



**Elkhart County  
Extension Homemakers**

# *Over The Coffee Cup Newsletter*



*May/June 2025*

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Extension - Elkhart County

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## Letter from Your County President

Dear Ladies,

Here it is May already, and this is my last letter to you as your County President. It feels like the year has flown by. I have so enjoyed being your president! I have had the pleasure of meeting so many wonderful women; I now have a lot of new friends. I have had the privilege of being a part of many exciting events. Thank you for allowing me to be a part of your lives.

Vickie Gortney has been our advisor for the last year. She has given me a lot of helpful advice and has become a good friend. We have a wonderful yearbook because of Vickie's hard work as chair of the Yearbook Committee.

Lisa Stephens has been my Vice President and will become your new President. She has been a hard-working assistant. It has been a blessing building a friendship with her. Lisa is well known to many of you as she serves Homemakers in many capacities. I am confident she will be a great County President for you next year.

Stephanie Szabo has been our Secretary for the last year. She has done a great job keeping our minutes, volunteering for assignments, and helping us stay on track. I have truly enjoyed getting to know Stephanie this past year. She will be serving as your County Secretary for another year.

Kimberly McCreary has served as our Treasurer this past year. I have appreciated her attention to detail, ability to explain our finances to us, and her willingness to take on responsibility. Kim will be moving away from the Board this coming year, but will continue serving in the county homemakers in several significant ways.

Becky Carrington has been our Assistant Treasurer and will move up to Treasurer. She is a faithful worker and present at all our activities. It has been great getting to know Becky. She will be an asset as County Treasurer.

Sherry Weaver will be joining the Board as your new Vice President. Sherry has great leadership skills and will be a great contribution to the board. She will do a great job as Vice President.

Susan Rowe will be joining the Board as your new Assistant Treasurer. She has the financial expertise to be another great asset in this role.

I will continue to serve the Board as Advisor this coming year. I am glad to be able to serve the Board and Extension Homemakers for another year. I will also continue to serve as Chair of the Membership Committee.

I am thankful to have had the opportunity to get acquainted with Emily Christ, our Extension Educator of the last few years. She is a great addition to Elkhart County.

I am also thankful to have had the opportunity to work with Jenn Fink, our amazing and tireless secretary. It is not primarily her job to serve us. Yet, she continues to serve us well and is always friendly and ready to help!

Most of all I want to thank you, the members of Elkhart County Extension Homemakers, who continue to make this a great organization. You are awesome and have made leading this group a real joy.

Thanks again for a great year together!  
Louanne Gressman-Dunn  
Elkhart County Extension Homemakers County President

## Mark Your Calendars

### May 2025

1	<b>Homemaker of the Year Applications Due in Ext. Office</b>
12	<b>County Officer Board Mtg, 4:30 pm, Ext. Office</b>
13	<b>VCS Sewing Day, 9 am—3 pm, Ext. Office</b>
26	<b>Memorial Day—Office Closed</b>

### June 2025

1	<b>Club Dues to County Treasurer</b>
2-4	<b>Home &amp; Family Conference, Noblesville, IN</b>
9	<b>County Officer Board Mtg, 4:30 pm, Ext. Office</b>
12	<b>Officer's Training, 6:30pm, <u>LifePoint Church (1006 S. 16th St., Goshen)</u></b>
19	<b>County Committee Chair Training, 6:30pm, Ext. Office</b>

### Looking ahead...

July 10	<b>Fashion Show Judging—7 pm, ECCC</b>
July 14	<b>HFA General Entries Check-in—11 am-7 pm, ECCC</b>
July 17	<b>HFA Baking &amp; Cake Decorating Entries Check-in - 7:30-11 am, ECCC</b>
July 17	<b>Open House and Fashion Show— 6:30 pm, ECCC</b>
July 18-26	<b>Elkhart County 4-H Fair</b>
July 27-28	<b>Home &amp; Family Arts Exhibit Release</b>

