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*Embracing Change to meet  
Tomorrow's challenges*



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**News from Our President**

Della Wittgren



I wanted to give a special Thank You to the members of East Galena, Rolling Stones and Town & Country for their work in providing us an International Faire this year. There was a lot of great, useful information. I hope that all of our members enjoyed it as much as I did.

**News from the Extension Office**

Allison Goshorn

I'd like to say Thanks for all of you who joined in and participated in the Zoom lesson that Linda Curley did on positive thinking. I know that it was different from what we are all used to and appreciate the willingness to learn and try new things. The more I use Zoom the more comfortable I am with the new technology that this pandemic has made me learn. The one nice thing about Zoom is that you can register for educational opportunities throughout our area and never have to leave your home. If any of you are interested in learning Zoom, let us know and we can create a meeting and have a quick training for you. Check out the Education Opportunities coming up on page 4.

**News from the County Extension Director**

Gayle O'Connor

On September 1<sup>st</sup>, LaPorte County secured a Business Manager for the LaPorte County Fairgrounds. Due to this change at the fairgrounds, the Extension office was asked to make the reservations on behalf of the volunteer groups within our organization. Please contact Kathy Ulman at the LaPorte County Extension office (219) 324-9407 to secure your fairground reservation, instead of directly calling the fairgrounds. When Kathy receives your call, she will notify you as to whether a safety plan is required for your event.

Thank you for all you do to support the work of Purdue Extension!

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## 5 Ways to Boost Your Immune System

AARP

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When it comes to fighting viruses, everyday precautions such as washing your hands often and avoiding sick people are key. But experts say that **boosting your immune system** may also give you an edge in staying healthy. Here are five smart steps to add to your to-do list now.

### 1. Stay active

[Working out](#) is a powerful way to boost your immune system, says Mark Moyad, M.D., M.P.H., Jenkins/Pokempner director of preventive and alternative medicine at the University of Michigan Medical Center. It causes your body's antibodies and white blood cells to circulate more rapidly, which means they may be able to detect and zero in on bugs more quickly. Being active this way also lowers stress hormones, which reduces your chances of getting sick, Moyad adds.

Research suggests that exercise's effects may be directly relevant to virus fighting, too. According to a recent study published in the [British Journal of Sports Medicine](#), of 1,002 people surveyed, those who exercised at least five days a week had almost half the risk of coming down with a cold as those who were more sedentary. If they did get one, they reported less severe symptoms. There also may be a protective benefit from the sweat in your sweat session: Research has shown that simply raising your body temperature may help kill germs in their tracks.

The key to exercise, however, is to do it in moderation. "Like many other things, there's a sweet spot — doing too much can also put so much stress on your body, it depresses your immune system," explains Moyad. He recommends 30 to 60 minutes of exercise (either vigorous or moderate) most days of the week.

### 2. Watch your diet

"Eighty percent of your immune system is in the gut, so when it's healthy, we tend to be able to fight off infections faster and better,"

says Yufang Lin, M.D., of the Center for Integrative Medicine at the Cleveland Clinic.

"When it's not, our immune system is weaker and more susceptible to fighting off infection."

In general, Lin recommends that people focus on a Mediterranean style of eating, which means a diet rich in fruits, vegetables, whole grains and healthy fats, found in foods such as fatty fish, nuts and olive oil. "This eating pattern is high in nutrients such as vitamin C, zinc and other antioxidants shown to help reduce inflammation and fight infection," she explains. Adults between the ages of 65 and 79 who followed a Mediterranean type of diet, along with taking a daily 400 IU vitamin D supplement for a year, showed small increases in disease-fighting cells such as T cells, according to a 2018 study published in the journal *Frontiers in Physiology*.

It's also important to limit meat, especially processed and fried foods, all of which are more inflammatory, Lin adds. "Generally, I recommend a whole food diet," she says. What's more, it's smart to include fermented foods, such as yogurt, sauerkraut, miso and kefir, in your daily diet. These help build up the good bacteria in your gut, which, in turn, supports a healthy gut and immune system, Lin explains.

### 3. Stay on top of stress

There's a strong link between your immune health and your mental health. "When you're under **chronic stress or anxiety**, your body produces stress hormones that suppress your immune system," Moyad says. Research done at Carnegie Mellon University has found that people who are stressed are more susceptible to developing the common cold.

In one study, published in **Proceedings of the National Academy of Sciences**, 276 healthy adults were exposed to the cold virus, then monitored in quarantine for five days. Those who were stressed were more likely to produce cytokines, molecules that trigger inflammation, and were about twice as likely to get sick.

