



In Touch, In Tune

www.extension.purdue.edu/dearborn



June 2025

Dear Friends,

Where will you find me? At home, you will find me in my garden tending to my growing fruit, vegetables and herb plants. At work, you will find me many places. You will find me at the fair helping with Fashion Revue, food demonstrations, and other activities. On Fridays, I will be teaching kids about treats at the Lawrenceburg Library *Tech n Treats*. On Saturdays, I will be serving up some produce for Farmers Market participants to taste and take-home recipes or ideas to make for snacks or meals this summer.

Speaking of summer, it begins in June. June also has days for Insurance Awareness, National Peanut Butter Cookie Day, Eat Your Vegetables Day, Fresh Veggies Day, National Nature Photography Day and Sun Glasses Day. For the month, we celebrate National Fresh Fruit and Vegetables and Dairy Month. I support all of these celebrations. I hope you will try something for each of these celebrations.

Come celebrate summer with me at the fair or Farmers Market. I look forward to seeing you and hearing how you are celebrating June!

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

DATES TO REMEMBER

- June 14-20 Dearborn County Fair, Lawrenceburg Fairgrounds. For a schedule go to dearborncountyfair.com
- June 7-October 11 Lawrenceburg Farmer's Market will take place at the mural lot by the Civic park every Saturday from 9am to 1pm
- June 20 Tech & Treats, Lawrenceburg Public Library from 1:00-3:00. For more information and registration go to the Libraries webpage.
- June 27 Tech & Treats, Lawrenceburg Public Library from 1:00-3:00. For more information and registration go to the Libraries webpage.
- July 4 Extension office closed
- July 11 Tech & Treats, Lawrenceburg Public Library from 1:00-3:00. For more information and registration go to the Libraries webpage.
- July 18 Tech & Treats, Lawrenceburg Public Library from 1:00-3:00. For more information and registration go to the Libraries webpage.

10 STEPS TO APPROACH MEMORY CONCERNS IN OTHERS

If you see changes in memory, thinking or behavior of someone close to you, it can be difficult to know what to say. Use the guide below to help you feel more confident and prepared for this important conversation.

Assess the Situation

1. What changes in memory, thinking or behavior do you see? What's the person doing—or not doing—that's out of the ordinary and causing concern?
2. Gather more information for the discussion. Various conditions can cause changes in memory, thinking and behavior. What health or lifestyle issues—such as family stress or health issues like diabetes or depression—could be a factor?
3. Learn about the signs of Alzheimer's and other dementias. Visit alz.org/10signs to educate yourself on the common warning signs of Alzheimer's and why it's important to know if dementia is causing the changes. Do you notice any of the signs in the person you're concerned about?
4. Has anyone else noticed the change(s)? Find out if other friends or family have seen similar changes. Are they seeing anything that you haven't?

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Take Action Through Conversation

5. Who should have the conversation to discuss concerns? It could be you, a trusted family member or friend, or a combination of both. It's usually best to speak one-on-one so that the person doesn't feel threatened by a group.
6. What is the best time and place to have the conversation? Time is of the essence, so have the conversation as soon as possible. Choose a date and time, and consider where the person will feel most comfortable.
7. What will you or the person having the conversation say? Consider the following:
 - I've noticed [change] in you, and I'm concerned. Have you noticed it? Are you worried?
 - How have you been feeling lately? You haven't seemed like yourself.
 - I noticed you [specific example] and it worried me. Has anything else like that happened?
8. Offer to go with the person to the doctor. Ask the person if they will see a doctor, and show your support by offering to go to the appointment. Some words of encouragement may include:
 - There are lots of things that could be causing this, and dementia may or may not be one of them. Let's see if the doctor can help us figure out what's going on.
 - The sooner we know what's causing these problems, the sooner we can address it.
 - I think it would give us both peace of mind if we talked with a doctor.
9. If needed, have multiple conversations. The first conversation may not be successful. Write down some notes about the experience to help plan for the next conversation.
 - Location.
 - What worked well?
 - What was the result?
 - Date/time of day.
 - What didn't?
 - What can be done differently next time?
10. Turn to the Alzheimer's Association for information and support. Whenever you need to have any difficult but critical conversation about Alzheimer's, we are here to listen, talk and guide you—every step of the way.
 - Visit [alz.org/alztalk](https://www.alz.org/alztalk) to get connected with local resources and support through the Alzheimer's Association chapter in your community.
 - Please call our free 24/7 Helpline (800.272.3900)—any day, any time—to speak with a master's level care consultant who can help guide you through how to discuss memory concerns with someone close to you.



