



Elkhart County
Extension Homemakers

Over The Coffee Cup Newsletter



*November/December
2024*

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Letter From Your County President

Dear ladies,

In the first chapter of his book, Winning the Values War in a Changing Culture, (Bethany House, 1994) author, Leith Anderson, observed that there was a popular TV show called *Laugh In*. (page 12) There was a segment called “News of the Future” where they ran possible future scenarios they thought so unlikely as to be hysterically hilarious. In 1964 they ran a segment with the “news” that Ronald Reagan would be president 1980-1988, and that the Belin Wall would fall in 1989. Hilarious!?! The premise of the book is that increasing change seems to be the only constant; however, there are some things that should remain the same.

As I have been seeking to include younger women in Extension Homemakers I have learned that they often do homemaking differently than I did. They certainly do it differently than my primary home-ec teacher, my mother who earned a Master’s Degree in Home Economics at Purdue. I’m sure they even think about it with different terminology.

However, I have also observed that it is difficult to form a new club around younger women because they are so committed to their families and homes that they have little time available for club in today’s busy world. That commitment to family seems to be a constant with which I believe all of us older members would certainly agree.

In October our Roll Call Question was “What is one thing you like about club?” The answers in my club could all be summed up with “friendships with other women who are caring and mutually supportive.” In fact, some women seemed to suggest that they could hardly make it through life without the women of club.

This is another constant in the midst of change. I believe younger women, now especially, need the support of other women who are going through the same life experiences at about the same time. Older women may definitely be loving, caring, and supportive, but they raised their families and cared for their homes in a different time!

I strongly believe that something we need to give our daughters, daughters in law, and grand-children is the experience of Home Ec Club. It will take work and effort on our part, yet it will help them more than we can imagine. What a gift! And as an added benefit it will help Extension Homemakers continue to exist as aging members are being replaced by younger women.

Let’s grow together!

Louanne Gressman-Dunn, County President
Elkhart County Extension Homemakers

Mark Your Calendars

November 2024

- 4 **County Officers Board Meeting**, Ext. Conference Room—4:30pm
- 11 **Office Closed**
- 12 **VCS Sewing Day**, HFA Bldg.—9 am to 3 pm
- 28-29 **Thanksgiving**—Office Closed

December 2024

- 10 **VCS Sewing Day**, HFA Bldg.—9 am to 3 pm
- 24-25 **Office Closed**

Upcoming HFA Committee Meeting Dates (All meetings are in the Ext. Office Conference Room)

Tuesday, September 24, 2024 - 1:30pm
 Tuesday, October 22, 2024 - 1:30pm
 Tuesday, November 26, 2024 - 1:30pm
 (No meeting in December)
 Tuesday, January 21, 2025 - 1:30pm
 Tuesday, February 25, 2025 - 1:30pm
 Tuesday, March 25, 2025 - 1:30pm
 Tuesday, April 22, 2025 - 1:30pm
 Tuesday, May 27, 2025 - 1:30pm
 Tuesday, June 24, 2025 - 1:30pm
2025 Fair Dates: July 18-26, 2025



November— Paula Adams, Sandra Bartoe, Sherry Berry, Sharol Cloud, Barbara Geiger, Ruth Anne Gray, Angela Gwinn, Carla Hamilton, Lisa Honey, Luranona Marrufo, Linda Miller, Sonya Miller, Becky Randolph, Shirley Snyder, Kay Stewart, Caroline Troyer, Sheila Taylor, Linda Weybright, Susan Williams, and Catherine Yoder

December— Patsy Berkey, Kathy Case, Lana Evans, JoAnne Graber, Doris Hostetler, Patty Janowski, Paula LaPlace, Fern Mast, Karen Meade, Ruth Middleton, Theo Outman, Madeline Smith, Kathy Stoltzfus, and Vicky Stroman

Extension Homemaker News

Welcome New Members!

Brenda Weatherton is a new member to Creative Circle. She lives in the Goshen area. Brenda has two adult children, one of each, and seven grown grandchildren including five girls and two boys. Sadly, she lost her husband to Covid in 2020. She spent over 40 years in Branch Management of Credit Unions from which she retired also in 2020. A highlight in her life was a trip to Russia. She enjoys sewing, piecing quilts, embroidery, and yard work. We are glad to welcome Brenda to Club!