In addition, people who are stressed are less likely to pay attention to other healthy habits, like eating right and getting enough sleep, which can affect immunity, Lin adds.

Although you can't avoid stress in your life, you can adopt strategies to help you manage it better. A 2012 study, published in **Annals of Internal Medicine**, looked at adults 50 and older and found that those who either did a daily exercise routine or performed mindfulness meditation were less likely to get sick with a respiratory infection than subjects in a control group, and if they did get sick, they missed fewer days of work.



#### 4. Get enough sleep

Z's are another natural immune system booster. "Your immune system is like your computer — it needs moments of rest so it doesn't become overheated," Moyad explains. "Sleep reboots the system."

When you're sleep-deprived, he adds, your body churns out stress hormones like cortisol to keep you awake and alert, which can suppress your immune system. People who got a full eight hours of shut-eye had higher levels of T cells than those who slept less, according to a 2019 study. Try to get at least seven hours of slumber a night, as a 2015 study, published in the journal *Sleep*, found that people who did so were four times less likely to come down with a cold than those who clocked less than six.

#### 5. Be strategic about supplements

There's no magic herb or vitamin you can pop to automatically prevent a cold, flu or other virus. But a 2017 review of 25 studies, published in the [British Medical Journal](#), found that a moderate daily dose of vitamin D may offer protection if you're already low in the sunshine vitamin, points out Tod Cooperman, M.D., president and editor in chief of ConsumerLab.com.

The best way to find out if you're lacking in [vitamin D](#) is to get your blood levels tested; you should be between 20-39 ng/mL (nanograms per milliliter). If you're within that range, a daily supplement of about 600 to 800 IU is fine. If you're low, talk with your doctor about additional supplementation — up to 2,000 IU a day. Cooperman advises taking it with meals that contain fats or oils, to increase absorption.

The Cleveland Clinic's Lin also recommends cooking with herbs such as garlic, ginger, rosemary, oregano and turmeric. All have been shown to have anti-inflammatory properties, she explains, and some, like [garlic](#), have even been shown to be protective against colds. "When my patients ask me about taking supplements to enhance their immune system, I always go back to food, food, food," she says. "Food is medicine."

*Editor's note: This story has been updated to reflect current health guidelines related to social distancing.*

## VOLUNTEER OPPORTUNITIES

**Lend -A-Hand Day – @ home version.** Thursday, November 5<sup>th</sup> from 10:00 a.m. to 5:00 p.m. Pre-made kits will be ready for pick-up at the Studio (910 State Street)

## EDUCATION OPPORTUNITIES

### LaPorte County Public Library

**Brain Health class** – Presented by Allison Goshorn, Purdue Extension Educator – LaPorte County  
 This class is being offered in person or via Zoom  
 Thursday, October 15, 2020 1:00 pm – 2:30 pm  
*Pre-registration is required*

Learn how to maintain brain health which is a vital part of healthy aging and recall strategies with a Brain Health treat bag.

**Healthy You classes** – Presented by Karen Richey, Purdue Extension Educator – Marshall County  
*Pre-registration is required and registration will close one week prior to the event.*  
 6:30 p.m. – 7:30 p.m.

Registered attendees will have an LPCPL Health Literacy kit checked out to them including an Instant Pot, From Freezer to Cooker Cookbook, a flexible cutting board for use for the class. All kits are sanitized prior to check-out and on the return of the kit.

Monday, October 19<sup>th</sup> – Instant Pot Basics – Cooking Under Pressure

Monday, October 26<sup>th</sup> – Healthy Meals Crock Pot Style



*Until we meet again...*

On Saturday, September 19<sup>th</sup>, Doris Bedwell, member of Merry Moderns, passed away at the age of 89 at her son's home in Noblesville, Indiana.



### October

1<sup>st</sup> – Barbara Herrold  
 2<sup>nd</sup> – Cindy Pagels  
 3<sup>rd</sup> – Bonnie Robinson  
 4<sup>th</sup> – Pat Day  
 14<sup>th</sup> – Bonnie Netzer  
 30<sup>th</sup> – Peggy Schoof

### November

11<sup>th</sup> – Theresa Lebo  
 16<sup>th</sup> – Joanne White  
 17<sup>th</sup> – Cheri Schwenk  
 26<sup>th</sup> – Melissa Newcomber  
 27<sup>th</sup> – Barbara Swanson  
           Della Wittgren  
 28<sup>th</sup> – Judy Swiger

# ROLL CALL

The office staff thought it might be fun to reach out and take a roll call. Thank you to those who responded and this is another invite for you all to join the fun. Next edition we will answer the questions for October, November and December. Call or email Kelly at the office with your answers.