Source: <https://www.alz.org/alzheimers-dementia/10-steps>

NATIONAL INSURANCE AWARENESS DAY—JUNE 28

Do you know and understand your Policies?

National Insurance Awareness Day, held annually on June 28 is a day designed to be a reminder to review your insurance policies and to take steps to prevent being underinsured. Insurance offers security, covering loved ones, and recovering losses in the event of damage, illness, or death.

While insurance doesn't cover everything, it does ease the cost burden should a disaster strike. Policies to review include policies you may have outside of employment such as automobile, renters, or home owners, and those offered through employment such as Medical, Dental, Vision, Accident, Critical illness, Short-term disability, Identity protection as well as Universal and Term life insurance policies.

- Be sure you are taking advantage of the benefits offered by your insurance.

This awareness day also serves as a reminder to use up any Flexible Savings Account funds before you lose them.

Don't forget to update your Beneficiaries too!

Beneficiaries can be updated at any time. Times to consider updating your beneficiaries include, but not limited to, a major change in your life, such as marriage, widowhood or a divorce, you should review your beneficiary designation and make necessary changes. If you do not remember who you have designated as your beneficiary, or do not remember making a designation, you should review and update/designate as appropriate.

Do you have your insurance needs covered?

Source: Adapted from Missouri State



NATIONAL PEANUT BUTTER COOKIE DAY—JUNE 12, 2025

This cookie recipe is Bill Parcell approved as it contains peanut butter and chocolate.

Peanut Butter Oatmeal Chocolate Chunk Cookies

½ cup all-purpose flour	½ cup granulated sugar
½ cup whole wheat flour	½ cup packed brown sugar
1 cup quick-cooking oats	½ cup peanut butter
½ teaspoon baking soda	1 egg
½ teaspoon baking powder	1 ½ teaspoons vanilla
¼ teaspoon salt	1 ½ cups chocolate chunks
½ cup butter, softened	



Preheat oven to 375 degrees F. Mix flour, oats, baking soda, baking powder and salt; set aside. Beat butter, sugars and peanut butter in large bowl with electric mixer on medium speed until light and fluffy. Add egg and vanilla; mix well. Gradually add flour mixture, mixing until well blended after each addition. Stir in chocolate. Drop heaping tablespoonfuls of dough, 2 inches apart, onto ungreased baking sheets. Bake 10 to 12 minutes or until lightly browned. Cool 1 minute; remove from baking sheets to wire racks. Cool completely.

Source: University of Nebraska Lincoln Extension

SMILE POWER DAY—JUNE 15

11 SCIENCE-BACKED BENEFITS OF SMILING

1. Releases Endorphins. The act of smiling releases endorphins—also known as happy hormones.
2. Alleviates Stress. Smiling tells the brain to release neuropeptides that can help lessen stress.
3. Reduces Blood Pressure. Studies show that smiling can decrease heart rate and lower blood pressure.
4. Strengthens Immune System. Humor can raise levels of immune cells and boost infection-fighting antibodies.
5. Increases Endurance. Smiling can decrease your perceived effort and increase your performance.
6. Reduces Pain. When you laugh, your body releases its own natural painkillers called endorphins.
7. Boosts Your Mood. Studies suggest that the act of smiling can trick your brain into thinking you're happy.
8. Reduces Risk of Heart Disease. Smiling can lower heart rate and reduce the risk of developing heart disease.
9. Strengthens Relationships. People who smile are perceived as "more likable" and form better relationships.
10. Relieves Anxiety. Smiling can trigger happy thoughts, curb negative emotions, and reduce anxiety.
11. Related to a Longer Life. Limited studies suggest that smiling more is related to a longer life span.



