



In Touch, In Tune

www.extension.purdue.edu/dearborn



May 2025

Dear Friends,

May is a month of celebrations for my family and me. We gained a new granddaughter. Our youngest daughter graduated with an Associate Degree in Equine Management. We are celebrating pre-school Graduation and a fifth birthday for another granddaughter. There is an upcoming wedding plus celebrating Mother's Day. These activities will make a memorable May, 2025!

You can invigorate your May with recipes for National Salad Month, Salsa, or other things and activities for Date Your Mate and/or Older Adults. You can budget for saving with three baby steps. After reading about leafy greens, try a new leafy green. With more sun on the way, practice sun safety. Finally, enjoy some humor for May!

Enjoy your May your way!

Warm Regards,

Marcia Parcell

Extension Educator, Health and Human Sciences

DATES TO REMEMBER

- May 19—Get Walkin', North Dearborn Public Library, 8:30-9:30AM
- May 26—Extension Office closed in observation of Memorial Day.
- May 27—Community Sewing, Dearborn County Extension Office, 5:00-7:00PM
- June 2—Get Walkin', North Dearborn Public Library, 8:30-9:30AM
- June 4—In The Kitchen-Microwave, North Dearborn Public Library, 6:00-7:00PM.
- June 9—Get Walkin', North Dearborn Public Library, 8:30-9:30AM
- June 14-20—Dearborn County Fair, Lawrenceburg Fairgrounds. For more information go to: dearborncountyfair.com.
- June 16—Get Walkin', North Dearborn Public Library, 8:30-9:30AM
- June 17—Community Service Sewing/Quilting at the Fair, Agner Hall, Fairgrounds, Lawrenceburg, 6:00-8:00PM
- June 19—Community Service Sewing/Quilting at the Fair, Agner Hall, Fairgrounds, Lawrenceburg, 6:00-8:00PM
- June 23—Get Walkin', North Dearborn Public Library, 8:30-9:30AM
- June 20—Get Walkin', North Dearborn Public Library, 8:30-9:30AM



TECH AND TREATS

Lawrenceburg Public Library
Eleanor Ewbank Room

1:00-3:00PM
Grades 1st through 6th

June 13—Banana Granita; June 20—Cucumber Stackers with Avocado; June 27—Suspicious Smoothie and Salsa;
July 11—Personal Pizza and July 18—Rainbow Yogurt Trifle Cups

Dive into a summer of innovation and indulgence with Tech and Treats at the Lawrenceburg Public Library! Each week, kids will explore the exciting world of technology, paired with the sweet reward of creating and enjoying delicious treats. It's the perfect blend of learning and fun, designed to spark creativity and satisfy curiosity. **Registration is required.** Register on the Library's website. <https://lawrenceburg.librarycalendar.com/event/tech-and-treats-13181>

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(812) 926-1189

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FARMERS MARKET

POP (Powers of Produce) Club



June 7, 14*, 21, & 28
July 5, 12, 19*, & 26
August 2, 9, 16*, 23 & 30
September 20*
October 11

The 2025 season will take place at the Mural Lot by the Civic Park every Saturday from 9am to 1pm, except for June 14, July 19, August 16 and September 20 which will be held at the Community Center in Lawrenceburg.

DATE YOUR MATE MONTH IDEAS

1. **Plan a surprise date night.** Surprise your partner with a special date night! It could be a fancy dinner, a fun activity or a romantic picnic. The element of surprise will make the experience even more special.
2. **Recreate your first date.** Take a trip down memory lane and recreate your first date together. This will bring back all the nostalgic feelings and remind you both of why you fell in love in the first place.
3. **Try a new activity together.** Switch things up and try something new with your partner. It could be an outdoor adventure, a cooking class, or even taking a dance lesson together. The key is to have fun and experience something new together.
4. **Write love letters to each other.** Take some time to reflect on your relationship and write love letters to each other. This is a great way to express your feelings and rekindle the romance in your relationship.
5. **Plan a weekend getaway.** Escape from the daily routine and plan a weekend getaway with your partner. It doesn't have to be extravagant, even a simple road trip or camping trip can be a fun and refreshing way to spend quality time together.

Source: holidaycalendar.io/holiday/date-your-mate-month

STRATEGIES FOR STRENGTHENING FAMILIES

- ✓ Spend quality time alone with each child at least once a week.
- ✓ Respond to children with patience and respect their feelings and abilities.
- ✓ Encourage family members by asking them to share their accomplishments.
- ✓ Visit and find ways to help at your child's school.
- ✓ Eat a meal together as a family at least once a day and involve family members in mealtime tasks.
- ✓ Hold family meetings that give all family members an opportunity to talk openly.
- ✓ Develop a family mission statement that includes your family's purpose, goals and objectives.
- ✓ Develop and maintain family traditions and rituals.