### Happy Birthday!

**May—** Kathy Braid, Michelle General, Barbara Fougrousse, Jenny Huffman, Ruth Hupp, Rae Rolston, Alesia Stees, & Stephanie Szabo

**June—** Joellen Allison, Kathleen Alonzo, Evelyn Buss, Jane Detweiler, Alicia Dirmyer, Marelda Doss, Sandy Farrell, Susan Garberick, Deb George, Mary Herschberger, Donna Hibschan, Kristine Hochstetler, Karen Honderich, Teresa Mack, Jeannine Martin, Shannan Martin, Linda Nicolai, Stacy Joy Parcell, Julie Schrock, Lisa Stephens, & Janet Yoder

## Extension Homemaker News

### Welcome New Members!

We are excited to announce that two new Extension Homemakers have joined Junktique Paper Artists!

Judy Atwater lives in Elkhart. Judy does not have children, but feels fortunate to have wonderful nieces and nephews and greats as well. Judy enjoys art, painting, mixed media, and collage; walking and hiking; and journaling. Judy taught computer graphic design to college age students for 12 years. In the 70's she traveled through Europe with a back pack and Eurail pass for 3 months. She has also spent six months with her husband, Douglas, in the mountains of Colorado, Wyoming, Montana, and Western Canada.

Marcie Terbush lives in Middlebury. With her husband of 44 years, Rex, Marcie has four children, two of each, and 3 grandchildren. She reports having been privileged to be in the delivery room for the births of all three grandchildren. Marcie enjoys reading, puzzles, games, and various crafts. Singing and music are an important part of her life. Marcie and Rex have performed music programs together for 40 years. They have performed at Greencroft, Hubbard Hill, and Waterford Crossing. They have also worked with a group of special needs folks called Project Promise.

Welcome Judy and Marcie! We are glad to have you both in Extension Homemakers.

### Introducing 'Club Crochet'!

We are excited to announce Club Crochet! It is a new Special Interest Club being started in Elkhart County Extension Homemakers. The organizational meeting will be Saturday, May 24 at 10am. It will be held in the Extension Office Conference Room. (Entrance on the back side of the building.)

At this meeting we will determine our regular meeting time and location. We will also elect officers. We have a lot of interest already so we may form two groups; one that meets during the day and one that meets in the evening. This should accommodate anyone interested.

Crocheters of all levels are welcome! If you have never held a crochet hook in your hand but want to learn, YOU are welcome. If you are used to having a crochet hook and yarn in your hand constantly, YOU are welcome. And so is everyone in between. All are welcome!

Meeting activities will include experienced crocheters teaching or helping new or beginning crocheters; sharing patterns, stitches, and ideas; show and tell; and enjoying crocheting our current projects with others who love to crochet. Other activities will be open for discussion at our organizational meeting.

Since Elkhart County Extension Homemakers allows members to pay dues for all clubs joined, current Extension Homemakers can join Club Crochet without paying additional dues. If you are not currently an Extension Homemaker you will need to pay \$20 dues annually beginning in September. This will give you the opportunity to check out the club before joining.

If you are interested, but you cannot attend the organizational meeting, please call Louanne Gressman-Dunn at 574-524-5459.

### Quilt Gardens

The Extension Homemaker organization works with the Michiana Master Gardeners to plant and maintain the garden on the fairgrounds. The Extension Homemakers have the responsibility every other week of maintaining the garden. This means we need to pull the weeds, sometimes trim the parsley, and just do general maintenance. The weeks we have the responsibility are the 2nd and 4th weeks from June through September. The days can vary but we need to make sure one of the visits is Thursday or Friday so it is nice for the weekend, and the other is earlier in the week. No need to sign-up, just come when you can.

