



BUSY BEE BUGLE

www.extension.purdue.edu/dearborn



August 2020

Dear EH Members,

August is full of some normal happenings, such as back to school and a bountiful harvest from the garden. Our household is down to one high school student who looked forward to returning to school. The other children have moved on to higher education, military service, and life after higher education. My son, Joshua, called about preserving zucchini from his garden. I have been enjoying green beans, zucchini, green peppers, cucumbers, broccoli, and tomatoes from our garden. I am looking forward to the watermelon and cantaloupe that are growing in the garden. The blooming sunflower is another indication that fall is on the way!

August is Family Fun Month, so we have been enjoying the days before fall. We have taken advantage of boating and biking as a family. We regularly enjoy meals as a family. There are lots of fun conversations that occur around the dinner table. Sometimes, they ask me about ingredients in my dishes. They are surprised at the ingredients. They have also learned some recipes that I am sure they will make in the future such as 5 Cup Salad. What have you done for family fun this month?

August also celebrates National Eye Exam month, Book Lover's, Left Hander's, National Kool-Aid, Relaxation, National Potato, Senior Citizen's, Stuffed Green Bell Peppers, and National Eat Outside Day. I have included information and recipes related to many of these days. I have included the recipe for Kool-Aid Ice Cream that was a childhood treat in the summer for me. Has anyone else had Kool-Aid Ice Cream? I look forward to hearing your stories about Kool-Aid!

I hope that you are enjoying summer! We will get through this together!

Sincerely,

Marcia Parcell

Extension Educator, Health and Human Sciences

Dates to Remember

- August 31 Deadline for Writing competition at Lawrenceburg Public Library
- September 11, 2020 Deadline for Madison District Retreat
- September 23, 2020 Madison District Retreat. See page 8 for more information.
- November 4, 2020 Homemaker's Council Meeting
- November 4, 2020 Holiday Program – Elves **Cancelled**

Book Lover's Day is August 9th

According to Holiday Insights, book reading is a great hobby. It's an important one, too. Employers look for it on resumes. Reading is educational, informative and relaxing. It makes us both smarter and happier people. What good book have you read recently or are you reading? Tell me about it so I can share.

Summer Writing Competition 2020: Deadline extended to August 31, 2020!!!

- Tall Tales: Divisions are by grade groups: K-4, 5-8, 9-12
- Imagination Creation: Adult division for all those out of school

Go to Lawrenceburg Public Library webpage under Events-Imagine Your Story for more information and rules for this program.



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FROM THE KITCHEN OF JAN

Please keep the families of Judy Davoron and Sally Branham from Hidden Valley in your thoughts. Sally Branham was the County Secretary for Dearborn County Extension Homemakers for a few years until she moved to Rising Sun. Lois Fairbanks, another Hidden Valley member, is in the nursing home. In Oak Hills, Wanda Goebel is moving and Dolores Sauer is bedridden. WELCOME Lori Schrichten back to the community.

Who would join us on a conference call for the council meeting in September? Please let me know if you would join us 812-926-1469 so we can set it up.

This was a difficult decision due to COVID-19 epidemic, in the interest of the safety for the Homemakers, but the council has CANCELLED the Holiday program for 2020. We will try and have it in 2021. Too many rules to follow, if you have any questions call me at 812-926-1469 and I will explain it to you. If you are making items for the country store keep them for next year.

The Madison Retreat is going to be in Greensburg, if they have 30 people sign up, the cost is \$17.00. The date is September 23. This is a one day event.

The Spring District meeting will be revisited in October. We are the host county for the Spring Meeting.

I attended the canning sessions from Purdue on a zoom meeting. If you buy canning lids this year, there are new guidelines for them. You wash in soapy water, rinse, and put them on the jars. Process the jars according to the recipe. Check to make sure they have sealed. All new, so check the box for directions. Canning lids are hard to find, Beiersdofer's Orchard has some. I've been canning lime pickles, pickling beets, zucchini and cucumber relish. Today, I made zucchini muffins and bread. Have you done any canning?? I need to do tomatoes and juice. If anyone has any extra, I would be glad to take them.

