



THE SAMPLER

NEWSLETTER FROM ALLISON HILLIS, HHS EDUCATOR OF HOWARD COUNTY, AND EXTENSION HOMEMAKERS

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Message from Lori

Extension Homemakers,

I will start by saying I am hopeful that everyone is healthy and finding a way to get through this pandemic together. I am certainly not concerned about what I thought I would be worrying about right now like-- "I hope everyone enjoys our guest speaker for Achievement Night", or "Please don't let the weather be nasty again". I do not want a repeat of last year with numerous weather alarms going off. Instead I am concerned about exposure to a virus that we can't see. We are protecting ourselves and our families by practicing necessary measures. We stay at home as much as possible. We wear masks when we are out. We practice social distancing by keeping a six foot distance from others. Almost every store has it marked now, so it is not hard to follow. If you are not feeling well, do not go out. It is that simple. Stay home, wash your hands with soap and water frequently, and try not to touch your face. Please reach out to each other. I know many of you have been extension members and friends for decades. We may not be able to be in the same room, but we can still connect!

I want to say again what a pleasure it was to help make the apple dumplings this year. It was a lot of hard work, but it was especially fun working with our Extension Educator, Allison Hillis, and Extension Office Secretary, Stacy Claxton. Many thanks to them for joining us.

As I start my third year as president, I am holding on to the hope that "third time is a charm" rings true. Have a safe and enjoyable summer!

Respectively submitted,

Lori Koon



COVID-19 Update on EH Events

May 15, 2020

4-H Families and Volunteers:

As Purdue Extension makes decisions regarding its meeting and event policies, the public health and safety of its faculty, staff, students, volunteers and guests will be first priority. Indiana's Back on Track plan, announced on May 1, 2020, is a detailed process to reopen the state of Indiana contingent on the evolution of the COVID-19 pandemic in Indiana. Purdue Extension will comply with all federal, state, and local regulations and public safety guidelines, as well as Purdue University policies for public health and safety.

Purdue Extension will continue its current policy of no in-person events through June 30, 2020. Starting July 1, 2020, Purdue Extension will permit in-person events that comply with Indiana's Back on Track plan <https://www.backontrack.in.gov/>.

Under this plan, each stage defines restrictions on in-person meetings and events. Individual counties graduate through stages based on local public health and safety conditions. Although in-person events may be held at various stages, Purdue Extension strongly encourages virtual events. Virtual options will be available to empower our most at-risk populations to participate in and attend our meetings and events while protecting their health and safety.

Large events with more than 250 participants, such as farm field days or 4-H events at county fairs, can only be held when the county has reached Stage 5 as defined by the Back on Track Indiana roadmap. Such events must comply with social distancing guidelines, daily screening of employees and volunteers working on behalf of Purdue Extension/4-H, and other health and safety restrictions. It is expected that planning for these in-person events will present unique challenges given Back on Track guidance and uncertainty regarding the status of the COVID-19 pandemic. Local county extension educators will have more details regarding the planning of meetings and events in your community. Know that your county extension office will reach out to you when those plans have been finalized. Please give your county extension staff the time needed to work with their 4-H Council and/or 4-H fair board regarding plans for your local community.

To summarize:

- Today through June 30, 2020: In-person Extension events and meetings are prohibited.
- Starting July 1, 2020: Purdue Extension will follow state and local public health and safety guidelines regarding meetings and events. The ability to host meetings and events will depend on each county's status related to the Back on Track Indiana plan, as well as local public health and safety requirements. All meetings and events must comply with social distancing, screening and other health and safety restrictions as required by Gov. Holcomb.
- Large in-person events with more than 250 people, such as county 4-H fairs, may be held when a county has reached Stage 5 as defined by the Back on Track Indiana roadmap. Such events must comply with social distancing and other public health and safety requirements. According to the Back on Track plan, the earliest this could occur is July 4, 2020.

Events will look different this summer. Counties may choose to host their 4-H fairs as virtual experiences. County fairs may limit the number of attendees to meet social distancing requirements. Appropriate sanitation and safety restrictions will be abundant. Whether your county chooses to host a face-to-face fair or to virtualize the fair experience, all 4-H'ers will have the opportunity to demonstrate their learning this summer. We look forward to seeing the growth, grit, and determination of the youth of Indiana.

