2020 - 2021

Bringing Together Our Past, Present and Future

THE SAMPLER

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

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Message from Lori

Dear Extension Homemakers,

We made it to fall. This year has flown by, but I don't know if I'm entirely sad about that. Normally we would shake our head and say, "my where has all the time gone this year," but unfortunately, I think we all know. I believe I'm ready for the fall and winter months, the holidays, and the Hallmark Christmas movies. Yes, I know we already saw those in July. I'm speaking about the new ones! I think we just need to find our peaceful place.

I hope as an organization we are starting to get back to some form of meeting. It is vital that we stay connected. We are an organization, but we are also friends.

Respectively submitted,

Lori Koon

Howard County Extension Homemaker President

Allison's Article

Having a conversation with a co-worker the other week, I learned that she does something that makes a lot of sense to me. She sets a goal or project for the winter, sometime during the fall, and spends time getting prepared to tackle that goal or project.

If you often find yourself thinking or saying things like "I should lose weight" or "I should keep in better touch with people" of "I should deep clean the office" make the shift from should to identifying one step towards completion. If you "should lose weight," what are you able to do? Break that down into actionable and maintainable steps. Maybe an action for this goal is to plan your meals and grocery trips. I know that I like sweets, therefore, I leave those out of my cart when at the grocery.

When setting goals, think about making them "SMART" goals. Here are some questions to think about for each letter.

- Specific: What do I want to achieve? What is the importance of this goal? What resources are involved?
- Measureable: How will I know when I've reached this goal?
- Attainable: How can I complete this goal? How realistic is the goal, based on other constraints, such as money and time?
- Relevant: Does this seem worthwhile? Is this the right time?
- Timely: When? What can I do to reach the goal – today, next week, next month?

Here are two examples of using SMART goal components.

Deep Clean the Office

- I will deep clean the office. I need a shredder or access to one.
- The desk is free of paper clutter, the floor is clear and swept, and the files are better organized.
- I can spent 10 minutes a day working on the room, or I can clear out and organize one file per day. Maybe the files clean out is timed for when there is a community shred day and I can take my documents to that service.
- Since I'm doing more work at home, having a clutter free work space is good for my work flow, as well as mental health of seeing clean spaces.
- Set a time for when the office needs to be done. Establish shred, toss, and save piles by the end of the day. Clear the desk by the end of the week. Sort and organize 20 files by the end of the month.

When thinking about this goal or project, I might need to get clean file folders, a shredder, appropriate storage bins for important papers or maybe a fireproof safe.

Make Doll Clothes for Charity Auction

- Make a full set of doll clothes to donate to a fall auction. I need a pattern, fabric and other supplies to have on hand.
- The set of doll clothes will be complete when I have 7 outfits and one pair of pajamas done.

Allison's Article (cont.)

- Starting this in the winter brings plenty of time for me to get it done and also the opportunity to spread out costs of final accessories or embellishments.
- I want to give of my time and talents.· Since the auction is in the fall, I could make one outfit a month and be done by July. Work plan: prep all pieces for sewing, complete pieces.

With the making clothes project, I could definitely prepare now for the actual work with deciding what to make and gathering the materials.So, what can you set as your goal or project for the winter? How can you prepare now to make the project a success later?

Resource: https://www.mindtools.com/pages/article/smart-goals.htm

Volunteer Community Support

Organizations in Howard County that have shared needs during this time include the following:

<u>Kokomo Urban Outreach</u>
Monetary gifts
Tutors - anytime of day and various grade levels
#10 cans of vegetables or fruit
Large boxes of pasta
Hand sanitizer
Cleaning supplies - Lysol spray, disinfecting wipes
Dishwashing detergent
Dish cloths
Dish towels

<u>Howard Haven</u>
Paper products
Large cans of vegetables or fruit
Laundry detergent

If you need help getting your donations dropped off, please contact Lori Koon or Nancy Newell. Otherwise, call ahead to the organizations for instructions. Please keep a record of all donations.

Fall Recipes
By Janalyce Hatton

With cooler days, here are a couple of recipes for fall.

St. James' Baked Beans (Serves 8)

6 slices bacon (turkey bacon is optional)
1/2 cup chopped onion
1 (16 ounce) can pork and beans, drained
1 (16 ounce) can lima beans, drained
1 (15 ounce) can kidney beans, rinsed and drained
1 (10 ounce) package sharp cheddar cheese, cubed
1 cup ketchup
3/4 cup firmly packed dark brown sugar
1 Tbsp. Worcestershire sauce

Preheat oven to 325 degrees. Butter a 1 1/2 quart casserole dish. In a small skillet, saute the bacon and onions until the bacon is crisp or semi-crisp, and onions are lightly browned; drain well. In a large bowl, combine the remaining ingredients. Add bacon-onion mixture; mix well. Pour bean mixture into prepared casserole. Bake uncovered at 325 degrees for 1 1/2 hours.

