



Horizons

A publication of Purdue University Cooperative Extension Service
Hamilton County

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August 2020

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Dear Extension Homemaker,

WOW! Words cannot accurately share the many thoughts and emotions that we have all probably felt over the last six months. We could not have ever prepared for the changes that we have seen through this pandemic. Although schedules have changed, the way that we deliver education looks different, and the way that we shop has been altered, homemakers have remained active by continuing to stay connected.

Several clubs are meeting in outdoor locations with social distancing and many are continuing to help others through volunteer community support efforts. Focusing on the things we CAN do versus what we cannot do is a huge help in all of our mindsets.

We will continue to communicate from the office and will try to hold educational programs "in person" following the county and state guidelines. Until then...let us know how you would like to hear from us.... the newsletter, email, zoom or something else. Please put this on your club agenda to discuss and brainstorm in the next few weeks as we meet with the county presidents.

For now, stay healthy and reach out to fellow homemakers and friends. I look forward to hearing from each of you soon.



Susan Peterson
County Extension Director
Extension Educator, HHS

Dear Extension Homemakers,

No one could have anticipated what this year would look like when it began. Many were thrilled to plan events in year 2020 only to have everything change. My daughter had a "COVID" wedding in May with a group of 25. The Hamilton County 4-H Fair was downsized to a small exhibit without food, entertainment, tents, and the familiar faces of homemakers and friends.

Club presidents have your new program book to check out the upcoming homemaker events that are scheduled. We will keep you posted of changes, updates, and postponements as they happen. In this Horizons you will find information about maximizing your mask, using the food that is on hand, surviving a drop in income, recharging your patience, and eating better on a budget.

Stay healthy and safe. Keep in touch with friends.

Bernie Huber
Program Assistant
Health & Human Sciences



Mr. & Mrs. Alex Wilson
(my daughter)



Extension Homemakers Calendar

September 10	District Fall Meeting (Morgan County)	CANCELED
September 14	Board Meeting Council Meeting	9:30 a.m. 10:30 a.m.
September 16	Educational Lessons	
September 23-24	Indianapolis District Retreat (Waycross)	CANCELED
October 10	Sewing/Quilting Seminar	VIRTUAL 9:00 a.m.
October 12	Board Meeting Council Meeting	9:30 a.m. 10:30 a.m.
October 19-23	IEHA Week	
October 21	Educational Lessons	10:00 a.m. & 11:15 a.m.
October 24	<i>Make a Difference Day</i>	
November 12	Holiday Ideas	TBD

Reflections

"Right now - we can't do everything we could do before; we can't work as hard as we used to.

Reflect on what we can do, need to do, will do, not what we always did."

Welcome New Members 2020-2021

- Lynda Arbuckle – NARC
- Sandy Baitz – NARC
- Theresa Burdett – Roaring 20's
- Sophie Doell – Silvernotes
- Molly Gordon – Silvernotes
- Simone Hamel-Smith – Silvernotes
- Naomi Jones - Friendly Eagles
- Georgene Kestner – Silvernotes
- Jolynn Kuehr - Silvernotes
- Pam Lynch – Fall Creek Home Arts
- Beth Whisman – NARC

IEHA Week

October 19– 23, 2020

Help promote Hamilton County
Extension Homemakers



Mailbox Members

Remember when we had mailbox members in nursing homes who could not attend meetings or get out? They paid dues, were invited to county events, and received the newsletter. Can we increase membership by creating guidelines for members interested in being an Extension Homemaker but cannot attend club meetings?

LEADERSHIP



"I don't want to be a leader!" How many times have you said this or heard someone else say it? Leadership isn't just being the one in charge. Leadership is also providing support, knowing when and how to delegate tasks, understanding how to best use your own and others' strengths, and working together toward a common goal.

The State Leadership Focus Group works with many ongoing programs.

- Family Impact Seminar topics with state legislators
- i-LEaD helps members discover what makes us tick and appreciate personal differences to use productively in group settings
- sponsors education at Home and Family Conference

We still need a Leadership officer in our county. Are you interested?



State website—check it out.

<https://ieha-families.org/>

Join IEHA video

<https://www.youtube.com/watch?v=w1Dcm3pjLS0>



Follow us on facebook

<https://www.facebook.com/IndianaExtensionHomemakersAssociation/>

If you would like to receive this newsletter electronically:

- let your club president know
- e-mail Bernie (bchuber@purdue.edu)
- contact the office at 317-776-0854.