Source: <https://mindfulnessmeditationinstitute.org/2021/02/18/11-science-backed-benefits-of-smiling/>

NATIONAL NATURE PHOTOGRAPHY DAY—JUNE 15

Do you take pictures of nature? Here is a link for readers to explore national nature photography contests. Good luck, if you enter your work! <https://betterwithbirds.com/blogs/bird-photography-and-sound-tips/wildlife-photo-contests>

JUNE IS NATIONAL FRESH FRUIT AND VEGETABLE AND DAIRY MONTH

National Fresh Fruit and Vegetable Month is the perfect time to make sure half of your plate contains vegetables and fruits. Produce stands and the farmers markets are happening in our area support local produce growers this summer. Try a new fresh vegetable on June 16th and eat your vegetables on June 17th.

June is Dairy Month. Learn about the dairy industry in Indiana. <https://www.indianadairy.org/> I encourage you to support the local businesses that serve dairy treats. What is your favorite place? Drop me an email. I would love to know!

Try the Broccoli Omelet recipe which supports National Fruit and Vegetable Month and Dairy Month. Send me your review of this recipe.

FRESH VEGGIES DAY—JUNE 16

EAT YOUR VEGETABLES DAY—JUNE 17

3 cups broccoli florets
1 large red sweet pepper, cut into strips
16 button mushrooms, sliced
Cooking spray
4 eggs
8 egg whites from 8 eggs

Broccoli Omelet

¼ cup fat-free milk
½ cup ricotta cheese
2 tablespoons grated Parmesan cheese
1/8 teaspoon salt
1/8 teaspoon pepper

Cut broccoli, sweet pepper, and mushrooms. In a medium mixing bowl, whisk eggs and milk. Spray a 10-inch nonstick skillet with cooking spray and heat over medium. Add broccoli, sweet peppers, and mushrooms and sauté about 3-5 minutes. Remove vegetables from pan. If necessary, add more cooking spray to the pan. Add ¼ of the egg-milk mixture to hot skillet, and let it spread to cover bottom of pan. When egg begins to thicken on top, sprinkle with ¼ of the parmesan cheese. Dab ½ of the omelet with ricotta cheese and spread a portion of the vegetable mixture. Fold the other ½ of omelet over the vegetables and let cook about 1 more minute. Slide onto plate. Season lightly with salt and pepper. Repeat steps 6-10 to cook all omelets. Garnish omelets with remaining sautéed vegetable mix. Makes 4 servings.

SUN GLASSES DAY—JUNE 17



Everyone loves fun in the sun. We all know that too much sun causes skin damage. But did you know its ultraviolet (UV) rays can also damage the eyes? Here are some common questions and answers about UV light and how to protect your eyes from the sun.

Q: What is UV light?

UV light is a form of electromagnetic radiation. It is invisible to the human eye because of its very short wavelength. Only a very small portion of the electromagnetic spectrum is visible to the human eye as light.

There are three types of UV light, based on wavelength range. UVA wavelength is 315 to 400 nanometers. UVB is 280 to 315 nanometers, and UVC is 100 to 280 nanometers.

Q: Why do I need to protect my eyes from UV light?

UV light more easily penetrates eye tissues than visible light, potentially increasing the risk of eye problems.

Among the three types of UV light, UVA emits the least energy but can cause aging of the skin. Wrinkles and “sunspots” are some of the most common long-term effects of UVA, but it is also linked to some skin cancers.

UVB emits slightly more energy than UVA. UVB damages DNA directly and is responsible for sunburns and most UV-related cancers. UVC emits more energy than UVA and UVB but is mostly blocked by the Earth’s ozone layer. Aside from the sun, UVC comes from welding torches and UV sanitizing bulbs. It more easily penetrates the skin, potentially damaging skin cell DNA and increasing skin cancer risk.

Q: How do I protect my eyes from UV light?

