



In Touch, In Tune

www.extension.purdue.edu/dearborn



January 2025

Dear Friends,

Happy New Year! Four years ago, I shared an article from University of Nebraska with each letter of Happy New Year having a word, motivational quote, tips and/or resources associated with them to make you and your family lead a healthier lifestyle. I also know that the second Friday of January is quitter's day. I encourage you to put KISS(Keep it Simple and Succeed) on 2025! In other words, focus on one small change.

If you want to increase physical activity, join Walk-a-Weigh Plus (30 for 30 Extension Collaboration) <https://www.facebook.com/groups/1232668387239493>. Yes, we encourage walking 30 minutes for 30 days. This group is awesome to be a part of on Facebook. There are participants from all parts of the United States trying to be healthier by increasing their physical activity. Check out Wendy Crudup. Let this story inspire you! Dr. Visit today, from Jan. til Dec., 25 pounds down, my walking paid off! A1C went from 7.8 to 6.6, in a years' time, BP always good! My weight is 225lbs now, from 20w pants to 14 regular, I'm so happy! Dr. said keep up the good work! I love her posts. She put a KISS on 2024! You can do this in 2025!

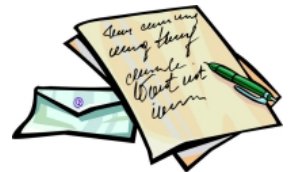
If you want to eat healthy, incorporate more vegetables into your breakfast, lunch, snacks, and dinner. Also, I encourage you to pay attention to serving sizes and to your body telling you that it is full. To learn about serving size, you will begin to read labels and use measuring cups. You may even portion out serving sizes of snacks and put them back in the box, so your entire family learns about serving sizes. Be aware of portion sizes! Portion sizes are what you are served at restaurants. They are usually more than a serving size. Ask for that to go box to take leftovers home.

Wishing you a happy, healthy, and successful 2025 in whatever intentions you decide to undertake in the months and days ahead!

Warm Regards,
Marcia Parcell
Extension Educator, Health and Human Sciences

DATES TO REMEMBER

- January 13 Dining with Diabetes 3 month follow up Reunion at 6 PM at Lawrenceburg Library Ewbank Room. Public is invited to learn about this program and sign up for future sessions.
- February 3 In The Kitchen with Marcia, Crockpot Cooking at North Dearborn Public Library, 6:00-7:00PM. Register with the Library. Seating is limited, so register early.
- March 7 Dining with Diabetes 3 month follow up Reunion at 1 PM at Dearborn Hills Church. Public is invited to learn about this program and sign up for future sessions.



JANUARY IS NATIONAL HOBBY MONTH

How much time do you spend on your favorite activity/hobby?



JANUARY 29 IS NATIONAL PUZZLE MONTH

Do you do puzzles as a hobby?

· City Hall · 229 Main Street · Aurora, IN 47001-1385 ·
(812) 926-1189

Purdue University, Indiana Counties and U.S Department of Agriculture Cooperating
An Affirmative Action/Equal Opportunity Institution

Average hours spent per day in an activity among those engaging in activity, all days of the week, 2022–23 annual averages

Activity	2022	2023
Watching TV	3.65	3.62
Attending sporting or recreational events	3.17	3.16
Arts and entertainment (other than sports)	3.08	2.65
Playing games	2.59	2.48
Volunteer activities	2.33	2.11
Socializing and communicating	1.95	1.96
Lawn and garden care	2.01	1.87
Relaxing and thinking	1.64	1.84
Reading for personal interest	1.58	1.61
Participating in sports, exercise, or recreation	1.44	1.48
Computer use for leisure (excluding games)	1.48	1.46
Food and drink preparation	0.88	0.88
Walking	0.91	0.85
Walking, exercising, and playing with animals	0.86	0.81

PREVENT FOOD WASTE IN 2025!

Question: I'd like to use my leftovers more as "planned-overs" but I still end up throwing away too much food. Do you have any tips?

Food prices have increased in recent years, so taking steps to avoid waste makes sense for food budgets. Try making a weekly list of lunch and dinner menus that incorporate the potential "Planned-over" foods from the previous day or two. Mixed vegetables and roast beef or chicken can become flavorful soups and casseroles. Consider these tips:

- Label the containers with the date you placed them in the refrigerator. If possible, place foods in "first in, first out" order.
- Keep track of time and temperature during food storage. You can store leftover food in the refrigerator at 40 degrees Fahrenheit for up to four days as long as the food was prepared and handled safely. Leftovers should be heated to an internal temperature of at least 165 degrees.
- Reheat only the amount of food you need. The quality of food decreases each time food is reheated.
- Freeze your leftovers for longer storage if you will not eat them within four days. Use freezer containers or bags to preserve your planned-over food in meal-size or recipe-size amounts. Be sure to label the container with the contents and date.
- Clean your refrigerator regularly. This is another important step in keeping your food safe. Once a week, make it a habit to throw out spoiled foods.
- Put post it notes on refrigerator to remind yourself of items that need to be used first.