Marcia is doing Get Walkin'. I have walked 10,000 steps 4 days this week.

Nothing else is happening. See you next month

Jan Uhlmansiek, Dearborn County Extension Homemaker President

Left Handers Day is August 13th



- The world is built for right handers. Examples are everywhere. For example:
- In school, have you ever seen a left handed desk? They don't exist.
- Many left handed items cost more.
- Novelty coffee mugs are made with the picture or text for a right handed pick-up.
- Scissors for right handers. Only a lefty would understand this.
- The computer mouse you are using as you read this is designed for right handers.

Did you know? Right handed people operate in the left side of the brain. Left handed people use the right side. Therefore only left handed people are in their right mind.

Left Handed Facts and Trivia:

- Only about 10% of the population is left handed.
- Presidential Lefthanders: James A. Garfield, Herbert Hoover, Harry S. Truman, John F. Kennedy, Ronald Reagan, George H. W. Bush, Bill Clinton and Barack Obama
- Left handed people process information more quickly.

Lefthander's Slogan: "Everyone is born right-handed. Only the greatest overcome it"...Brilliant (Author Unknown)

Government Imposter Scams

"I'm from the government, and I'm here to help." President Reagan called those the nine most terrifying words in the English language. And when it comes to government impostor scams, I agree.

According to our friends at the Better Business Bureau (BBB), one of the most common scams in the U.S. and Canada involves callers pretending to be government officials. They claim to be tax officials, representatives from the Social Security Administration, police officers, and even Centers for Disease Control and Prevention (CDC) officials. The criminals demand money and personal information. They often threaten legal action and imprisonment. We've talked before about con artists using fear and intimidation to manipulate their victims. Such tactics often cause us to stop thinking logically and react quickly on instinct.

The Federal Trade Commission produced a video about how government impostor scams work and offers examples.

Reports of government impostor scams fluctuate, but BBB says they're growing more diverse and more sophisticated. BBB just released a new investigative study on government impostor scams that you can read by visiting BBB.org/FakeGov. According to a recent AARP survey, 44% of Americans say they've been contacted by fraudsters posing as government officials. And the FTC says victims of government impostor scams report losing \$450 million since 2015.

Remember, if the call is really from a government official, they will NEVER:

- Threaten you
- Demand immediate payment over the phone or via email
- Require payment by cash, gift card, pre-paid card, or wire transfer

There are several ways to report government impostor scams, depending on who the con artist claims to be:

- **IRS** - Fill out the "IRS Impersonation Scam" form on the Treasury Inspector General or Tax Impersonation's website, tigta.gov, or call TIGTA at 1-800-366-4484.
- **Social Security** - The Office of the Inspector General, Social Security Administration (SSA IG) has its own [online form](#) to take complaints about frauds impersonating the SSA.
- **Federal Trade Commission** - 877-FTC-Help or ftc.gov.
- **Internet Crime Complaint Center** - <https://www.ic3.gov/complaint/splash.aspx>.

Source: *MoneyWise Matters Blog*

August 14th is National Kool-Aid Day

Kool-Aid was invented in 1927 by Edwin Perkins of Hastings, Nebraska. It was originally created in his mother's kitchen as a concentrate called "Fruit Smack". To reduce shipping costs, Perkins removed the water content and marketed it in powder form as "Kool-Aid". And, the rest is history. What's your favorite flavor? There were six original flavors: cherry, grape, lemon, orange, root beer and raspberry (Perkin's favorite). In the 1960s Kool-Aid packets sold for just one thin dime. Over the years, there has been dozens upon dozens of flavors. A sugar free version is also available. But, wait a minute. What good is Kool-Aid if you don't get a sugar high!?

Did you know?—Kool-Aid is the official soft drink of the state of Nebraska.