Wearing sunglasses and a hat is the simplest and safest way to protect your eyes from UV rays. Choose sunglasses that fit well and that block light from coming in around the lenses. Choose a hat with a broad, dark brim that shades your eyes and reduces glare. Consider staying indoors during parts of the day when the sun is strongest, usually between 10 a.m. and 4 p.m. Check your local weather forecast for the UV index, a measure of UV intensity. Be aware that the UV index can be high even on cloudy days.

Q: What eye problems are linked to UV light exposure?

Several eye problems are linked to UV exposure.

A pterygia is a protein and fat deposit in the white part of the eye (sclera). It can cause irritation and, in rare cases, affect how tears cover the eye.

A pterygium (Surfer’s Eye) is a growth that extends from the sclera to the clear tissue called the cornea, which covers the iris and pupil. A cataract is a cloudy area in the eye’s lens. Prolonged exposure to UV rays modifies lens proteins, leading to cataract formation and worsening eyesight. Over time, cataracts can make vision blurry, hazy, or less colorful.

Cancers of the eyelid, including basal cell carcinoma and squamous cell carcinoma, are linked to UV exposure. No link has been made between UV exposure and other types of ocular cancers.

Age-related macular degeneration (AMD) blurs central vision due to the breakdown the macula — the part of the eye that controls sharp, straight-ahead vision. The macula is part of the light-sensitive retina in the back of the eye. Some studies indicate prolonged exposure to UV rays without protection increases the risk for AMD.

Q: How can I protect my children's eyes from UV?

Sunglasses are available in many sizes, including kids' sizes. But sunglasses may not be practical for all kids. A hat may be a more practical solution.

Q: How do sunglasses work?

All sunglasses work by blocking and/or reflecting the harmful UV light away from the eyes.

Q: How do I choose a pair of sunglasses?

UV-blocking lenses are the most important feature of all sunglasses but should not be the only one to be considered when buying a new pair.

Consider the following factors when choosing sunglasses:

- **Lens material.** Sunglasses lenses can be made from a variety of materials, including plastic or polycarbonate. By law, retailers must indicate level of UV protection. Look for lenses that provide 99 to 100 percent protection from UVA and UVB or marked as having a UV400 rating. The U.S. Food & Drug Administration (FDA) regulates non-prescription sunglasses as medical devices. It requires that manufacturers and retailers meet minimum requirements for UV protection, lens quality, impact resistance, labeling, and more. Unsure if your sunglasses have UV-blocking lenses? Many optical shops have a device called a photometer to test them.
- **Fit.** Choose comfort over style when selecting sunglasses frames. They should feel good, stay in place, and cover the skin around your eyes. A good fit will minimize light that enters the eye from the top, bottom, and sides of the lenses.
- **Use.** Choose sunglasses according to your activity. Activities near water, snow, sand, and other reflective surfaces increase UV exposure by reflecting light. Polarized lenses are good for reducing glare from snow or water. Consider wearing wraparound sunglasses or goggles to protect yourself from intense light or when doing yardwork or other activities that create flying debris.

Q: Should I avoid cheaper sunglasses?

Don't assume that expensive, designer sunglasses provide better UV protection than sunglasses available from grocery stores or discount vendors. Only buy sunglasses that are clearly marked as providing 99 to 100 percent protection from UVA and UVB or marked as having a UV400 rating.

Q: Do contact lenses provide UV protection?

Some contact lenses block UV. Wearing UV-blocking sunglasses over your contact lenses will help protect the skin around your eyes as well the portion of your eyes that contact lenses don't cover.

Source: <https://www.nei.nih.gov/about/news-and-events/news/protecting-your-eyes-suns-uv-light>

RELAXING AT FAMILY DINNER

For many families, summertime means less structured time. Without the schedules and routines that often govern family life during the school year, these next few months can bring a sort of relief and a lot more “white space” on the calendar. The shift from school-year schedules to summertime can be both an advantage and a challenge for the family dinner -- while there might be more time to slow down and enjoy one another's company, it also might be difficult for those who thrive on structure and routine to figure out how to fit in family dinner among the various camps, outings, vacations and spontaneous adventures of summer. Our advice: Relax and let your family dinners, like your calendar, become less regimented. Summer can be the sweetest time for family meals if you “go with the flow!” Enjoy some laid-back food, fun and conversation this summer with our help:

GO BACKWARDS. The backwards dinner is a great way to keep things fun, and summer -- with its many opportunities for a spontaneous sweet treat -- is a perfect time to try it out. In fact, team member Bri and her family make sure to prioritize an “Ice Cream for Dinner” night at least once every summer. It's okay to (sometimes) let the food rules go and focus on the fun!