2024-25 Enrollment Forms

The following clubs need to submit their enrollment forms for this current club year to the Ext. Office: If you need more copies of the current enrollment form, please contact Jenn at fink24@purdue.edu or call 574-533-0554.

- Creative Homemakers—6 members
- Mailbox Members—2 members
- New Moon Crew—All members
- Pie-Gabba-Sew (Honor Club) —2 members
- York Homemakers—All members

2024-25 Lesson Sign-Ups

The following clubs need to submit their lesson sign-up sheet for the current club year to the Ext. Office:

- Bound-4-Knowledge
- Clinton Clique
- New Moon Crew

2024-25 Yearbook Updates

Please make the following updates in your 2024-25 Yearbook:

- Pg. 19: Add Michelle Blough and Kay Stewart to HFA Committee

EH Council Meeting Minutes—August 22, 2024

Submitted by Stephanie McIntosh Szabo

Call to Order & opening comments were done by Louanne Gress-

man-Dunn at 6:30pm. Pledge & Creed were read by all. Positive Thought & the Secretary's Report were given by Stephanie McIntosh Szabo. Treasurer's Report was given by Kim McCreary. Roll Call was done by Stephanie McIntosh Szabo.

Old Business

Committee Reports:

- **Achievement Night:** No report by Lisa.
- **Auditing:** JoAnne Graber was absent with no report.
- **Cultural Arts/Heritage Skills:** Jenny Huffman shared they have yet to meet and will have a report next meeting.
- **ELKO Retreat:** Monday, September 9-10th. Registration is in the Coffee Cup. It is due today if you will be attending. Contact Bev Earnhart ASAP if you are going.
- **Fall Holiday Program:** Sherry Weaver spoke that things are coming along and there will be a silent auction.
- **Fashion Show:** Deb Pepple and Stephanie McIntosh Szabo shared it went well and thank you notes to winners and sponsors were sent out.
- **Historian:** We do not have one and need one. Please share with your clubs this need.
- **Home and Family Arts:** Deb George and Sherry Weaver shared that it was a success! 320 exhibitors and over 1,100 entries!
- **Home and Family Arts Fundraising:** Lisa Honey shared about the silent auction that had 53 items. Eight clubs donated with another 18 businesses with a grand total raised of \$4,305 for the Home and Family Arts Committee.
- **Home and Family Arts Landscape:** Deb George and her husband did most of the clean-up and landscaping & it looked beautiful!
- **Membership:** Louanne Gressman-Dunn has been working diligently on new members! She spent time talking with individuals at the fair handing out cards on joining a club; she is hopeful there will be 3 new clubs by the time the fair starts next year as we have one in Wakarusa looking to start with Brenda Mestach, Jenny Huffman with a Book Alteration Club and

Sherry Weaver with a Scrapbooking Club.

- **Past County Presidents:** Stephanie McIntosh Szabo read Michelle Blough's report.
- **Volunteer Community Support:** Jenny Huffman shared they had their last meeting in May with the resuming of sewing September 10th from 9am-3pm. She shared they made 70 pillowcases and 27 blankets that were donated to Guidance Ministries.
- **Yearbook:** Vicky Gortney shared they will meet again in January & asked that everyone come with suggestions.

New Business

- **State President's Project:** Care Kits which Louanne Gressman-Dunn shared that they average about \$3 a piece to make. She shared she spent a personal total of \$150 on Amazon and at thrift stores & made about 48 of them. She shared she has extra toothpaste and toothbrushes if anyone wants to purchase them from her after the meeting. She also shared "as your County president, each Club can decide how many they can make to distribute. Please report back to the County how many your Club made." Louanne does need the information about the Care Kits to report back to State.
- **Coffee Cup:** Nothing has been decided; however, a lively discussion was had on how to cut the cost of mailing them to all members. Noted were the older members who do not utilize email. If Coffee Cup would be emailed, it's a big con to completely emailing them. Great ideas were to bundle the Coffee Cup for each president to distribute to their members which would save on postage and envelopes. Vickie Gortney suggested we try this for the Spring edition. There will be more to discuss on this as we are in the beginning stages of investigating how to cut costs with it.