Sincerely,

Jason Henderson, Director of Extension
Casey Mull, Assistant Director of Extension, 4-H Youth Development Program Leader

Covid-19

Allison's Article

Looking for a good exercise? Laughter might actually be more beneficial for us. Michigan State University Extension shares:

The diaphragm is a muscle that separates our abdominal cavity from our chest cavity and is the only muscle in our body that is attached to other muscles. When we laugh, our diaphragm convulsively pulls on our side muscles and shakes up our stomach and other vital organs. We get an internal massage, which leaves our organs invigorated, juicy, pumped-up and alert.

No amount of running or other exercise massages our insides and settles or resets our mood the way laughter does. People of all ages can do it together and it's fun.

Laughing can relieve stress. Negative stress depletes us both mentally and physically. One way to help manage stress is through laughter. Laughter is both a pulmonary and cardiovascular workout in that it makes the heart and lungs work faster, which in turn pumps oxygenated blood to your cells faster. This stimulates your brain to make you more resilient to stressors.

Laughter is free, natural and you can access it easily.

Instead of letting emotional tension build to the point of tears, set a goal to be aware or mindful of how many times per day you laugh. Think of it as an attitudinal exercise for your mind. Schedule time to practice laughter or join a laughter club.

What have you laughed about lately?

https://www.canr.msu.edu/news/laughter_has_serious_benefits

https://www.canr.msu.edu/news/laughter_can_benefit_your_physical_and_mental_health



The note on Allison's door during meetings.

Me on food network:
"I made a puréed nut spread w/ a grape relish reduction paired w/ brioche bun"



I can totally make this...watch out Emeril Lagasse!



IEHA PROMOTING L.O.V.E OF FAMILY

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 through September (L), October through December (O), January through March (V), and April through June (E), try to do something related to each of the letters above. Hold an event or work with another group hosting an event, put an ad/article in your paper, use social media or radio to raise awareness of one of the topics, attend a program to raise your own awareness, etc.

First Books for Kids

The arrival of the coronavirus this spring closed all public schools. In the past we have given a book bag with a book in it to 160 students going into kindergarten in the fall. Because of the possibility of germ transfer from the bags and because the teachers final home visits were planned to be by phone, we cannot finish the project this academic year. We will carry everything over to the next school year and should have enough bags . We have not yet purchased the books, so we do not have money tied up in them. A year-end report will be given at Achievement Night (if we are able to have it).

Submitted by,

Carolyn Kuhns
First Book for Kids

Volunteer Community Service

Do not forget to save those scraps of yarn, material, and also pillowcases. We will use them to make dog beds for the Humane Society. Also the fair is still being planned, so please watch for information on dates. Many dates are being rescheduled, so check their Facebook page or call me at 457-7164 if you are willing to help in any capacity. If you have been making masks, keep track of your time and expenses. We can use this information for our report next year for the state. I hope we can be together soon.

Respectively submitted,

Nancy Newell

May Council Minutes

May 4, 2020

Our May 4th Howard County Extension Homemaker Council Meeting was conducted through Zoom. Allison Hillis, our Health and Human Sciences Extension Educator, was the moderator.

Those present were: Lori Koon, Hayley Whitten, Allison Hillis, Nancy Newell, Mary Nettles, Sandy Kleiber, Ramona Duncan, Liz Shell, and Bonnie Nicholas. If more of you tried to get on and could not, please let me know. This is definitely a learning process, and I apologize for anyone feeling frustrated or left out of the meeting. It is another example of why we all need to do our part and follow the CDC and governor's guidelines for getting our state back on track, so we can all meet together again as a group.

Carolyn Kuhns, First Book for Kids, was not able to attend the meeting, but I was able to read her reports. Due to Covid-19, the book bag and book presentation was not able to happen. The books had not been purchased yet, so there is no money spent. Carolyn believes there are enough book bags for next year. She will keep us updated on this.

Carolyn Kuhns, 4-H Exhibit Association, reported that there have not been any meetings. It looks like there could be some form of a 4-H fair in July. Carolyn is also resigning as chairman of the 4-H Exhibit Association, so if anyone is interested in filling that spot, please let Lori Koon know.