Kool-Aid Ice Cream

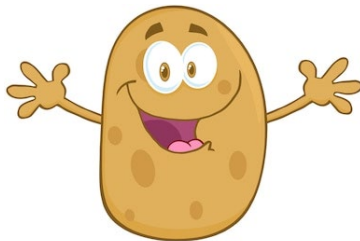
½ cup hot water
1 cup sugar

1 envelope Kool-Aid
1 can (12oz) evaporated milk

Chill mixing bowl and beaters. Place evaporated milk into shallow pan; freeze 20 minutes or until soft crystals form around edges of pan. Add hot water to combine sugar and drink mix; stir until completely dissolved. Refrigerate until ready to use. Spoon evaporated milk into chilled bowl; beat with mixer until soft peaks form. Gradually add drink mixture, beating until stiff peaks form. Return to shallow pan.

Serves 8. ½ cup each. 150 calories.

August 19th is National Potato Day



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National Potato Day is a day to celebrate and enjoy a few potatoes. The versatile spud can be enjoyed in some way for breakfast, lunch, dinner, and as a snack. While it can be eaten raw, it is usually cooked, boiled, baked, mashed or fried. It is used in countless recipes. What really makes the potato stand out, is the many things you can put on or in it, as demonstrated by the loaded baked potato. Regardless of how you cook it, or what you put on it, Americans can't seem to get enough of the starchy spud.

Potatoes are one of the largest vegetable crops in the world. They were first cultivated in Peru, around 5,000-7,000 BC. Pardon the broad estimate, but records were sparse back then, often written on the inside wall of a cave. While most potatoes grow to about the size of your fist or less, the largest potato ever grown, weighed in at 18 pound, 4 ounces. Now, that's a whole lot of French fries!

In celebration of National Potato Day, make certain to include potatoes at every meal today, and for snacks, too!

AUGUST 28TH IS STUFFED GREEN BELL PEPPER DAY

Stuffed Green Peppers

- 12 ounces lean ground beef
- 1 small onion, chopped
- 1 can (15.5-ounce) red kidney beans, drained
- 1 can (6-ounce) tomato paste
- 1 can (10-ounce) diced tomatoes with green chilies, drained
- 3 large green peppers
- 2 tablespoons grated cheddar cheese

Brown ground beef in medium saucepan. Add onions and cook until tender, stirring occasionally. Stir in red kidney beans, tomato paste, and diced tomatoes; heat to boiling. Reduce to low heat; simmer to blend flavors, about 10 minutes. Wash green peppers and cut in half lengthwise. Remove seeds. Place green peppers cut side up in large skillet. Add about ½ inch water. Heat to boiling; cover and reduce heat. Simmer about 5 minutes until crisp tender. Remove peppers from water and drain on towel. Place cut side up on serving plate, and fill with ground meat/kidney bean/tomato mixture. Top with a sprinkle of cheddar cheese.

Source: *University of Illinois Extension Recipes for Diabetics*

AUGUST IS EYE CARE AND CATARACTS AWARENESS MONTH

Real eyes: The importance of your vision

Not only is August National Eye Exam Month, but it is also Cataracts Awareness Month. People over age 55 should be very cautious of cataracts, an eye disease that clouds the lens of the eyes and can lead to vision loss. Diabetic eye disease can cause a wide range of problems that affect the eyes, in particular the retina, lenses and the trabecular meshwork.

Our eyes are an important part of our health and work non-stop. Much of our nonverbal communication comes from the way we listen and express ourselves through our eyes. Our eyes can also reflect our moods and to some degree they reflect our health and wellbeing. There are times when we notice a person is under-the-weather by solely looking into their eyes.

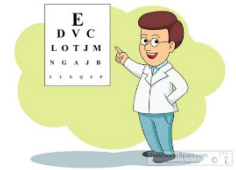
Eye health is important at all stages of life no matter what age. It is a fact that the health of our eyes does change over time. Michigan State University Extension recommends the Centers for Disease Control and Prevention (CDC) outlined areas of focus for vision health over the lifespan:

Characteristics of vision outcomes by age groups

- Infant and childhood (birth to age 18) – In the United States, the most prevalent disabling childhood conditions are vision disorders, including amblyopia, strabismus and significant refractive errors.
- Adults younger than age 40 – Diabetes affects this age group and is the leading cause of blindness among the working age group, ages 20-74. Lifestyle choices adopted during this period may adversely affect vision and eye health in later years (smoking, sunlight exposure).
- Adults older than age 40 – The major eye diseases among people age 40 and older are cataract, diabetic retinopathy, glaucoma and age-related macular degeneration.