Volunteer Community Support

This note is a big thank you to all of the Extension Homemakers who helped make the quilts for the volunteer community service project for the past year. We had many helpers that cut squares, sewed quilt tops, sewed quilts together, and tied quilts. The quilts were donated to Good Samaritan in Hamilton County. As of this date, we have donated 42 quilts. I received an email from Good Samaritan that valued the quilts we donated at \$2,400.00.

So give yourselves a pat on the back.

Sharon Parker



New VCS Opportunity - TOTE BAGS

The Cicero United Methodist Church is packing shoeboxes for samaritanspurse.org to send to children in Africa. They have asked the homemakers if we could make tote bags to include in the box. The kids carry their supplies to school in the bags. The finished bag should be 13" wide x 13.5" deep with two handles 1.5" x 20.5" attached 2" from each seam edge.

Bags should be made of material that is appealing to school age children. It may be a lined bag or a heavier weight (denim) fabric with finished seams. The National Collection Week is November 16-23, 2020 so we need the bags by early October.

(Bernie has more details and a sample.)

Message from the president

Hello Homemakers,

Thank you for trusting me to be the president for Hamilton County Extension Homemakers. When planning for retirement in 2020, I certainly didn't visualize this life we have been dealt. But the vision for our organization can still be strong. We need to be open to change, face the challenge, and continue to do what we do. I hope you all continue to do what you can, figure out new ways to keep your club meetings and communication a priority.

We will get through this one day at a time. Please feel free to contact me with any questions, suggestions, comments.

MAY YOU ALL BE BLESSED WITH HEALTH!

Sincerely,
Betty Clark



Welcome

2020 - 2021 New County Officers

President	Betty Clark
Vice President	Iris Beechler
Secretary	Ginny Hughes
Treasurer	Rachel Merrill
Asst. Treasurer	Beth Oberbeck
Recorder	Candy Voit
Education Focus	Iris Beechler
Leadership	(could be you)
Volunteer Community Support	Linda Burdett
Public Relations	Valerie Carson
Past President	Sue Coshow

Remembering deceased homemakers.....

Janet Beeman—Aromeg
Wanetta Edgerly—Profit & Pleasure
Jean Zeller—East Wayne
Alice Castetter—Monte Ray
Mary Patterson—Monte Ray
Annette Wolford—Fall Creek Home Arts



THE GOVERNOR SAYS:



State of Indiana
Executive order #20-37
Face Covering Requirement

The CDC, the U.S. Surgeon General and the ISDH have all advocated for wearing a face covering, practicing social distancing, washing hands, and checking temperatures as proven methods of mitigating the spread of COVID-19 and as such, have strongly recommended people wear cloth face coverings in public settings when around people outside of their household, especially when other social distancing measures are difficult to maintain.

Family Health Recharging Your Patience

Find ways to "recharge" that work for you.

1. Establish new routines
2. Stay connected to loved ones
3. Exercise
4. Go outside
5. Adjust expectations
6. Mindfulness
7. Alone time
8. Give yourself a break
9. Pets
10. Laughter

When Your Income Drops



Sharpen Your Survival Skills

Challenging times can wear us down. There are so many decisions to make and the answers are often not clear.

Pause and take time to write out some simple possibilities that allow you to **economize** - *using what you have for the most good* in terms of meeting your needs and wants.

Recognize that you may have a wide variety of resources beyond finances to work with: knowledge, skills, energy, personal property, personal connections, community resources, home, special interests or hobbies, collections, time, tools, and/or technology devices.

To economize, think of ways to:

- **Substitute** less costly resources for more costly ones: walk instead of drive, play board games instead of watching costly cable-on-demand movies, plan purchases instead of items bought on impulse. Use creativity with the ingredients you have when preparing a meal.
- **Conserve** your resources and avoid waste: repair clothing rather than replace, control thermostat settings, use older food first, and protect what you have through proper care.
- **Use** resources in new ways: plant a garden in containers, learn a new skill through the internet, and identify new ways to use items as on Pinterest, create a compost pile.
- **Cooperate** with others to multiply your resources, even if it needs to be done in nontraditional ways via phone or computer: swap items or services, check out community resources, and work together as a family to divide tasks.

If there are multiple people in the household, be sure to talk about options by brainstorming ideas, evaluating which are best alternatives to try, and developing a plan for implementation. This encourages greater cooperation in reaching your goals to economize.

Yes, you may need to make changes from how you have done things in the past to economize. That is part of the sharpening process.

Your survival skills work best when they are sharpened by thinking matters through and developing a plan which you can work on together!