Hayley Whitten went over changes that the budget committee recommended. After discussion of the changes, Mary Nettles made a motion to approve the changes to the HCEH 2021 budget, Sandy Kleiber seconded the motion. Motion passed.

All clubs need to get their club dues for each member and their Coins for Friendship and Nickles for Leadership to Michele Short by June 1st. A list of club members' names, addresses, phone numbers, and email addresses also needs to be sent in.

Hopefully our next council meeting will be face to face, because I miss seeing all of your beautiful smiling faces! Stay safe!

Respectfully submitted,

Lori Koon

Happy Conversation

If you are in need of a cheery pick-me-up, find someone to talk to. A recent study showed that those who talk to strangers tend to be happier. One reason given suggests that by sharing a moment with someone new and hearing that person's voice, it connects us to each other's rich inner life of thoughts, feelings, emotions, and experiences.

Brief connections are not the cure-all for deep depression, but they can turn the grind of a daily commute or the frustration of waiting in a long line into something pleasant.

Important Dates to Remember

Wait...there are no dates to remember...

- All face-to-face events are canceled or postponed through June 30, 2020.
- Learn-N-Share will meet when it is possible and you will be notified. Please spend some time now thinking about what you might like to learn or share with others. Hope you come up with something. We would love to help you learn something new or for you to teach us something new. Be safe. I hope to see you soon! --Nancy Newell
- 4-H Exhibit Association is working through how the 4-H fair is going to look. ALL previously planned events may be rescheduled including Adult Open Class. Please visit our Facebook page at Purdue Extension-Howard County or call the office at 765-456-2313 for up-to-date information. It will be shared with you, so stay tuned!



Summer Birthdays

HAPPY BIRTHDAY TO THE FOLLOWING HOMEMAKERS

June

2 Diana Smith
11 Ramona Duncan
12 Lydia Barnard
15 Eleanor Harmon

July

2 Pat Tracewell
3 Sue Tickfer
15 Lori Rogers
17 Gertrude Kudrak
28 L. Kay McCormick



Education

By Janalyce Hatton

Congratulations to this year's winner, Nathanael Elkin! He will receive an award letter and a \$500 scholarship check.

Nathanael Elkin is a 2020 Kokomo High School graduate and will be attending Purdue University in the fall. He is a 10-year 4-H member and will be studying Agricultural Engineering. Nathanael is the son of Matthew and Hillarie Elkin.



Spotless in a Snap-Tips, Tricks and Tools for Cleaning That's Effective and Efficient

Group Like Rooms and Tasks-Work smarter, not harder! If you're wiping the countertops and scrubbing the toilet in one bathroom, do any additional bathrooms at the same time. You'll have all the tools you need at the ready. Same with bedrooms and other similar rooms.

Work From the Top Down-Consider making sweeping or vacuuming the last task in any room. Why? Because as you wipe down surfaces and declutter, dust and debris scatter around the room--and settle on the ground. Start with ceiling fans, work your way to the blinds, then do other surfaces. Lastly, sweep the floor.

Tackle Blinds with Microfiber-Instead of using a feather duster, which can push dust around, use a microfiber glove or cloth. These can be spritzed with a mixture of vinegar and water to maximize their cleaning power. If you don't have either, an old sock also works.

Carry a Laundry Basket-As you clean a room, load the basket with everything that needs to be put away or moved. Clothes, trinkets, books--it all goes in the bin. If company is on the way, you can even stash the basket in a closet until later! Otherwise, once you finish with the rest of the room, you can put the contents where they belong.

Turn to Baking Soda-In addition to acting as a cleanser, baking soda works as a deodorizer, too. Use to scrub tiles, tubs and even cookware. Adding a cup to a cycle in the washing machine removes odors. Its uses are endless--and best of all, it's 100% natural!

Maximize Each Movement-Moving from one room to another?-Take something with you that belongs at your destination. Cleaning the mirror? Spray with one hand and wipe down with the other. Need to vacuum? Pull chairs out or move the coffee table before you start.

Use Lint Rollers for more than just Lint-These handy tools can quickly clean furniture and carpets of not only lint, but also pet hair and other small debris without having to haul out the vacuum. When you're done, just tear the sheet off and throw it away.

Taken from mymagazine.us