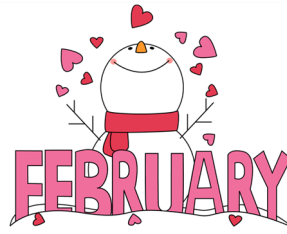




2021



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New Year, New You?

Every year, millions of people claim that the new year is their year. They are going to get fit, eat healthier, have more money, and countless other aspirations. Following the shock of what 2020 brought us, 2021 is a great year to say New Year, New Me! We have learned a lot this past year and if we choose to learn from it, we can strive to make 2021 a great year. So, what are some things that you wanted to do but didn't pre-Covid? Think about those things and write them down. Is it something that you can do in the coming year? I want to challenge you to not only make a new year's resolution; in fact, don't make one at all. Make a goal, then make smaller goals to reach that bigger goal. You can do it! I believe in you. In the coming year, it is my goal to bring awareness about different health issues that affect our communities. It is my hope that with awareness, we can lower the prevalence of disease and increase wellness in our County. I can't wait to see what 2021 brings and I hope you can't either! I hope you enjoyed your holiday and let me be the first to wish you a very happy and prosperous New Year!

January is Cervical Health Awareness Month

Each year, more than 13,000 women are diagnosed with invasive cervical cancer in the U.S. Cervical cancer is one of many cancers that is preventable. Vaccinations and screenings can help prevent cervical cancer. I want to encourage every person reading this to see your health care provider this month or encourage your loved one to see their health care provider for a screening. Vaccinations are available for people ages 11-26. For more information about the vaccine please speak with your health care provider. You can also visit the Centers for Disease Control and Prevention at cdc.gov/hpv.



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Dining with Diabetes

Dining with Diabetes was rescheduled to January. The new dates are Jan 19th, 26th February 2nd, and 9th. The virtual class will be in session on these dates from 6pm to 8pm CST. Please join us virtually as we learn about diabetes and how to make delicious diabetic friendly meals. The cost of the program is \$25/person and \$40/couple and includes materials for the class. The deadline to sign up is January 13th. Please call the office at 219-866-5741 to register. I hope to "see" you there!

January is also National Birth Defects Prevention Month

Stay tuned to our Facebook page for tips to help prevent birth defects. The theme is "Best for You. Best for Baby". Work with your health care team if you are planning to get pregnant. This is one of the first steps in prevention. For more information on birth defects, visit nbdpn.org and as always, talk to your healthcare provider.



What are some of your Goals for the Upcoming Year???

Seven horizontal lines for writing goals.



February is Heart Health Month

Is your heart healthy? What steps are you taking to ensure that your heart is healthy? Exercise? Eat right? How about managing stress? I want to encourage you be mindful of your heart health this month. You can do this by knowing the risk factors for heart disease. Nearly half of all Americans have 1 of the 3 controllable risk factors that can lead to heart disease: smoking, high cholesterol, and high blood pressure. Reducing or eliminating these risk factors can lower your chance for heart disease. The risk factors for heart disease are listed below.

Risk Factors for Heart Disease

- Diabetes
- Diet high in saturated fats and cholesterol
- Excessive alcohol use
- Family history of heart disease
- High blood cholesterol
- High blood pressure
- Obesity
- Physical inactivity

Tobacco use Stayed tuned for more information via our Facebook page, radio station, and the local newspaper.



Children's Dental Health Month

Ensuring that children have healthy dental practices at an early age can help prevent many dental issues as they grow older. Stay tuned for more information regarding dental health.

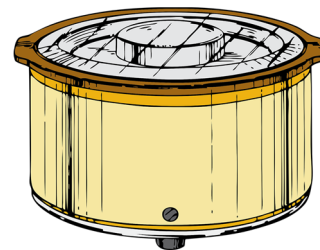
For more information and events, visit our Facebook page at <https://www.facebook.com/car-menfortney.purdueextension.hhs>

Easy Beef Pot Roast

Pot roast doesn't get any easier! Just toss 5 ingredients along with a little water, salt and pepper into your slow cooker. Several hours later, your dinner is done.

INGREDIENTS:

- 2 large sweet potatoes or 3 medium white potatoes, peeled and cut into 2-inch pieces
- 2 medium onions, peeled and cut into quarters
- 1 - 2 1/2-pound boneless, beef chuck pot roast
- 1/2 cup bottled chili sauce or ketchup
- 1/3 cup water
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



DIRECTIONS:

1. In 3 1/2- to 4-quart slow cooker, place potatoes and onions. Place beef roast on top of the vegetables.
 2. In small bowl, stir together chili sauce or ketchup, water, Worcestershire sauce, salt and pepper. Pour over meat and vegetables.
 3. Cover and cook on low-heat setting for 8 to 10 hours or until meat is very tender.
 4. Remove roast and vegetables from slow cooker. On cutting board, cut meat into 8 serving-size pieces. Cover meat and vegetables to keep warm.
 5. Drain liquid from slow cooker into measuring cup. The fat will float to the top in a clear layer. Use a spoon to remove the fat layer from the top of the liquid. Discard fat. Serve remaining liquid over meat and vegetables, or make a thickened sauce (like a gravy) to pour over the pot roast.
- 1 To make a thickened sauce (gravy):**
1. In small saucepan, place remaining cooking liquid.
 2. In small bowl, stir together 1/2 cup cold water, or beef broth and 1/4 cup all-purpose flour or 2 tablespoons cornstarch.
 3. Cook, stirring constantly, over medium-high heat until mixture boils and thickens slightly. Serve over meat and vegetables.

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