## July's question:

**What was your favorite ride at the fair?**

Tilt-A-Whirl  
 Scrambler  
 Golf Carts  
 Small merry-go-round  
 The Himalaya  
 Seats on the merry-go-round  
 The Dragon  
 Ferris Wheel – *it was exciting to be up so high and be able to see so many things.*

**And here is a story to great not to share....**

*Octopus - Once at the Elkhart County Fair my husband and I had our weight just right that we were spinning so hard, they couldn't get the ride stopped! We ended up riding three times in a row before they could slow it down enough to grab it and get us off. Needless to say, that was the last time we rode that ride, but it was great fun.*

## August's question:

**Your favorite vacation spot?**

|                                  |              |
|----------------------------------|--------------|
| Camping at any State Park        | Shipshewana  |
| My own front porch               | Branson      |
| Wisconsin Dells                  | Cruise       |
| Alaskan cruise                   | Kentucky     |
| The Smokie Mountains             | Brown County |
| Frankenmuth                      | Switzerland  |
| Southeastern Ohio – Amish area   |              |
| Amtrak sleep car to visit family |              |
| Martha's Vineyard and Cape Cod   |              |
| Edinburgh, Scotland              |              |

## September's question

**Your favorite subject in school?**

|                |            |
|----------------|------------|
| Spelling       | German     |
| English        | Chemistry  |
| Home Economics | Literature |
| Band           | Phys Ed    |
| Art            | Science    |
| Math           | Reading    |
| Social Studies | Choir      |
| History        |            |

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## RECIPE CORNER

I thought it might be fun to start a recipe exchange in the newsletter. Fall is one of the seasons I love because I can wear sweatshirts, cuddle with my dog under a blanket while watching TV and eat yummy soups such as this one (I serve it with warm breadsticks).

If you have a recipe you want to share please send it me at [woznia11@purdue.edu](mailto:woznia11@purdue.edu)

### Pasta e Fagioli Soup {Olive Garden Copycat Recipe}

**Servings:** 6 servings

**Prep Time** 15 minutes

**Cook Time** 35 minutes

**Total Time** 50 minutes

#### Ingredients

|   |   |
|---|---|
| 2 Tbsp olive oil, divided               | 2 tsp granulated sugar                                  |
| 1 lb. lean ground beef                  | 1 ½ tsp dried basil                                     |
| 1 1/2 cups chopped yellow onion         | 1 tsp dried oregano                                     |
| 1 cup diced carrots (about 2 medium)    | ¾ tsp dried thyme                                       |
| 1 cup diced celery (about 3 stalks)     | ½ tsp dried marjoram                                    |
| 3 cloves garlic, minced (1 Tbsp)        | Salt and freshly ground black pepper                    |
| 3 (8 oz) cans tomato sauce              | 1 cup dry ditalini pasta                                |
| 2 14.5 oz cans low-sodium chicken broth | 1 (15 oz) can dark red kidney beans, drained & rinsed   |
| 1/2 cup water, then more as desired     | 1 (15 oz) can great northern beans, drained & rinsed    |
| 1 (15 oz) can diced tomatoes            | Finely shredded Romano or Parmesan cheese (for serving) |

#### Instructions

Heat 1 Tbsp olive oil in a large pot over medium high heat, crumble in ground beef and cook, stirring occasionally until cooked through.

Drain fat from beef then transfer beef to a plate, set aside. Heat remaining 1 Tbsp olive oil in same pot. Add onions, carrots, and celery and sauté over medium-high heat until tender about 6 minutes, add garlic and sauté 1 minute longer.

Add chicken broth, tomato sauce, water, canned tomatoes, sugar, basil, oregano, thyme, marjoram and cooked beef then season with salt and pepper to taste.

Bring to a boil then reduce heat to medium-low, cover with lid and allow to simmer, stirring occasionally, until veggies are soft, about 15 - 20 minutes.

Meanwhile prepare ditalani pasta according to directions on package, cooking to al dente.

Add cooked and drained pasta to soup\* along with kidney beans and great northern beans. Thin with a little more broth or water if desired.

Allow to cook 1 minute longer. Serve warm with grated Romano or Parmesan cheese.

#### Recipe Notes

\*If you don't plan on eating all of the soup right away I recommend adding the pasta to individual servings. Otherwise pasta gets soggy and absorbs too much broth.

\* I also like to make a day ahead so that the flavors meld together.