Dates to Remember:

- Aug. 28 @ 1p & 6p—10 Warning Signs of Alz. @ Ext. Office
- Sept. 9-10 @ 9a—Camp ELKO @ Camp Mack in Milford, IN
- Sept. 10 @ 9a-3p—VCS @ HFA Building
- Sept. 16 @ 4:30p—Board Meeting @ Louanne Gressman-Dunn's

- Oct. 8 @ 9a-3p—VCS @HFA Building
- Oct. 14 @ 4:30p—Board Meeting @ Ext. Office
- Oct. 17 @ 1p & 6p - Move Your Body with CBE @ Ext. Office
- Oct. 24 @ 6:30p— Club Presidents' Council Meeting @ Ext. Office
- Oct. 26 @ 9a—Fall Holiday Program @ HFA building

Fall District Meeting

Submitted by Lisa Stephens

On October 16, 2024, 5 ladies from Elkhart County traveled to Hebron, IN. for the Fall District Meeting. Our IEHA State President, Linda Carunchia, spoke on the importance of looking around our daily lives to see how we can make an impact on others. Annetta Jones, Porter County Educator, gave a humorous and enjoyable lesson on Laughter Therapy. Donations of children's books were given to Hilltop Neighborhood House which is an organization that provides child care for working low income families. The Porter County Homemakers really welcomed us with their beautiful fall decor, delicious homemade food and autumn table decorations that we were able to bring home.

Fall Holiday Program

Submitted by Sherry Weaver

About 80 participants enjoyed lots of delicious food and learned how to make many holiday crafts on Saturday, October 26, at the Fall Holiday Program. Committee members Kathy Braid, Lisa Honey, Patti Janowski, Brenda Mestach, Deb Pepple, Stephanie Szabo, and Sherry Weaver served everything from Starbucks Egg Bites and Pull-apart Pizza Bites, to various soups and desserts, with the crowd applauding everytime the food carts came out of the kitchen.

The ladies and gentlemen who attended got to make a decorative pumpkin out of Tumbling Tower Blocks and create a Monster greeting card, great to give to someone for Halloween or a fall birthday. They were also shown how to make holiday wreaths,

autumn lanterns, snow globes, gnomes made from tea cups and Tide pod containers, and much more.

For the first time, a silent auction was added to the program and all 54 donated items went home with very happy winners. Several of the demonstrated crafts were given away to lucky attendees.

Louanne Dunn and Lisa Stephens hosted homemakers from Adams County, and several homemakers from LaGrange County also attended.

The committee thanks everyone who donated items for the silent auction, and wants to especially thank Kathy Stoltzfus, who ran the kitchen, Jim Braid, who helped with setup and break down, Michelle Blough and Vickie Gortney who helped with break down, and Granger Family Dentistry, Hawkins Water, Venturi Restaurant, Cabin Coffee Co, and South Side Soda Shop, for their generous donations. A special thank you to Kim McCreary for collecting payments for the event. Please plan to join the fun next year on the last Saturday in October.



EH Council Meeting Minutes—August 24, 2024

Submitted by Stephanie McIntosh Szabo

Call to Order was done by Louanne Gressman-Dunn at 6:30pm. The pledge was led by Cathy Van Huystee and the creed was led by Jan Ganger. Stephanie McIntosh Szabo shared the Positive Thought and also the Roll Call which was “How many from your club are planning to attend the Fall Holiday Program?”

Louanne Gressman-Dunn spoke on the attic at the Extension Office. She and Kim McCreary went there and have now invento-

ried the boxes up there that belong to Extension Homemakers. Louanne also asked that we be kind when another has the floor speaking. She acknowledged it is more of formal Parliamentary Procedure; however, she cannot hear well and it helps with her hearing device, so she knows what is going on. She also asked that we raise our hands to be called on to speak, so there is more structure to our meetings.

Stephanie read the August minutes. Corrections were noted. Motion to accept August minutes with corrections was accepted by Stephanie/Sherry. **(M/S/C)* Kim shared the Treasurer’s Report noting the Council Report & Budget. Outgoing bills include Fall District Meeting registration for Louanne and Lisa Stephens; 4 Adams County members for Exchange-a-Club; registrations for the Fall Holiday Program (happening Saturday, October 26); \$6 in printing cost from the Fashion Show; and Yearly dues towards our membership in the Michigan City District. Kim noted income of \$795 in pre-registration of those attending the Fall Holiday Program tomorrow. Treasurer’s Report was accepted (Kim/Deb). Kim also spoke on the attic inventory. