

Vigo County Extension Homemakers February 2024 Newsletter



Important Dates to Remember

Feb 5	(Monday)	Council Meeting-Lesson "Air Fryer 101" (Noon-1PM)
Feb 12	(Monday)	Past Presidents Meeting
Feb 19	(Monday)	Extension Office Closed—President's Day
Mar 11	(Monday)	"Staying Active at Every Age" - Lesson by Gail Wright
Mar 19	(Tuesday)	Spring District Meeting (Owen County)
Mar 29	(Friday)	Extension Office Closed—Good Friday
April 1	(Monday)	"Vaping and Tobacco Use" - Lesson by Gail Wright
April 15	(Monday)	Past Presidents Meeting
April 22	(Monday)	Spring Fling
June 10-12		Home and Family Conference



Be sure to check our website www.extension.purdue.edu/vigo for news and updates.

SYMPATHIES

Please extend your sympathy to the Amy Watson family. She has been a member of the Prairie Creek Club for many years. She passed away on January 9, 2024

THANK YOU

Thank you for getting your jobs done on time. Thanks for always being ready to help when you are asked

UPCOMING EVENTS

- 1) The Feb. 5, 2024, Council Meeting will be held in the Community Building at the Vigo County Fair Grounds. Council officers will meet at 9AM and Club Presidents at 10AM. Roll call will be "Do You Want to Entertain a Club?" The Nominating Committee will present the slate of officers for the Council. Gail will have a lesson on "Air Fryer 101". It will be at Noon -1PM.

Hearts at Home and Fayette Extension clubs will meet after the lesson to make plans for the Spring Fling. It will be held on Monday, April 22, 2024.

- 2) The Spring District will be held (Tues) March 19, 2024.
- 3) On Monday, April 1, 2024, our educator, Gail Wright, will present a Lesson on "Vaping and Tobacco Use". It will be open to the public. It starts at 3 PM at Meadows Learning Lab (previously Meadows Elementary School). You need to RSVP by calling the Extension Office (812-462-3371) prior to this lesson.

DISTRICT NEWS

Please be thinking about going to the Spring District Meeting on March 19, 2024, in Owen County. It will be held at the McCormick Creek Church Fellowship Hall in Spencer, IN. The address is 3138 State Road 46, Spencer, IN 47460. The

Theme will be "Look How Far We've Come." Registration is from 8-9 AM. The meeting will start at 9AM. The meal will be lasagna (choice of regular or vegetarian), salad, and dessert for \$13 per person. The reservations and money need to be turned in by Feb. 28, 2024, to Kaye Erney, 3607 Cunot Cataract Road, Poland, IN, 47868. Of course, there will be some breakfast snacks. A "Silent Auction" will be held at this meeting. If you would like to donate an item to the auction, please bring it with you. All clubs are a little low on funds so these proceeds would go to offset the expenses. NO FOOD or CLOTHING please. There will be a place for pictures with old time things. Please plan on coming and having a good time. Carpooling helps everyone and it is a fun time to fellowship.

CLUB ANNOUNCEMENTS

- 1) The Volunteer Committee Support Report form is due at the Feb. 5, 2024, Council Meeting.
- 2) If anyone wants to apply for the "1st Timer Award", your letter needs to be turned in to me by Thursday, Feb. 15, 2024.
- 3) Also, if you want to apply for the "I Want to go Again Award" turn your letter in to me also by Thursday Feb. 15, 2024. If you need a form, ask me for one.

PAST PRESIDENTS

Past Presidents club will be meeting on Monday, February 12, 2024. They will meet at 11 AM at Wings Etc. It is on Fort Harrison Road in the Plaza North Shopping Center. There is a private room in the back for this meeting. No need to call to RSVP. Just show up. Hostesses will be Jacqui Stanley, Sharon Stultz, Linda Smith, Sue Merritt and Sandy Kelly. Sandy, I am sorry for leaving your name out of the January Newsletter.

The Past Presidents Club is an honorary club to pay tribute to those who have served their club as president.

OPPORTUNITIES TO HELP ATTENTION LADIES!

- 1) The Nominating Committee is having trouble getting anyone to fill these 3 positions for the Council Officers. President, Vice-President-Public Relations (one position) and Secretary. If any of you would love to hold any of these positions please call Judy Johnson, 812-299-4266.

- 2) Ruth Ridener needs gallon size Ziploc bags. She also needs colored pencils. These are for Union Hospital. Give these to your club president, Ruth or me.

OTHER

We will be scheduling a work date to work on receiving blankets soon. Hope a lot of you show up to make the work go quicker. The more sewing machines the better.

The Special Project for Home and Family Conference 2024 will be a "Table Runner". It can only be 18 inches across but the length is up to you.