GO OUTSIDE. What is it about eating outdoors that makes the food taste better? A bonus to the outdoor dinner is that it presents an opportunity to relax about manners. It's okay to run around the picnic blanket, take a break between courses for a Frisbee toss or eat with your fingers and get a little messy. If you can't manage a full picnic dinner, try a Walking Dessert and see how the conversation opens up when you're not focused on mealtime behavior.

GO EARLY (OR LATE). Although adult work schedules may still make family dinner challenging for some of us, without the usual pressures of school-year sleep schedules, it can be easier to find a creative time for a shared meal. The summer sunrise may make breakfast together a pleasant alternative, while later bedtimes and warmer nights could mean that a star-gazing snack becomes your new bonding time. Remember, it doesn't have to be dinner to be meaningful.



GO SIMPLE. Cooking on a hot day isn't usually at the top of anyone's list of favorite tasks, and the pressure to "get home to start dinner" can sometimes mean cutting short a perfectly good outing. At least once a week, give yourself permission to serve a "good-enough" dinner: Cold sandwiches and fruit, cheese and crackers with cut-up vegetables or a big salad with leftover cold chicken are all perfectly great dinners to enjoy while the family hangs out in the backyard after a busy day. Or if you're up to tossing something on the grill, take some tips from a young chef we know!

HOW MANY HANDS? Choose a food on your plate and count how many steps were involved in getting it to your table. For example, "rewinding" your glass of milk's journey might look like this: table, kitchen, grocery store, truck, distribution site, really big truck, farm, cow. If someone gets stuck, go around and see if anyone can think of more steps. How far back can you go?

WOOKIEE OF THE YEAR. People are calling it the video that broke the internet. Candace Payne was so delighted by the roaring Chewbacca mask she bought at a Kohl's store that she filmed herself wearing the mask and enjoying its iconic noises. A record number of internet users decided to laugh along with her, and Candace's "Happy Chewbacca" video has been viewed over 136 million times on Facebook. If you haven't already, belly laugh along with Candace here, facebook.com/candaceSpayne/videos/10209653193067040/, then talk about the video with your family:

- Sometimes simple things — in this case, a Star Wars mask — can inspire great joy for people. What's a simple thing that makes you feel joyful?
- What makes you laugh?
- In an interview, Candace said that she thought people enjoyed her video because "the world needs a good belly laugh." What do you think she means? Do you agree with her?
- Part of what makes this video funny may be that it's a mom in her 30s who isn't "acting her age." What do you think it means to "act your age?" Do you think it's always a good idea?
- Think of someone you know who could use a good laugh. What could you do to make them giggle?
- What is your favorite summer food to eat?

Source: *TheFamilyDinnerProject.Org* Newsletter, June, 2016. Retrieved June 12, 2025.

JOKES TO BRIGHTEN YOUR SUMMER DAYS

- ☺ Why did the sun go to school in June? To get a little brighter!
- ☺ What do you call a flower that runs on electricity? A power plant!
- ☺ Why don't scientists trust atoms in June? Because they make up everything!
- ☺ What did one wall say to the other wall? I'll meet you at the corner!
- ☺ What do you call a snowman in June? A puddle!
- ☺ Why did the gardener plant a light bulb? He wanted to grow a power plant!
- ☺ What kind of music do June flowers listen to? Bloom and bass!
- ☺ What do you call an alligator in a vest? An investigator!
- ☺ Why was the computer cold in June? It left its windows open!
- ☺ Why do bees have sticky hair? Because they always use honeycombs!