Source: Adapted from [ndsu.edu](https://www.ndsu.edu)

Are you interested in adopting a Mediterranean-style eating pattern but unsure of where to begin? Look no further! Purdue Extension is excited to announce the launch of the Steps to a Healthy You class series, designed to help you embark on a journey to discover the delicious and nutritious Mediterranean way of eating.

The Mediterranean diet has long been celebrated for its numerous health benefits, and now, you can learn how to incorporate this lifestyle into your daily routine. The Steps to a Healthy You class series will guide you through seven simple steps to following a Mediterranean style of eating, providing you with the knowledge, tools and inspiration you need to make this healthful eating pattern a part of your life.

STEPS TO A HEALTHY YOU

February 17, 19, 24, 26

And

March 3

Mondays and Wednesdays

6:00-8:00PM

Dearborn County Extension Office Conference Room
229 Main Street, Aurora, IN

Space is limited, so register now at 812-926-1189 to secure your spot in the Steps to a Healthy You class series. Program will be provided with Health First Funds from Dearborn County Health Department.

NOURISH YOUR BODY WITH SOUP

What is your favorite soup? I would say my mother's Potato Soup. I also remember my mom putting barley in vegetable soup. Here are some recipes to try with potatoes and barley. If you need more ideas visit eatgathergo.org, search "soup" in the recipes section.

CHEESY POTATO SOUP

1 medium onion, chopped (about 1 cup)
1/4 cup celery, chopped
1 teaspoon oil
2 cups potatoes, peeled and diced bite size
2 cups chicken broth

1/4 teaspoon pepper
3 tablespoons cornstarch
1 1/2 cups nonfat or 1% milk, divided
3/4 cup (3 ounces) cheddar cheese, shredded
1 tablespoon bacon bits or 1 slice bacon, cooked and crumbled

In a large saucepan over medium-high heat, sauté onions and celery in oil until onions are clear. Add the potatoes, broth, and pepper. Bring to a boil. Reduce heat; cover and simmer until the potatoes are tender, 15 to 25 minutes. In a small bowl, stir together cornstarch and 1/4 cup of milk until smooth. Add remaining milk. Stir into the potato mixture. Cook and stir until thickened and heated through, about 5 minutes. Do not boil. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm. Refrigerate leftovers within 2 hours. Servings: 6 cups.

Source: eatgathergo.org



BEEF BARLEY SOUP

1-pound lean ground beef (15% fat or less)

8 cups water

1 large carrot, diced, about 1 cup	2 teaspoons beef bouillon
1 small onion, diced, about 1 cup	1 can (14.5 ounce) diced tomatoes with juice
2 stalk celery, diced, about 1 cup	1 cup uncooked barley
2 cloves garlic, finely chopped or 1/2 teaspoon garlic powder	1/2 teaspoon pepper

In large sauce pot, cook ground beef over medium heat. Drain fat. Add carrots, onion, celery, and garlic; stir often and cook for about 5 minutes. Add 8 cups of water, bouillon, tomatoes with juice, barley, and pepper. Bring to a boil. Cover and reduce heat to a low boil. Cook for about 30 minutes or until barley is as tender as you like it. Serve immediately. Refrigerate leftovers within 2 hours. Servings: 14 cups.

Source: eatgathergo.org

BANK ON BARLEY FOR A HEALTH BOOST

Humans have been eating barley for thousands of years, and for good reason. Nuttier than oats, chewier than rice and chock-full of super-healthy nutrients, this grain deserves a regular spot in our diet.

Registered dietitian Beth Czerwony, RD, LD, highlights the biggest benefits of barley.

Is barley good for you? Barley contains high amounts of several vitamins and minerals—but its fiber content is where it really stands out. Barley has a special kind of fiber called beta-glucan. Studies show this type of fiber can:

- Boost your immunity.
- Help with weight loss.
- Improve your gut health.
- Lower your blood sugar and cholesterol levels.

A half-cup serving of hulled barley contains:

- 326 calories
- 2 grams of fat
- Less than 1 gram of sugar.
- 16 grams of fiber
- 12 grams of protein.



Barley is also an excellent source of vitamins and minerals. In terms of your percent daily value (DV), you get:

- 30% of magnesium.
- 18% of iron.
- 15% of vitamin B6.

