

## Vigo County Extension Homemakers August 2020 Newsletter



### Important Dates to Remember

Sept 7            Extension Office Closed—Labor Day  
Sept 21          Pre-Council (9:00 AM) & Council Meeting (10:00 AM)

Be sure to check our website [www.extension.purdue.edu/vigo](http://www.extension.purdue.edu/vigo) for news and updates.

### **JULY'S COUNCIL MEETING**

Thank you to our club presidents who came to the Fair Grounds for our open-air meeting under the Pavilion. Thank you for bringing your lawn chairs too.

We were able to have a semi-impromptu installation ceremony so our club presidents could get on with the task of caring for their own clubs.

### **IEHA GUIDELINES ABOUT OUR LOCAL CLUB MEETINGS**

The IEHA strongly suggests that club meetings be carried out with masks, as the governor has ordered, &/or to social distance 6'. The other directive is for us to bring our own food & drink. If, by chance, something is served, only one person should serve while wearing a mask. It is hoped that, with these safeguards, we can finally be able to enjoy our local club meetings.

### **FALL DISTRICT MEETING CANCELLED**

After the state wide pandemic survey, our state officers decided to cancel the Fall District meeting. It is hoped that next year Sullivan will be able to host the Spring District and Vermillion will handle the fall. This, in turn **moves Vigo County to hosting Spring 2022!**

### **ACTIVITY CHANGES HERE IN VIGO COUNTY TOO**

Due to the pandemic, most of the 7 counties in our Terre Haute District have decided to not have county activities until next year. After conferring with several club presidents & our county officers, we have made the **decision to cancel the following:**

- **Achievement Day** – Certificates can be mailed to your club president.
- **Craft Day** – It would be difficult for clubs to make crafts for the sale since we have not been able to gather except for cautious meetings.

### **SEPTEMBER COUNCIL MEETING – SEPT. 21<sup>ST</sup> @ 10:00 AM, BANQUET CENTER**

Even though many activities are being cancelled, it would be helpful to gather together so we can all discuss how things have gone as we initiate club meetings again: what we did right or otherwise.

We could also reevaluate the Volunteer Community Support form. IEHA may yet decide not to gather information for this year. This meeting, of course, may change if Vigo County virus numbers spike. Meanwhile, try to stay safe & healthy.

## PAST PRESIDENTS

The Past Presidents Club is not meeting at this time due to the pandemic. A phone tree has been created to share information with members. If there is anything you want members to know please contact Judy Johnson.

Officers will remain the same for the 2020 – 2021 year.

## SO SORRY

We were saddened to hear that Sandy Shanks passed away June 19<sup>th</sup>. She was very active in our chorus for 15 years. She served as chorus president, our Vigo County Council's treasurer, secretary, & president. She even served at the district level as treasurer. She was always ready to open her house as a hostess or as a place to work on projects for holiday bank decorating. Our thoughts & love go out to her family.

## CHANGES TO OUR FACEBOOK PAGE

Our state IEHA officers are recommending more counties utilize a Facebook page to keep members up to date on the continuous changes. Since more areas may be doing this, we all need to be sure our title includes our state name too. Example: We have Sullivan County in Indiana & in Illinois. With this in mind, they have asked us all to update existing sites for our county IEHA page to include "Indiana".

Last year, Jamie Dickerson, our P.R. officer, set up our page as "Vigo Co Homemakers Extension Club". Now this will be **changing to "Vigo County, Indiana Extension Homemakers Clubs"**.

## GIVING GARDEN

Many of you helped process tomatoes from the Giving Garden last year. We're still trying to decide about a safe way to process them without being in close proximity with others and is

approved by our local health department. Details will come later.

Thank you to any of you who can help. The soup kitchens need our help even more in times like these.

## JUST A THOUGHT

I feel like we need a hint of whimsy in the midst of everything that's going on around us. So-o-o-o . . .

Did your mother or teachers ever have you sing "Happy Birthday" as you washed your hands? We were taught to sing two verses before you even thought of rinsing your hands. That tends to get boring after a while. One has to change the words once in a-while!

I challenge you to get creative in the coming weeks. Here are a few ideas to get you started. Be sure to sing the "dear ...your name.." in each verse.

Have a great day today,  
Have a great day today,  
Have a great day dear ...*your name*...  
Have a great day today!  
(Feel free to change words: good, calm, fun, etc.)

Or

1. Let's get this job done, repeat  
Let's get it done ...*your name*...  
repeat 1<sup>st</sup> phrase
2. I'm almost done now, repeat  
I'm almost done ...*your name*...  
repeat 1<sup>st</sup> phrase

Or

It's time to rest now  
Have healing today  
Today I need strength  
Count blessings today

\*Omit underlined words during the phrase where you are inserting "your name," or "dear your name," or even "dear me"

Okay. It's your turn now!

Did I get you to smile? 😊  
If so, mission accomplished!!!

*Julia Reed*

Julia Reed

Vigo County Extension Homemaker President

### EDUCATOR SPOTLIGHT

Summer is in full swing, which means BBQ's, vacations, swimming, and other fun summer events and activities are taking place more frequently. However, excessive temperatures and extreme heat can cause heat-related illnesses. Knowing what to do and how to prepare, can help prevent heat-related illnesses and death. According to the Center's for Disease Control and Prevention, 618 people in the United States die each year from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average (90 degrees or higher and lasting for 2-3 days). People who are most at risk from exposure to excessive heat include infants and young children, people 65 or older, and people who are ill or have a chronic health conditions.

Types of heat-related illnesses include: heat stroke and exhaustion. The National Institute for Occupational Safety and Health states that heat stroke is the most serious heat-related illness and occurs when the body becomes unable to control its own temperature.

- Confusion
- Loss of Consciousness
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperature

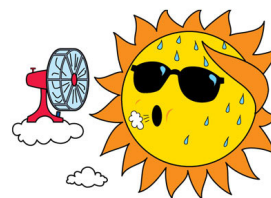
Heat Exhaustion is the body's response to excessive loss of water and salt, usually through excessive sweating. Symptoms of heat exhaustion include:

- Headache
- Nausea

- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

Here are some tips to consider before heading outside and participating in summertime activities:

1. Protect your skin – apply sunscreen at least 30 minutes before going outside and use SPF 30 or higher. Reapply every two hours or more often if swimming or sweating. Also, wear clothing that covers your skin to protect against UV rays and are light-weight and loose fitting.
2. Stay hydrated – drink more water than you usually would and remember to take frequent breaks from the heat. Remember, when planning outdoor activities, stay hydrated with water and avoid sugary beverages.
3. Monitor your time – limit your outdoor activities, especially at midday when the sun is at its hottest. When participating in outdoor activities, remember to pace yourself. Start activities slow and pick up your pace gradually. Consider scheduling activities for early morning or evening hours to avoid excessive temperatures.



*Jay*

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