5 CLEVER TIPS FOR MAKING SURE YOUR MASK MAXIMIZES PROTECTION, ACCORDING TO A NURSE

WHETHER OR NOT YOU AGREE WITH A MANDATE TO WEAR A MASK, many of us will do so during our daily business.

I am a [professor of nursing](#) at Purdue University, where a colleague and I teach a class detailing the history of health care over the centuries. Among other things, students discover the original reason for a cloth mask, dating back to [the late 19th century](#), is the same as today: to protect others from the germs of those wearing them. Understanding these past practices, say the students, makes them better caregivers. With that in mind, here are five ways for you to make the most of wearing a mask in public.

1. NOT ALL MASKS ARE CREATED EQUAL

Cloth masks are considered appropriate for general use in public. The [Mayo Clinic](#) recommends a mask that is two-layered. This means the cute reversible one your neighbor sewed for you is approved. Not recommended: a [mask with a valve](#). Although the wearer breathes in filtered air, the unfiltered air is pushed out upon exhalation. This negates the protection for others.

2. WASH, WASH, WASH YOUR HANDS

Before putting your mask on, [wash your hands](#). This is a basic infection control principle. Anytime you come in contact with your face, do it with clean hands. This includes rubbing your eyes, wiping your lips, or scratching your nose. Likewise, after removing your mask, wash your hands again. Don't mess with the mask while it's in place. This is not the time to take a sip of your latte or snack on your beef jerky. Eat and drink in an environment where you can socially distance from others by at least six feet. If you have to adjust your mask when it's on, clean your hands afterwards. For convenience, carry a hand sanitizer with you.

3. DOES THIS MASK MAKE ME LOOK SMART?

The mask should fit comfortably snug, always covering your nose and mouth, and secure under the chin. Covering only the mouth is useless. Humans breathe in and out of both nose and mouth. And the purpose of the mask is to block germ transmission through the air, which can occur when one exhales (spreads germs) or inhales (takes in germs) through either nose or mouth.

4. WHEN YOU'RE DONE

When it's time to take it off, clean your hands and grab the ties or ear loops to pull the mask away from your face. Fold the mask in on itself so the outside corners are together. Do not put the mask on your forehead like a headband, or around your neck like a scarf. Place the mask in a receptacle to be laundered. And then wash your hands.

5. CLEAN IT UP

Wash the mask with other laundry using your [regular detergent](#). If you're using a washing machine, use the warmest possible water that's safe for the type of cloth used to make the mask.

For drying, it's the same: Use the highest temperature possible for the fabric. Then allow to dry completely before wearing again.

If hand-washing the mask, use a disinfecting bleach. Follow the directions on the product to create the appropriate dilution, then soak the mask five minutes. Rinse with cool water and lay flat to dry or hang in direct sunlight. Be careful not to stretch the fabric; that could damage the mask.

As a former operating room nurse, I know that masks are uncomfortable. Unless it's Halloween, they're no fun to wear. But we're not trying to have fun. We're trying to keep ourselves, our families and our communities safe. So Google search for the perfect mask to showcase your personality, and wear it correctly with pride! *This article was originally published on [The Conversation](#) by Joy Pieper at Purdue University. Read the [original article here](#).*



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The Dangers of Vaping and Electronic Cigarettes among Youth

What are Electronic Cigarettes?

Electronic cigarettes (e-cigarettes) are devices that produce an aerosol vapor by heating a liquid inside the device. Users inhale the aerosol into their lungs through the device. The aerosol usually includes nicotine, flavorings and other chemicals. The devices, known by the names "e-cigs," "e-hookahs," "mods," "vape pens" or "vapes," can look like everyday items, such as pens or USB drives, or like regular cigarettes, cigars or pipes.

How Do Electronic Cigarettes Work?

Electronic cigarettes usually have four components:

- A cartridge used to hold a liquid solution that consists of nicotine, flavorings, and other chemicals
- A heater or vaporizer
- A power source (generally a rechargeable battery)
- A mouthpiece from which users inhale the vapor

Teens often do not know that the liquids in the devices contain nicotine. The liquids can also contain volatile organic compounds, ultrafine particles, cancer-causing chemicals, heavy metals (nickel/tin/lead), and flavorings. One chemical, diacetyl, is common and is linked to severe lung damage.

Who is at risk?

Nicotine addiction in teenagers is increasing at an alarming rate. In February 2019, the National Youth Tobacco Survey reported that use of e-cigarettes increased 78% from 2017 to 2018.