Source: [University of Missouri-Columbia](https://www.unimissouri.edu/family)

Older Americans Month

May is older Americans month. According to the Administration for Community Living (ACL), the theme for 2025 is "Flip the Script on Aging." This theme focuses on transforming how society perceives, talks about, and approaches aging.

Strategies to connect:

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For more information, visit the official OAM website and follow ACL on Facebook.

Source: [Administration for Community Living](https://www.acl.gov/)

3 TIPS TO SAVE NOW FOR YOUR SUMMER GETAWAY

It's the time of year when we see beautiful spring blossoms and blushing brides. When you're in the middle of planning a wedding, plans to manage budgets and bank account balances as a new couple aren't always popular discussion topics.

When you read the word "budget" what's the first thing that comes to your mind? Unrealistic? Stress? Confined? Restricting? But you have to start somewhere, and you have to have the desire to manage your money.

Want to track how much money you spend eating out? How about cutting back on your monthly utility bill? Maybe there is a fun trip you are planning for next summer and you'd like to have a good chunk of money set aside for it. How about a little more Christmas money for that special someone's gift? Whatever the reason, here are three baby steps to get you started:

1. Automate your savings. This is the KEY to getting off to the right start. Automatically sending a chunk of your paycheck into a savings account is a foolproof way to set money aside. You don't have to remember a monthly transaction and the money is moving from checking to savings without you touching it—which equals less temptation to spend it.

2. Take out your personal allowance in cash every month. Allowing yourself to spend some of your money every month however you choose is an absolute must! Decide how much each person can spend and stick to it. Take the money, in cash, out of the bank and when it's gone, it's gone.
3. Use the PowerPay App. This free app allows you to enter all your debts and see how long it will take to pay them off, with or without power payments. Both spouses can download the app and stay on top of paying down debt together. Don't have a smart phone? You can also find PowerPay at: powerpay.org.



These baby steps for budgeting, whether for wedded bliss or something else, will be helpful moving forward and will get you on the right track.

What tips do you have for newly married couples for managing their finances? I'd love to hear from you!

Source: https://extension.usu.edu/news_sections/videos/3_tips_to_save

NO-BAKE STRAWBERRY ALMOND ENERGY BITES

1 cup dates, such as Medjool
1 cup strawberries, sliced
¾ cup sliced almonds
1 cup rolled oats

1 tablespoon chia seeds, ground flaxseed or sesame seeds
1 tablespoon honey
1 cup shredded coconut flakes

Remove pits from dates, and slice each date in half or smaller. Remove stems from strawberries, rinse and slice into quarters. Combine all ingredients, except the coconut flakes, in a food processor. Pulse until the almonds are mostly broken up. Avoid making a paste. Cover and chill in the refrigerator for an hour. After an hour, remove from the refrigerator and roll into ping-pong-sized balls. Place the coconut in a small bowl. Roll the balls in the shredded coconut to coat. Store in the refrigerator.

Nutrition: Strawberries are an excellent source of vitamin C. Vitamin C is an antioxidant, protecting cells from damage and aiding in immune health.

Avoid wasting food: To keep strawberries fresh longer, store them unwashed and with the stems. Storing strawberries in the refrigerator (at 40 F) helps them last longer. Strawberries usually last about a week, but they can be frozen for longer storage.

Fun Fact: One serving (8 strawberries) has 100% of your daily vitamin C.

Source: <https://www.ndsu.edu/agriculture/extension/recipes/no-bake-strawberry-almond-energy-bites>

KNOW YOUR LEAFY GREENS

Have you ever felt overwhelmed while shopping in the produce section of the grocery store? The variety of color and choices can be intimidating. Leafy greens are popular and have many different options to choose from. Selections include lettuce, spinach, beets, Swiss chard, kale and arugula.

How do you tell the difference between these leafy greens?

Lettuce is available in many different varieties. The type of lettuce is classified by leaf shape and the tightness of the head.

- **Looseleaf lettuce** is available in shades of red and green and has a mild flavor.
- **Butterhead or Boston lettuce** consists of a loose head with large soft leaves and has a sweet, buttery flavor.
- **Summer crisp or Batavian lettuce** is a mix of a soft, loose head and a crispy, firm head.
- **Romaine lettuce** is made up of elongated and stiff leaves with a prominent white midrib.
- **Iceberg or crisphead lettuce** is composed of a light green color with a crispy, tightly folded, globe-shaped head.