Cheeseburger Soup (for a crowd, or halved for a smaller group)

2 pounds ground beef
1 quart chicken broth
4 1/2 cups diced raw potatoes
1 /2 cups diced celery
3/4 tsp. pepper
3/4 cup chopped onion
2 cups water
1/1/2 cups shredded carrots
1 1/2 tsp. salt

White Sauce
1/2 cup butter
3/4 cup flour
3 cups milk
3 cups processed cheese, cubed

Brown ground beef with onion, drain. In a large saucepan combine broth, water, vegetables, salt, and pepper. Bring to a boil. Cook for 5 to 10 minutes or until potatoes are tender. To make white sauce, melt butter in saucepan; add flour and stir until smooth. Slowly add milk and cook until thickened. Add cheese and stir until melted. Combine sauce with vegetables, ground beef, and onion. Do not boil after sauce is added to vegetables.

Zucchini Pizzas!

medium zucchini, about 3" diameter at large end
pizza sauce (homemade if you make your own)
any kind of shredded cheeses
browned sausage
finely chopped vegetables
pepperoni
canned, sliced mushrooms
any food you would put on your own pizza with a crust

Spray with oil a microwave-safe plate or microwave-safe pan. Cut off ends of raw zucchini and throw away; then slice raw zucchini into 1/2" slices, and place slices on pre-sprayed pan, microwave-safe plate, or sheet. Put a thin layer of pizza sauce on each zucchini slice, add cheese, and then top with other ingredients you want on your slices. Place plate or sheet of slices in microwave to bake for one to two minutes. If the cheese isn't melted, microwave in short increments. These are delicious and add no calories like the typical pizza crust! This is a good way to use up zucchini from your garden!! Happy eating!!

Education

By Janalyce Hatton

3 Fast Ways to Help People in Need During a Crisis!

1.) Supply basic necessities! To make your own "love kits" to give to those in need, fill a zip-top bag with items like soap, a granola bar, a poncho, socks, a travel-size toothbrush and toothpaste, and wet wipes. Then go to VolunteerMatch.org. and type in your ZIP Code to find a shelter in your area to drop them off, or mail them out!

2.) Help sanitize shelters! There is a great need for cleaning supplies like gloves, masks, garbage bags, and other items to help sanitize shelters! In light of COVID-19, homemade cotton masks may be needed. Go to YouTube.com to search "do-it-yourself face medical mask" for easy-to-follow directions!

3.) Stock up food pantries! Most organizations that do food sharing haven't been able to get out as frequently. How can you help? Drop off surplus water bottles, snack bars, or canned goods to your local shelter, or focus on food and drinks that help nurse people through illness like juice, Gatorade, Pedialyte, Jell-O, and teas.

Shortcuts to Being 100% Healthy

Hug your pals (if you're okay with this during the pandemic)! Wrapping your arms around your spouse, a friend, or even your pet automatically makes your body churn out more of the inflammation-taming hormone oxytocin. And Chinese researchers say, when you curb inflammation, it frees up your body's natural resources to destroy invading germs 40% faster, plus speeds your recovery time by 50% if you do fall ill.

Protect your memory by phoning a friend (especially now). Socializing is proven to sharpen thinking as you age, and there's good news even when you can't get out. Chatting on the phone counts! Older women with the strongest network of friends have the sharpest memories. Whether chatting with a neighbor across the street or gabbing on the phone, socializing acts as mental exercise to keep your brain cells biologically younger than your actual age.

And exercise less. No need to wear yourself out trying to walk 10,000 steps daily. Women who take just 4,000 steps daily (about two miles, or 30 minutes of moderate walking) reduce their mortality risk by 41%.

August Council Minutes

August 3, 2020

The Howard County Extension Homemakers Council met August 3, 2020 at the Howard County Government Building. President Lori Koon called the meeting to order at 6:30 p.m.

Pledges and creed were said by all.

President Lori Koon reported that Leader Lessons will be held September 29, 2020 with more information to follow. She also handed out certificates, gifts, and yearbooks for the current year.

