, Ph.D.,
and **Christine Bruhn, Ph.D.**

The 2019 Novel Coronavirus (2019-nCoV) is commonly known as Wuhan coronavirus, due to the first outbreak being reported in Wuhan, China. As of the writing of this article on January 29, 2020, the number of infections has exceeded 6,000 worldwide, the death toll is 132 and climbing, and the Centers for Disease Control and Prevention (CDC) has reported several cases among travelers from China to the United States. The Wuhan coronavirus has the world's attention.

Like many virus-causing diseases, there is no vaccine to protect against this virus. Our knowledge about this new virus is limited. However, other person-to-person contact infection viruses, such as norovirus, have been studied at great length, so we know this: Enhancing personal hygiene can help protect ourselves and others.

Norovirus is a waterborne and foodborne virus that causes vomiting and diarrhea. It is very contagious. CDC estimates that norovirus contributes to 19 million illness cases and 570 deaths in the United States annually. Like the Wuhan coronavirus, there is no medication that treats people with norovirus illness. The best way to protect ourselves is to prevent possible infection.

This brief article offers food safety advice to stem the spread of virus infections. Although the spread of coronavirus is NOT related to food handling, the following recommendations will reduce the spread of virus.

1. **Cover your mouth and nose, when coughing and sneezing**

   Coronavirus may transmit through the air. When coughing and sneezing, cover your mouth and nose with tissue paper. Throw the soiled tissue papers in the trash and wash your hands.

2. **Handwashing**

   Handwashing is one of the most effective ways to protect against viruses. Proper handwashing involves three steps.

   - Use soap, preferably liquid soap; bar soap can transmit pathogens.

- Wash your hands for at least 20 seconds. (Sing the "Happy Birthday" song twice.) Why that long? A virus can cling to the skin and be hard to remove.
- Dry your hands with a disposable towel. That may not sound environmentally friendly, but multiuse cloth towels can become a source of contamination. It is not recommended that you wipe your hands on your jeans or shake wet hands in the air.

A hand sanitizer helps but is not a substitute for handwashing. Hand sanitizers are not as effective at removing some virus particles – norovirus, for example. However, when soap and water are unavailable, use an alcohol-based hand sanitizer.

Wearing disposable gloves cannot substitute for handwashing. Gloves are used to protect us, but do not let them become a source of contamination. Once the virus contacts gloves, it can travel with the gloves. Dispose of used gloves and change them often. Between glove changes, you will need to wash your hands to avoid cross-contamination.

3. **Contact surface cleaning and sanitization**

   Viruses can survive on furniture surfaces, such as door handles or tables, for two weeks. If you are unsure whether you should touch the surface, start with these two steps: cleaning and sanitizing. We recommend cleaning and sanitizing in a 25-foot circle.

   First, wipe the surface with disposable towels immersed in soap and water, then dry the surface with dry disposable towels. Remember that if the surface was contaminated with a virus, the soiled towel could become a new contamination source. Dispose of the used towel. Second, sanitize the surface by applying a bleach solution or other disinfectant approved by EPA. Follow the instruction on labels when using bleach or other disinfectant, including how to dilute it, use it, and if a rinse step is required.

   Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with a person who is confirmed to have, or being evaluated for, 2019-coronavirus infection.

4. **Food safety**

   If you suspect food might be contaminated, throw it out. Reheating does not make all foods safe. If the food is contaminated by a bacterium that produces a toxin, the toxin may not be inactivated. This is especially

important for the following population groups who are at a higher risk of contracting foodborne pathogens: pregnant women, children age 5 or younger, adults age 55 or older, people with weakened immune systems (those experiencing chemotherapy, are HIV infected, or are organ transplant patients), and people with diabetes. If you are in one of those groups, be extra careful with your food preparation and handling practices. Avoid undercooked or raw foods, including raw vegetable and fruit.

In general, leftovers should be reheated to an internal temperature of 165°F (74°C). A food thermometer can help you ensure the food you cook or reheat reaches the temperature necessary to kill pathogens

5. **When necessary, avoid preparing food for others**

   Though it is challenging, sometimes you have to say "no" to food handling at home and at work, especially when you feel sick and suspect your health condition may be related to a virus infection. If you are your family's primary food preparer or are working in a food establishment, you are one of the most important persons when it comes to protecting your family or your customers from illness. If you feel sick, stop preparing food, and seek help.

For updates and more information, visit CDC's website at https://www.cdc.gov/coronavirus/2019-nCoV/index.html

References

Centers for Disease Control and Prevention, 2020, 2019 Novel Coronavirus, Wuhan, China. Assessed on January 27, 2020, at https://www.cdc.gov/coronavirus/2019-nCoV/index.html

Centers for Disease Control and Prevention, 2020, Norovirus. Assessed on January 27, 2020, at https://www.cdc.gov/norovirus/index.html

COVID-19 AND FOOD SAFETY FAQ

IS CORONAVIRUS A CONCERN AT GROCERY STORES?

CDC, FDA and USDA are not aware of any reports at this time that suggest COVID-19 can be transmitted by food or food packaging. Current evidence shows the biggest risk of transmission of COVID-19 is being around individuals who are symptomatic (and to a lesser extent, infected but not showing symptoms.) Food businesses should be following employee health policies and local health department recommendations to keep these individuals home.

CAN I GET SICK WITH COVID-19 FROM TOUCHING FOOD OR PACKAGING IF THE CORONAVIRUS WAS PRESENT ON IT?

- There is no indication that food packaging material has served in significant connection to virus transmission.
- If concerned, handling of food packaging can be followed with handwashing and/or using hand sanitizer.

HOW SHOULD PRODUCE BE HANDLED?

- Consider using hand sanitizer before and after selecting produce items.
- Avoid touching multiple produce items when making selections.
- As per good food handling practices in general, wash hands before food preparation or eating, avoid touching the face and consider supplementing handwashing with the use of hand sanitizer.

WHAT STEPS CAN I TAKE TO MINIMIZE RISK WHEN SHOPPING AT THE GROCERY STORE?

- Use hand sanitizer when entering stores, and wash hands and/or use sanitizer as soon as possible after leaving.
- Try to maintain social distancing as much as possible while shopping.
- Avoid touching surfaces or items unnecessarily and avoid touching your mouth, nose or face.
- **Do not go shopping when showing symptoms or think you have been exposed to the virus.**

WHAT IS MY GROCERY STORE DOING TO MINIMIZE MY RISK?

- Many stores are following CDC guidelines on cleaning and disinfection. Some are limiting hours to allow for additional cleaning and disinfection.
- Stores may also be providing hand sanitizer to customers and be asking sick employees or customers to leave.