Other influences impacting eye health

- Family history – Some individuals may have a family history of eye disease or a chronic illness that can affect your vision. This puts you at a greater risk of vision problems and therefore it is vital that you get your eyes checked more often than most.
- The sun –UV Rays make it important to take proper precautions to protect your eyes from the sun. According to the Skin Cancer Foundation, sunglasses should block 99-100 percent of the sun's UV rays. Check the tag on the packaging to ensure this.
- Physical health – Particularly for diabetics, according to WebMD if you have Type 1 or Type 2 diabetes, you're more likely to have eye and vision problems. High blood sugar can damage the tiny blood vessels in your eyes over time and lead to an eye disease called diabetic retinopathy. High blood sugars can also lead to cataracts and glaucoma.
- Workplace environment – Indoors or outdoors, always wear protective eyewear to reduce the occurrence of eye injury.
- Smoking – Smoking has an adverse effect on eye health. Smoking increases the risk and accelerates the development of cataracts, macular degeneration and optic nerve damage.



- Eye strain – [Mayo Clinic](#) suggests a good rule of thumb for computer eye strain is to follow the 20-20-20 rule: Every 20 minutes, take your eyes off your computer and look at something 20 feet away for at least 20 seconds. It's reasonable to take a break every 15-30 minutes for one to three minutes.

Let August be the month that reminds you to schedule your yearly eye exam. Refresh your eye care routine by reviewing this list provided by the [CDC](#):

- Know your family's eye health history
- Have a comprehensive dilated eye exam
- Eat right to protect your sight
- Maintain a healthy weight
- Wear protective eyewear
- Quit smoking or never start
- Be cool and wear your shades
- Give your eyes a rest
- Clean your hands and your contact lenses – properly
- Practice workplace eye safety

Source: *MSU Extension*

Staying Hydrated

Staying hydrated is key in the summer, so choose the right beverage to make the best impact on your health.

Fluid Facts

Water is the most abundant substance in the human body. Water makes up 50 to 70 percent of body weight and performs many important functions. Your body needs a continuous supply of water to keep it functioning normally.

What does water do? It:

- regulates body temperature
- carries nutrients and oxygen to cells
- helps dissolve minerals and other nutrients to make them accessible to the body
- lubricates and cushions joints
- protects the spinal cord and other sensitive tissues; and
- gets rid of wastes through urination, perspiration, and bowel movements.



Make Smart Fluid Choices

Healthy people meet their fluid needs in part from the foods they eat, especially from fruits and vegetables, which can contain lots of water. But most fluid needs are met through beverages, so it is important to choose wisely. Beverages can also contribute significantly to calorie intake, so read the Nutrition Facts label when considering what to drink.

There are plenty of options for making healthy beverage choices.

• Think nutrition. Choose beverages that provide hard-to-get nutrients. Read nutrition labels and ingredient lists to see what your favorite drinks actually contain.

TIP: Instead of soft drinks, sip on orange juice fortified with calcium and vitamin D.

• Watch the sugar! Drinking a lot of high-sugar beverages can fill you up and take the place of more nutritious foods. These drinks can also be high in calories, which could lead to weight gain.

TIP: Replace regular soft drinks with water, skim or lowfat milk, tea, or coffee.

• Monitoring your intake? Choose lower-calorie versions of your favorite beverages and pay attention to how much you drink.

TIP: Choose skim or lowfat milk, add ice to your drink, or dilute your favorite juice with calorie-free carbonated water.

• Stay hydrated throughout the day, especially during hot weather.

TIP: Have a beverage with every meal and choose beverages you like to drink. Keep a bottle of water close by or save money by using a water fountain.