### Elkhart County 4-H Fair— July 18-July 26, 2025

**Hostessing and Craft & Needlework Demos**—We need volunteers to help greet visitors/answer questions and demonstrate their crafting/needlework skills. To schedule a time to Hostessing or Craft & Needlework Demo., email [fink24@purdue.edu](mailto:fink24@purdue.edu) or call the office at 574-533-0554

**Hostessing Schedule**—Three hostesses per time slot. Times are as follows:

- Opening shift (arrive 8:45 am) from 9am—11am
- 11 am to 1 pm
- 1 pm to 3 pm
- 3 pm to 5 pm
- 5 pm to 7 pm
- Closing shift from 7 pm to 9 pm

Note: On Sunday, July 20th, the building does not open until 12:00pm. The opening shift will be 1 hour long from 12pm to 1pm.

**Craft & Needlework Demo Schedule**—Demonstrators are encouraged to participate in both shifts per day. Dates and times are as follows:

- Friday, July 18 — 1 to 3pm and 4 to 6pm
- Saturday, July 19 — 1 to 3pm and 4 to 6pm
- Sunday, July 20 — 1 to 3pm and 4 to 6pm
- Monday, July 21 — 1 to 3pm and 4 to 6pm
- Tuesday, July 22 — 1 to 3pm and 4 to 6pm
- Wednesday, July 23 — 1 to 3pm and 4 to 6pm
- Thursday, July 24 — 1 to 3pm and 4 to 6pm
- Friday, July 25 — 1 to 3pm and 4 to 6pm
- Saturday, July 26 — 1 to 3pm and 4 to 6pm



This sign has been placed on State Road 15 headed north into Goshen by Bethany High School in memory of Nancy Miller. Nancy was a member of Clinton Classics Extension Club.

### Past Presidents Brunch

Eleven past county presidents enjoyed brunch on April 26, 2025. Everyone shared memories and updates in their lives. Deb Pepple, 2022-23 President, is the current co-chair of the Home and Family Arts committee with Lisa Stephens. Deb explained the move to the new exhibit space in the ECCC addition. She discussed the cleaning process of the former building, the features of the new space, and the possible layout of the exhibits. She showed pictures of the space and answered questions. The former building is now called Maple Hall and will be used by another organization during the fair. Some of our extension homemaker and VCS sewing supplies remain stored in Maple Hall. Thanks to committee members Martha Weirich, Cheryl Gall, Kathy Stoltzfus, and Michelle Blough. If you are a past county president and would like to volunteer to help for the 2026 event, contact Michelle Blough 574-606-9444.

## Council Meeting Minutes

April 24, 2025

*Submitted by Stephanie Szabo, County Secretary*

The meeting was called to order by President Louanne Gressman-Dunn at 6:30 p.m. The Pledge of Allegiance was led by Patsy Berkey of Hex Rural, and the Club Creed was led by Deb Pepple of Creative Homemakers. The positive thought was shared by Louanne Gressman-Dunn and roll call was led by Stephanie McIntosh Szabo, Secretary.

Louanne shared opening comments. Stephanie shared the secretary's report and read the February minutes. Motion to accept February minutes with corrections was accepted (Sandy Bartoe/Kim McCreary) \*

Kim McCreary gave the Treasurer's Report and shared both the updated April Council Report and the Proposed Budget and Tracking. Heritage Skills had incoming and outgoing amounts; more dues came in from new members of the new club Junktique Paper Artists; fundraising expenses in and outgoing money; more Coins & Nickels came in and out to the State along with more batting for VCS went out. Kim reminded us that we are still in the positive, yet we still have May and June expenses coming up. She noted we will end the year in the negative, but not as deep in the red as predicted. (Stephanie/Patsy)\*