- **Spinach** is available with a few different characteristics. Spinach is commonly dark green and slightly rounded with a glossy texture. Smooth spinach leaves are smooth and flat, whereas semi-savoy spinach has slightly crinkled leaves and savoy spinach leaves are entirely crinkled.
- **Beet greens** include long, green leaves with a red vein running along the middle.
- **Swiss chard** is accessible with dark, wrinkled green leaves and has a thick stalk.
- **Kale** can vary in colors from deep green to purple and has rough, curled edges with bushy leaves.
- **Arugula** is characterized by a long, slender spine with quill-like leaves gathered into a bundle and has a peppery flavor.



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Choose the Best

Ensure you are selecting the best-quality greens while at the grocery store. Look for fresh, vibrant greens that are crisp and do not appear wilted. Avoid any bundles that have a slimy texture and/or yellow leaves. These greens tend to have an increased bitter taste and cause the rest of the bundle to spoil quicker.

Proper storage at home is just as important to prevent spoiling of the leafy greens. First, rinse the greens under cool running water. Then, use a paper towel or salad spinner to remove any excess water. Lastly, store the leafy greens in the refrigerator to maintain freshness. The leafy greens are then ready to add color to your plate and nutrients to your body.

LOOSE-LEAF LETTUCE SALSA FOR ONE

2 tps. mild-flavored vegetable oil, such as canola oil
1 teaspoon apple cider vinegar
½ tsp. sugar

2 cups loose-leaf lettuce, rinsed thoroughly and drained
Optional add-ins: sliced radishes, peppers, sliced onions, finely sliced apples, mandarin oranges, cranberries, chopped pecans

Whisk oil, vinegar and sugar together in a small bowl. Toss with the greens.

Sources: NDSU Extension

SUN SAFETY REMINDERS

When the weather warms, people head outside to enjoy the weather and sunshine. A little sun is good for our health, but too much exposure can promote the development of skin cancer. More than 100,000 new cases of melanoma were estimated in 2024, which could result in an estimated 8,290 deaths.

What are the three primary types of skin cancer? The three types of skin cancer are basal cell carcinoma, squamous cell carcinoma and melanoma. Basal cell and squamous cell carcinoma are nonmelanoma skin cancers and less deadly than melanoma. However, if left untreated, they can spread and cause damage to other parts of the body. Melanoma is the cause of most skin cancer-related deaths.

How can we stay safe in the sun? As an adult, use sunscreen when exposed to the sun directly or indirectly. The Food and Drug Administration (FDA) recommends keeping infants out of the sun during peak UV radiation hours, dressing infants in protective clothing and avoiding sunscreen application on babies younger than 6 months.

Sun Safety Recommendations

- ☀ Seek shade during the peak ultraviolet (UV) radiation hours of 10am through 4pm.
- ☀ Apply sunscreen when you are exposed to the sun. This includes being under shade, next to windows or in a vehicle.
- ☀ Wear long-sleeved shirts and long pants for sun protection when outside. Wear dry, dark clothing with tightly woven fabric for the best protection.
- ☀ Wear a hat with a wide brim to protect your face, neck and ears from sun rays. Wear dark hats with tightly woven fabric for the best protection. If wearing a baseball cap, ensure your ears and neck are protected by following the other recommendations.
- ☀ Wear sunglasses that protect your eyes from UV-A and UV-B rays, which are linked to vision loss, impaired vision and skin cancer on eyelids. For extra protection, wear wraparound sunglasses that block UV rays from reaching the side of your face.

What are the best practices for sunscreen?

- ☀ Apply about 1 ounce of sunscreen 15 minutes before sun exposure. For reference, 1 ounce of sunscreen is enough to fill a shot glass or pocket-sized hand sanitizer bottle.
- ☀ Ask for assistance for hard-to-reach areas.
- ☀ Reapply sunscreen every two hours or more if swimming, towel drying or sweating.

- ☀ Monitor the expiration date. Properly stored sunscreen has a shelf life on up to three years. After three years, discard unused sunscreen.
- ☀ Exposure to high temperatures decreases the shelf life of sunscreen. Store sunscreen away from the sun in bags, wrapped in towels or in the shade.

AVACADO AND TOMATO SALAD

It doesn't get much faster or tastier than this simple avocado and tomato salad, which was featured in the book *Eat, Laugh, Talk: The Family Dinner Playbook*. Add fresh cilantro, mint or chopped jalapenos for an extra kick!

2 avocados, peeled and sliced
3 plum tomatoes, chopped
½ cup thinly sliced red onion
1 teaspoon salt

½ teaspoon black pepper
2 tablespoons olive oil
Juice of 1 lime



Combine the avocados, tomatoes, and onion in a medium bowl. Sprinkle with salt and pepper. Add the lime juice and olive oil and mix well. Serve immediately.

Source: *Family Dinner Project.org*

JOKES THAT MAY MAKE YOUR DAY.

- **What season is it when you are on a trampoline in May?**
Spring-time.
- **Why are oak trees so forgiving?**
Every May they "turn over a new leaf".
- **How can you tell that Jedi's like the month of May the most?**
Because they always say, "May the Fourth be with you."
- **What is May's favorite genre of music?**
Heavy Petal!
- **What May flowers grow on faces?**
Tulips (Two-lips).
- **What did Spring say when it was in trouble?**
May Day!!
- **Which state loves spring the most?**
May-ne
- **What is May's favorite generation?**
Baby bloomers.
- **Who's the most important person in a Spring wedding?**
The MAYtron of honor.
- **What is a cow's favorite May holiday?**
Moo-ther's Day.



May is Mental Health Month 2025

TURN
AWARENESS»
INTO ACTION

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

4 Try sharing your mental health story on social media or with close friends. This brave act can help reduce stigma in your community.

11 Mother's Day: Send a "thank you" card or text to someone in your life today. Sharing gratitude can help you feel more positive too.

18 Your mind functions best when your basic needs are met. Do your best to drink at least 64 ounces of water today to stay hydrated.

25 Look for a community event to attend. Some examples of this might include a local film festival, a community potluck, a sports game, etc.

5 Our physical health is linked to our mental health. Find some time to move your body today in whatever way feels right for you.

12 Help yourself while helping others: Declutter by donating old clothes, toys, books, etc. Clearer spaces can help your mind feel clearer as well.

19 Think of one person whom you'd like to strengthen your relationship with. Schedule a time to connect on the phone or to meet in person.

26 Memorial Day: Plan a cookout or game night with loved ones. Connecting with people you care about can increase your happiness.

6 Take some time today to de-stress and unwind. Do a hobby you enjoy—or try a new one if you don't have a go-to hobby.

13 Try a breathing exercise to feel more calm and grounded. Inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4. Repeat as needed.

20 You deserve rest and you do not need to earn it. Take a nap, sit quietly in nature, or enjoy your lunch break without working.

27 Experiment with a new recipe, write a poem, paint, color, or try a Pinterest project. Creative expression and overall well-being are linked.

1 Write down three specific self-care goals for the month and post them where you'll see them.

8 Create a "calm space" in your home. Include things that help you relax, like your favorite blanket or book. Use this space when you need time to yourself.

15 Today is Mental Health Action Day! Visit mhanational.org to find out more about how you can take action to support mental health efforts.

22 What causes matter to you? Think of one way you can support these causes, whether it is with your time, donations, etc.

29 Make a list of your strengths! If this feels hard, try asking people close to you what they think your top 3 strengths are.

2 Spend some time in nature today. Whether it's taking a walk, smelling the flowers, or sitting by a tree, nature can make you feel calmer.

9 Take some time to reflect on the causes you care about. Think of one way you can support these causes, whether it is with your time, donations, etc.

16 Go somewhere you've never been. This could be as simple as taking a different route home. Mixing it up can be refreshing and open you up to new possibilities.

23 Reflect on what boundaries you need to live a more peaceful life. If you feel ready, communicate your boundaries to the people involved.

30 Plan a break for yourself. You could ask your boss for time off, think of things you might want to do on vacation, consider a "staycation," etc.

3 Check in on your own mental health. Take a mental health test at mhascreening.org. It's free, anonymous, and confidential.

10 Spend 10 minutes doing a journaling exercise. Write down whatever is on your mind and notice how you feel when you finish.

17 Spend some time with a furry friend to lower stress hormones and boost your mood. If you don't have a pet, see a friend who does or volunteer at a shelter.

24 Connect with your spirituality if this is something you want to explore. Try joining a faith community, spending time in nature, volunteering, etc.

31 Write a letter to yourself to celebrate all the actions you've taken this month to support mental health.

Monthly Goals

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Get more information
and resources.

mhanational.com/may



Mental Health America