Roll call was taken and the following were present: Lori Koon, Nancy Newell, Ramona Duncan, Liz Shell, Carolyn Kuhns, Mary Nettles, Bonnie Nicholas, Sandy Kleiber, Cindy Joyce, and Jeanne Shockley.

Ramona Duncan read the minutes from the March council meeting.

Janelle Riggs sent a message prior to the meeting concerning the financial report and is as follows:

General Fund: $4,600.74
First Books for Kids: $3,305.76

Nancy Newell gave a report about Adult Open Class. There were 53 exhibitors with 170 projects. She thought that was good with all of the circumstances and thanked everyone for their help.

Lori Koon said there will be no fall, state, or district activities and decisions about 2021 will be made later.

Lori also asked each club to read the constitution and by-laws of the Howard County Extension Homemaker Association at their individual club meetings.

The next council meeting will be October 5, 2020 with the location to be determined.

Lori Koon will continue checking into Port-a-Pit as a fundraiser for this year.

Nancy Newell read a short devotion.

Carolyn Kuhns reported that there are 228 students this year who will benefit from First Books. She has already purchased 228 crayon boxes. Each club is responsible for purchasing 25 unisex coloring books. She is going to need help cutting the wrapping paper this year and will give more information at the next council meeting.

Carolyn Kuhns made a motion to adjourn. Liz Shell seconded. Motion passed.

Submitted by,

Ramona Duncan, Secretary

October Council Minutes

October 5, 2020

The Howard County Extension Homemakers Council met October 5, 2020 at the Highland Park Church. Vice President Nancy Newell called the meeting to order at 6:30 p.m.

Mary Nettles led the pledge, and the creed was said by all.

Vice President Nancy Newell read an inspirational thought about loving others through our prayers.

Ramona took attendance by asking those present if they had been to a haunted house. The following were present: Lori Koon, Nancy Newell, Ramona Duncan, Janelle Riggs, Liz Shell, Mary Nettles, Bonnie Nicholas, Sandy Kleiber, Cindy Joyce, Jeanne Shockley, and Jeanne Houser.

Ramona Duncan read the minutes from the August 3rd council meeting. Jeanne Shockley made a motion to accept the minutes with Janelle Riggs seconding the motion. Motion passed.

Treasurer Janelle Riggs presented the treasurer's reports. Due to inactivity in the First Books for Kids account, Janelle had to deposit $1.00 into the account to keep it active. The balances are as follows:

General Fund: $4,600.74
First Books for Kids: $3,291.76

Motion was made by Mary Nettles and seconded by Cindy Joyce to purchase a roll of stamps for Lori Koon for the mailings she does for our club. Motion passed.

Nancy Newell mentioned that the Pregnancy Resource Center and Birthright both need new blankets for babies. This is a great project for Volunteer Community Support. The Pregnancy Resource Center will also take gently used baby clothes. Please keep a record of all donations.

The Cultural Arts position will be filled by Jeanne Shockley who reminded us to work on items for Achievement Night.

Leadership positions will be filled by Ramona Duncan and Jeanne Houser. Ramona asked everyone to vote and be sure to get the flu, shingles, and pneumonia vaccines.

All crayons for First Books for Kids have been purchased. Each club president will need to get those from Lori Koon at her place of work, Forefront Dermatology, beginning October 13, 2020. Please call her ahead of time. Please see that Carolyn Kuhns has all of the crayons and coloring books to her and gift wrapped by December 1, 2020.

Lori Koon will mail information on Nelson's Port-a-Pit to each of the club presidents. This is a possible fundraiser for this year.

The next council meeting is scheduled for January 4, 2021 at the Howard County Government Center at 6:30 p.m.

Ramona Duncan read thank you notes from the family of Barbara Rosenbach and Nathanael Elkin, scholarship recipient.

President Lori Koon stated that an Extension Homemaker display for IEHA week is at the Kokomo-Howard County Public Library's main branch in the case near the Union Street entrance.

Cindy Joyce made a motion to adjourn. Liz Shell seconded. Motion passed.

Submitted by,

Ramona Duncan, Secretary

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.

Fall Birthdays

HAPPY BIRTHDAY TO THE FOLLOWING HOMEMAKERS

October

4 Janelle Riggs
6 Joan Strawhacker
7 Sally Soupley
10 Bonnie Nicholas
10 Jeanne Shockley
12 Doris Wolf
14 Linda Meister-Crowder
19 Jeanne Houser
26 Marilyn Grossman
31 Cynthia Miller

November

6 Carolyn Wheeler
11 Peggy Rivers