### Committee Reports

**Achievement Night** - Stephanie shared for Sharol Cloud.

**Auditing** - No report.

**Cultural Arts & Heritage Skills**—Jenny Huffman reported we had 13 entries in the Cultural Arts competition. There were 2 in the Quilting category, 2 in Needlework, 3 in Knitting/Crocheting, 2 in Crafts, and 4 in the Special Category—Placemats. Entries were as follows: Kris Peterson—Needlework & Special; Nikki Stump—Craft; Martha Weirich—Knitting/Crocheting; Jill Cohen—Knitting/Crocheting; Donna Hibschan—Special; Patsy Berkey—Special; Sandra Fawley—Quilted & Special; Kristine Hochstetler—Craft; JoAnne Graber—Needlework & Quilted; and Marcia Kay Stewart—Knitting/Crocheting. After the first vote, the winners of each category were Quilts—JoAnne Graber; Needlework—Kris Peterson; Knitting/Crocheting—Kay Stewart; Crafts—Nikki Stump; and Special—Kris Peterson. We next voted on the 4 winners of each category with Kris Peterson's placemat going to state. With that vote, we have the other item going to State, Kay Stewart's Gingerbread House. Certificates will be handed out at Achievement night in September. Hope to be able to display items then. Thank you to everyone who entered and helped make this evening a success.



**ELKO Retreat** - Meeting tomorrow per Jill Cohen.

**Fall Holiday Program** - No report.

**Fashion Show** - Stephanie reported the meeting for this Sunday has been cancelled and scheduling another one yet to be determined.

**Historian** - No report.

**Home and Family Arts** - Deb shared they have met twice and have had 3 cleaning days at Maple Hall. She noted that Shelly from the Fair Office has been attending all of their meetings. She shared Lozier has donated over \$20,000 worth of shelving for the ECCC building! Deb added there has been a shared/combined committee with 4-H on the "shared space" of the ECCC building. She shared part of the money in the Nancy Miller Fund will go toward a sign outside of the ECCC building! Deb shared the memorial benches will be moved! She shared during one of the cleaning days, they found aprons that they will have the hostesses wear during the fair. This will designate who are a part of Homemakers and others visiting the building. Deb did say the air conditioning is working very well and it is almost cold in the building, so be mindful when volunteering during the fair.

**HFA Fundraising** - Kim did share there will be a silent auction and if any club wants to donate a basket, please let Kim know. She had no written report at the time of the meeting and will email one.

**HFA Landscaping** - Deb did share we will have a small area to landscape, but it is not enough to have a committee for.

**Membership** - Louanne announced "Junktique Paper Artists" has 3 new members and is official with the State! Paper crafters is coming along. "Club Crochet" will meet for the first organizational meeting May 24th at 10:00 am. She shared there may be enough interest for an AM and PM group! The Young Members General Club is still in the works. Louanne mentioned that another county has a club, Hoosier Artisans and Hobbyists that she thought may be neat to also have here. Louanne will be speaking at State Conference on this topic!

**Nominating** - No report.

**Past County Presidents** - Louanne reported for Michelle Blough who was unable to attend. The past president's brunch is set for Saturday, April 26th at 9:00am.

**Volunteer Community Support** - No report.

**Yearbook** - Vickie Gortney shared they met on March 27th. They need more volunteers.

## Old Business

**New Sign:** A new sign has been placed on SR 15, down by Bethany Christian School. Elaine, Nancy Miller's daughter, was present tonight where we were able to share this great news!

## New Business

**2025-26 Budget** - The budget will be prepared in time for New Officers training. It will be presented then for a vote.

Board Meetings for 2025-26 have been moved to Thursdays. Please be mindful of this change and all are welcome to attend.

## Closing Comments

Louanne shared how she was coined by a member of a Board within her church of caring for "the Homeless to the Homemakers".

Meeting was adjourned at 7:50pm by Louanne with a motion to close (all in favor of). Next meeting Thursday, August 28, 2025 at 6:30pm at LifePoint Church (1006 S. 16th St., Goshen). Note: Not at the fairgrounds.

\*(M/S/C) = Motion/Second/Carried

## Elkhart County Cultural Arts Projects Going to State Conference



Kay Stewart

Kris Peterson



## Family Resource Management

**Scam Proof Your Life**  
*Emily Christ, HHS Educator*

In today's digital age, scams have become increasingly sophisticated, making it crucial to stay vigilant and informed. Knowledge is your first line of defense, so educate yourself about common scams such as phishing emails, phone scams, and identity theft. Regularly check resources like the Federal Trade Commission (FTC) website for updates on new scam tactics.