SCATTER KINDNESS

Our new State President wants to continue on with the Scatter Kindness Hearts. Let me know if you have done any.

REMINDERS

- 1) Remember all of the Scholarships we give out. Ruth B. Sayre Scholarship applications are due March 1, 2024. They go to our State President, Peg Peter.
- 2) Club Presidents remind your club members that DUES of \$15 are due at your Feb. club meeting.
- 3) Don't forget you can collect pop tabs. You can give them to your club president, Sarah Gossett or me.
- 4) Don't forget to turn in any info you would like in the Newsletter by the 15th of the month.

PRESIDENT'S MESSAGE

I hope you remember to turn in your "Volunteer Community Support Form" at the Feb. Council meeting. Thanks for getting them turned in on time. I know they are a lot of work.

Janet Kleptz
Janet Kleptz

Vigo County Extension Homemaker President



EDUCATOR SPOTLIGHT

February is American Heart Month!

Most of us have known someone that has had heart disease and unfortunately, several have lost someone to heart disease. It is the leading cause of death in Indiana and Vigo County for both men and women. This February during American Heart Month (AHA) take a few minutes to learn more about the change the AHA has recently made. The “Simple 7” has updated their prevention factors to the “Essential 8”.



The Simple 7 was introduced in 2010. After years of research, the AHA determined that individuals could prevent heart disease by:

1. Eat a healthy diet
2. Be physically active (build to 150 minutes moderate/week)
3. Don't smoke, vape or use other tobacco products
4. Reach and maintain a healthy body weight
5. Get your cholesterol checked
6. Keep fasting blood sugar less than 100 mg/dL or an A1C of less than 5.7%.
7. Keep blood pressure below 120/80 mm Hg.

In 2023, AHA determined one more factor was important in prevention and sleep was added. The title was updated to the “Essential 8”.

Adequate sleep promotes healing, improves brain function and reduces the risk for chronic diseases. Sleep impacts an individual's ability to maintain a healthy weight, control blood pressure, and diabetes. Recommendation for amount of sleep for adults is 7 - 9 hours daily. Sleep ranges for children are 10-16 hours per 25 hours among children 5 and younger, 9-12 hours for those aged 6-12 years, and 8-10 hours for those aged 13-18 years.

In Vigo County, approximately 40% of adults get less than 7 hours of a sleep daily and meeting this amount is difficult for many for several reasons. If you have difficulty sleeping, good “sleep hygiene” may help. Sleep hygiene includes several factors – such as having a bed time routine, turning off cell phones, and nutrition.

So, this month, celebrate National Heart Month by getting some sleep! If you would like more information and tips on sleep and your health, visit the AHA website at: <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8/how-to-get-healthy-sleep-fact-sheet>

If you would like to have some of the information printed and mailed to you, contact Gail at (812) 462-3371 or wrigh509@purdue.edu .

Gail

Gail Wright

Extension Educator

Health & Human Sciences



IEHA Terre Haute District Spring Meeting



Look how far WE'VE COME



THE ITINERARY

Registration 8:00a to 9:00a
Meeting starts at 9:00a

MEAL

Lasagna
Salad
Dessert
\$13 per person



LOCATION

McCormick Creek Church
Fellowship Hall
3138 State Rd 46,
Spencer, IN 47460

TUESDAY MARCH 19

RSVP BY FEB 28:

Kaye Erney
3607 Cunot Cataract Road
Poland, IN 47868
ERNEYOSA@CCRTC.COM

MORE INFORMATION

Robert White
RWHITE47460@GMAIL.COM

COUNTY: _____

NAME: _____

CATERED LUNCH OPTIONS

\$13 per person

Lasagna

Regular

Vegetarian

Salad

Dessert

NAME: _____

CATERED LUNCH OPTIONS

\$13 per person

Lasagna

Regular

Vegetarian

Salad

Dessert

NAME: _____

CATERED LUNCH OPTIONS

\$13 per person

Lasagna

Regular

Vegetarian

Salad

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Regular

Vegetarian

Salad

Dessert

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CATERED LUNCH OPTIONS

\$13 per person

Lasagna

Regular

Vegetarian

Salad

Dessert

RSVP BY FEB 28: Kaye Erney
3607 Cunot Cataract Road, Poland, IN 47868
ERNEYOSA@CCRTC.COM

HOPE FOR TOMORROW SILENT AUCTION at District Meeting



Help us raise funds for the host county and district by adding an item to our silent auction during the district meeting. Funds raised in the silent auction will help offset expenses the county may have occurred in hosting the district meeting and add funding to the district to reduce the need to increase district fees.

HOW?



Give a Cash
Donation

OR



Donate a
Good to
Auction



We Sale the
Donated Goods
at the Meeting



Long Term
Support

TERRE HAUTE DISTRICT MEETING MARCH 19