Sugars in Disguise

Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredient list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage.

- | | | |
|----------------------------|---------|--------------|
| • High-fructose corn syrup | • Honey | • Corn syrup |
| • Fructose | • Sugar | • Sucrose |
| • Fruit juice concentrates | • Syrup | • Dextrose |

Drinks Worth Sipping On

So what are your best bets when it comes to choosing beverages?

- Choose water, diet, or low-calorie beverages instead of energy-yielding beverages, which are those that provide energy in the form of calories.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don't "stock the fridge" with energy-yielding beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink carbonated water.
- Add a splash of 100% juice to plain carbonated water for a refreshing, low-calorie drink.
- When you do opt for an energy-yielding beverage, go for the small size. Some companies are now selling eight-ounce cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-energy beverages.

Fluids play a large role in helping our bodies function at their best, so make smart beverage choices for better health.

Sip up!

Source: *Purdue Extension-Health and Human Sciences*

National Senior Citizen's Day is August 21st



National Senior Citizens Day honors our elderly population. On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and growl older."

On National Senior Citizens Day, we should:

- Spend some time with senior citizens
- Show our appreciation for senior citizens
- Do volunteer work in support of the elderly

If you are a senior citizen, enjoy your day any way you desire. After all, this is your day! Make sure to take advantage of senior citizens specials and discounts. There's bound to be plenty offers today.

Relaxation day is August 15th

Relaxation Day is a day to kick back and do nothing. Ahhhh! What a great day.

The stresses, the hustle and bustle seemingly consumes us, every day of the year. Even Sundays are no longer days of rest and relaxation. There never seems to be a day to just kick back and relax. For those of us with hectic lifestyle, Relaxation Day is a day to look forward to. It provides a break from the madness of your busy work and personal schedule. Today is the day to enjoy either doing absolutely nothing, or partaking in your favorite relaxation activity.

Avoiding stressful activities today is the rule. For example, if golf is your favorite hobby, yet it can cause you stress, then make plans to play golf another day. Spending the day in a hammock is a far more appropriate activity.

Top ten ideas to enjoy on Relaxation Day:

1. Do nothing today
2. Go to a spa
3. Go fishing
4. Play a round of golf (caution: not always relaxing)
5. Lounge around in a hammock
6. Take a bubble bath
7. Spend the day at the beach
8. Go to the movies
9. Do a little gardening (no heavy duty work, though)
10. Have a picnic in the park

Presidential Thoughts...

Here are some Presidential Pointers Anne Moore shared in her August newsletter.

The entire IEHA Board agreed to stay in their same positions for this next year and we are ready to continue working hard and growing our IEHA membership.

IEHA week is coming up the week of October 19-23 with Make a Difference Day being on Saturday, October 24th. Please use that week to promote IEHA in your areas. Use your local news sources such as the newspapers, radio, display boards/marqueses to promote IEHA week. This would be a great time to highlight an activity you did from the Promoting L.O.V.E. of Families program. Meet with our local government official or mayor and have the Proclamation signed.

Since we will not be having fall district meetings, the Board discussed how we could keep our members connected and engaged. The State will be creating some short videos that can be watched at the member's leisure at home, at a club meeting or at a county event. The first one will debut in early September and others will follow in November, January, March and May.

Ideas keep coming in to me for ways to help families during this pandemic. This idea was sent to me by Marcia Parcell, Dearborn County Educator, and I wanted to share it with you. She suggested implementing a calling/writing project. The project would be to help reduce feelings of social isolation due to members staying in rather than going out. Members could call or write members from another county like an exchange program. They might also reach out to community members they know who live alone or are shut-in for the most part. If someone would like to coordinate this project or share other ideas, please contact me and hopefully we could get this project started.

Since reading in person for First Books is difficult right now, maybe IEHA could read by Zoom to children in hospitals. Another idea Marcia shared was to call or write patients in nursing homes to brighten their day.

We all set goals in our lives...some we achieve and some we do not. But we all do try to make progress toward a desired result as we direct our efforts toward the goal.