Creating strong, unique passwords for each of your online accounts can prevent hackers from gaining access to your information. Consider using a password manager to keep track of your passwords securely. Additionally, be wary of unsolicited communications. Scammers often use unsolicited emails, phone calls, or text messages to trick you into giving away personal information. Always verify the source before responding to any requests for personal information or clicking on any links. Regularly monitor your financial statements to catch any unauthorized transactions early. Early detection of fraudulent activity can help you take quick action to minimize damage.

Shred any documents containing personal information before discarding them to prevent identity thieves from retrieving sensitive information. Also, secure your devices by ensuring that your computer, smartphone, and other devices have up-to-date security software, including antivirus programs, firewalls, and anti-spyware software. Keeping your software updated protects against the latest threats.

Be careful with public Wi-Fi. Avoid accessing sensitive information, such as online banking, over public Wi-Fi networks, as these can be a hotspot for scammers trying to intercept your data. Maintain a healthy skepticism of offers that seem too good to be true, as scammers often use enticing offers to lure victims into providing personal information or making payments.

Finally, if you encounter a scam or suspect fraudulent activity, report it to the appropriate authorities immediately. This could be the FTC, your local consumer protection office, or the website where the scam occurred. By implementing these strategies, you can significantly reduce your risk of falling victim to scams and protect your personal information from fraudsters.

## Health & Wellness

**The Burden of Dementia**  
*Emily Christ, HHS Educator*

The burden of dementia on caretakers is profound and multifaceted, encompassing emotional, physical, and financial challenges. Caregivers, often family members, face immense emotional stress as they witness the progressive decline of their loved ones' cognitive and physical abilities. This emotional toll is compounded by the demanding nature of caregiving tasks, which can include assisting with daily activities, managing medications, and ensuring the safety of the person with dementia. Physically, caregivers often endure fatigue and health problems due to the relentless demands of caregiving, including disrupted sleep and lack of time for self-care. A study published in *The Gerontologist* highlights that caregivers of individuals with dementia are more likely to experience high levels of stress and adverse health outcomes compared to caregivers of people with other conditions.

Financially, the burden is significant, as many caregivers must reduce their working hours or leave their jobs entirely to provide full-time care, leading to lost income and benefits. The cost of care-related expenses, such as home modifications, medical supplies, and professional caregiving services, can also be substantial. According to the Alzheimer's Association, caregivers spend an average of \$10,000 per year out of pocket on dementia-related expenses. Additionally, the isolation and social withdrawal experienced by many caregivers can lead to feelings of loneliness and depression, further exacerbating the overall burden.

Supporting dementia caregivers requires comprehensive approaches, including respite care, support groups, and financial assistance programs, to alleviate some of these pressures. Enhancing public awareness and providing adequate resources and support services can significantly improve the quality of life for both caregivers and those they care for.



**CAMP ELKO RETREAT**  
**"Revive & Relax"**  
**September 8-9, 2025**

Ulrich Lodge at Camp Mack on Waubee Lake  
 114 East Mack Road, Milford, IN 46542  
 (From SR 15 go East on CR 1150N, then South onto Camp Mack Road)

Camp Elko Retreat is a two-day overnight outing that includes attendees from Elkhart, Kosciusko, Marshall, St. Joseph, and Lake Counties. You do not have to be a member of any Extension Homemakers Club to attend. We are planning to have an educational lesson, a comedian, and other Reviving and Relaxing activities. Bring your favorite PJ's and slippers for a pajama party on Monday evening. We will also have our annual auction to help offset the cost of camp, pay for entertainment and make it possible to donate to Camp Mack. Please bring (1) quality unwrapped auction item that you would want to purchase.

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Ulrich Lodge has an elevator for those who cannot do stairs. Bring your bedding towels, and your personal items. Don't forget your (1) unwrapped auction item and maybe a project-in-progress to work on. We hope you enjoy your time at Elko Retreat. "Relax and Revive" with no cooking, cleaning, dishwashing, etc. to think about. Just visit with "old" friends and make some new friends, have fun, and eat great food.

Questions: contact Beth Wells (574) 527-3281