A typical e-cigarette cartridge, or “pod,” contains about as much nicotine as a pack of 20 regular cigarettes. (U.S. Surgeon General, 2018.) E-cigarette use increased from 11.7% to 20.8% among high school students and from 3.3% to 4.9% among middle school students from 2017 to 2018. There were 1.5 million more youth e-cigarette users in 2018 when compared to 2017. In 2019, according to statistics from NIDA, 25% of 12th-graders, 20% of 10th-graders and 9% of eighth-graders are vaping nicotine. There are currently 3.6 million youth using e-cigarette products.

What are the Health Hazards for Teenagers?

Most teenagers do not recognize the negative health effects of e-cigarette usage – or even recognize that e-cigarettes contain nicotine. Teens generally believe that e-cigarettes are safe. In 2018, it was reported that approximately two thirds of e-cigarette users age 15-24 do not know that e-cigarettes always contain nicotine.

For teenagers, the use of e-cigarettes can cause major issues in brain development and respiratory function. External safety risks include fires and explosions.

Brain development and addiction

A teenager’s brain is rapidly changing and developing new connections. Nicotine changes the way that the brain is formed and has been shown to harm parts of the brain that control attention and learning. E-cigarette use affects brain development by increasing the risk of nicotine addiction, mood disorders, and the permanent lowering of impulse control. Being addicted to nicotine can increase the risk of teenagers becoming addicted to more dangerous substances, such as cocaine, marijuana or alcohol.



Respiratory Problems

Adolescent e-cigarette users are at increased risk of coughing, wheezing, lung tissue injuries/damage, and asthma exacerbations. Flavorings used in e-cigarettes (such as diacetyl) have been shown to damage lung tissues. Diacetyl is reported to cause what is commonly called “popcorn lung,” an irreversible condition that causes the thickening and narrowing of airways. In a report published by *Environmental Health Perspectives*, it was found that after testing 51 e-cigarette liquids, diacetyl was found in 39 of them.

According to data published in October 2019, there have been 1,080 cases of lung injury reported from 48 states, 1 U.S territory, and 26 deaths in 21 states. All of these cases show a history of e-cigarette product use or vaping.

- 16% of reported cases are in teenagers under the age of 18;
- 80% of reported cases are in people between the ages of 18 and 34.

How to Make a Casserole from What's on Hand

Alice Henneman, MS, RD, UNL Lancaster County Extension Educator, ahenneman1@unl.edu

Create delicious casseroles from this basic recipe.

Make-Your-Own" Casserole (Makes 6 servings)

General Directions: Select food(s) from each category or use your own favorites. Combine in a buttered 2- to 2 1/2- quart casserole dish. Cover and bake at 350 F for about 50 minutes to 1 hour or microwave using 50% power for about 15 to 30 minutes, rotating or stirring as necessary. Heat until steaming hot (165 F) throughout.

Starch - select ONE:

- 2 cups uncooked pasta (macaroni, penne, spiral, bow tie), COOKED
- 1 cup uncooked long-grain white or brown rice, COOKED
- 4 cups uncooked noodles, COOKED

Protein - select ONE:

- 2 cups cooked ground beef
- 2 cups cooked and diced chicken, turkey, ham, beef, or pork
- 2 cups chopped hard-cooked egg
- 2 (6 to 8-oz.) cans fish or seafood, flaked
- 2 cups cooked or canned dry beans (kidney, etc.)

Vegetable - select ONE:

- 1 (10-oz.) pkg. thawed and drained frozen spinach, broccoli, green beans, green peas
- 1 (16-oz.) can green beans, peas, carrots, corn, drained
- 2 cups sliced fresh zucchini

Sauce - select ONE:

- 2 cups white sauce or 1 can sauce-type soup (mushroom, celery, cheese, tomato, etc.) mixed with milk to make 2 cups
- 1 (16-oz.) can diced tomatoes with juice

Flavor - select ONE or MORE:

- 1/2 cup chopped celery, 1/4 cup chopped onion, 1/4 cup sliced black olives
- 1 - 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon)
- Salt and pepper to taste

Topping- select ONE or MORE: (If desired after heating, place on top)

- 2 tablespoons grated Parmesan cheese
- 1/4 cup shredded Swiss, Cheddar, or Monterey Jack cheese
- 1/4 cup buttered bread crumbs
- 1/4 to 1/2 cup canned fried onion rings

Return casserole with topping(s), uncovered, to oven for about 10 minutes or to microwave for about 2 minutes.



Image courtesy of
National Cancer Institute

Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

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10 tips Nutrition Education Series



MyPlate MyWins

Based on the Dietary Guidelines for Americans

Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.