Last year for 2019-2020, I set two goals as IEHA President. My first goal was to establish an IEHA presence in every county of the state by having at least one club in each county. Currently, there are 8 counties without any Extension Homemaker clubs. The good news is the Pike County in the Evansville District is forming a club. We are making progress toward the first goal with your help.

My second goal was to add one new club in each county of the state. Over the last year, I have sent certificates to three (3) newly chartered clubs across the state. Again, progress is being made with your help.

Now for 2020-2021 IEHA needs your help again! I want to continue to strive to meet those previous goals but have set another goal as well. I would like to see every county in the state have a county Facebook page. Many counties already have one and that is fantastic! Some counties may need to start one and might need a little help! Well, help is on the way!!!

The first two goals may be difficult to achieve but goal #3 is very DOABLE!

My hope is that having a Facebook presence in each county will make IEHA more visible and will help us attract new members. Most all counties have an Extension page but this page will be specific to Extension HOMEMAKERS. Let's do it...with your help!

Home & Family Conference

Mark your calendars for June 1-3, 2021 for next years Home and Family Conference.

On a side note, we would like you, our county presidents, to encourage your members to write (in 300 words or less) what they most like about Conference (or don't like). They can write about a special friendship, a funny anecdote, a favorite session or just anything concerning attending Conference; be sure members include their name and county on their comments. Send them to your District Representative by March 15, 2021 to be included in a special, "Getting Back to Conference" publication.

Riley Cheer Guild

On behalf of Riley Cheer Guild, I would like to thank everyone for all the donations.

This is what happens after your donations are given to Riley Cheer Guild. They are processed through the Riley Cheer Guild Toy Room. This process ensures the safety and privacy of all patients as they are receiving life-saving or chronic healthcare support during their hospitalization. All donated items are given to the patients as gifts. Staff and volunteers for the auxiliary hand check every item to ensure the following: New, Clean, Contain original Tags/Labels/Packaging, conform to ASTM F963-II, Latex-free, non-toxic, age appropriate, carry age recommendations, carry age restriction information, compared to current toy recall lists from CPSC.

Handmade items are given only at time of discharge to patients or to adult cancer patients at the cancer center. Totes are given to parents for magazines, papers, etc. or to siblings for coloring books, etc. They use many of these. They average around 50 to 75 a month.

For donation information and wish list, please go to www.cheerguild.org--You will find information of what is needed, how to donate, and the process of donating. If you do not have access to the web, please feel free to call Riley Cheer Guild (317) 944-8705 or call myself at (260) 622-4003.

Mary Ann Ripperger, IEHA Representative for the Riley Cheer Guild

**21ST ANNUAL MADISON DISTRICT RETREAT
REGISTRATION FORM
Wednesday, September 23, 2020
Registration: 9:00 A.M. Program starts: 9:30 A.M.**

Due to the current health crisis, it has been decided to do a one-day retreat instead of our usual overnight. The 2020 Madison District Retreat will **be held at the Greensburg City Hall, 314 West Washington St., Greensburg, IN 47240.** We will have lots of room in this facility to social distance. Our theme this year is **Garden Thyme.**

ONE DAY REGISTRATION

This will be a one-day event: \$17.00 for the day includes lunch and donuts in the morning

We will have a box lunch catered by the Rolling Pin. It will consist of a turkey & cheese sandwich, a side, chips, fruit, and cookies. We will have donuts but no coffee or juice; please feel free to bring your own drinks. We will have bottled water throughout the day.

PLEASE BRING ONLY 1 ITEM FOR OUR FUNDRAISING AUCTION!!!!!!

NOTE--can be new, slightly used & clean, or hand made

Return by September 11, 2020 to:

Marnie Carr (812)-375-0999
3035 Flintwood Dr.
Columbus, Indiana 47203

Make checks payable to: MADISON DISTRICT RETREAT

***We will need at least 30 to be able to have this retreat.
Please register early.***

Name _____

Address _____

City _____ Zip _____

Phone _____ County _____

E-Mail: _____