Health benefits of barley

When you enjoy barley as a part of a healthy diet, you set yourself up to reap these potential benefits.

1. Prevents diabetes.

Foods that are low in fiber and high in sugar usually cause a quick spike in your blood glucose (sugar). Your body responds to this sugar spike by releasing insulin, a hormone that brings your blood sugar back down. Over time, this repeated process can lead to diabetes – but barley can help break the cycle.

“Eating barley helps your gut absorb sugar more slowly,” explains Czerwony. “You avoid that fast sugar rush and insulin release. No food can guarantee you’ll never get diabetes, but eating barley is a great way to help lower your risk.”

And there’s research to back this up. One study found that people who ate barley had lower glucose and insulin levels after their meal, compared to those who ate other grains. Another study showed that post-meal blood glucose was lower in people who consumed beta-glucan compared to those who didn’t.

2. Manages appetite

Barley isn’t a low-calorie food, but eating some could still help you achieve your healthy weight goals.

“Barley can help you feel less hungry because it’s high in fiber and protein,” says Czerwony. “Both of these nutrients help you feel full and stay full. Barley sticks with you much longer than processed grains, which digest quickly and leave you feeling hungry again.”

And if you’re up for trying some barley grass juice, it could also be a potential weight loss aid. One study on rats found that those who consumed barley grass juice had a decrease in body weight after two months.

3. Fights cancer

Barley has anti-inflammatory and immune-boosting effects, which could help prevent some types of cancer. It contains vitamin E and polyphenols. These nutrients stop oxidation, or cell damage, that can lead to tumor growth.

“A diet rich in fruits, vegetables and whole grains has anticancer effects,” says Czerwony. “And some research shows that the nutrients in barley could also help prevent breast cancer.”

4. Promotes gut health

Barley has a generous amount of soluble fiber, which is great for keeping your digestion running smoothly. And soluble fiber has another lesser-known benefit—it’s food for your gut.

“A healthy gut has a balance of bacteria and other organisms that play a key role in your immune system,” explains Czerwony. “Barley contains prebiotics that feed these organisms in your microbiome so they can keep you healthy.”

5. Sidesteps heart disease

Heart disease is the number 1 killer of adults in the U.S. But you can help prevent it by eating heart-healthy foods each day, including barley.

“Beta-glucan helps lower unhealthy cholesterol levels, which could prevent plaque buildup in your arteries that leads to heart attacks,” Czerwony notes. “Some research also suggests that eating barley could lower blood pressure, which is a major factor in heart disease.”

Source: Adapted from Cleveland Clinic, May 13, 2024

5, 4, 3, 2, 1 Activity

This 5, 4, 3, 2, 1 activity is a great way to introduce calm and relaxation at the family dinner table, or anytime! It can be a nice starting activity to settle everyone at mealtimes. It’s also useful if family members become tense or anxious during the meal. Give it a try next time you want more calm and focus at the dinner table!

Here’s how to play. Each family member takes turns naming:

- 5 things they can see
- 4 things they can touch
- 3 things they can hear
- 2 things they can smell
- 1 thing they can taste OR 1 thing they’d like to eat right now.

For an extra boost of calm, try encouraging family members to take one slow, deep breath before sharing; speaking in a whisper; or sitting as still as possible while they share.

Source: thefamilydinnerproject.org



BEST SOUP JOKES THAT WILL HAVE YOU LAUGHING OUT LOUD

- What did the spoon say to the soup? “You’re souper delicious!”
- Why don’t soup chefs ever get lost? They always follow the broth!

**LIVE
LAUGH
SOUP**



- What did the soup say to the salad? "Lettuce get together for a bowl!"
- Why did the soup go to therapy? It couldn't stop blending in with the crowd!
- What's a soup's favorite type of music? Anything with a good "beet"!
- How does soup get promoted at work? It always keeps its head above water!
- Why did the soup refuse to fight? It didn't want to get into a heated argument!
- Why did the noodle break up with the broth? It found someone a little more saucy!
- Why did the vegetable soup look so happy? It finally found its broth-erhood!

Source: Funny Jokes Hub

Charlie Chaplin #3 and #4 statements support the research that I put into In Touch, In Tune each month. I continue to tweak the format. May this edition bring you a laugh for the day and inspiration to make intentions to use the six best doctors in the world in 2025!

Charlie Chaplin lived 88 years and left us with four profound statements:

1. Nothing is forever in this world, not even our problems.
2. I love walking in the rain because no one can see my tears.
3. The most lost day in life is the day we don't laugh.
4. Six best doctors in the world:
 - The sun
 - Rest
 - Exercise
 - Diet
 - Self-respect
 - Friends



Source: Facebook Limerick City Citizens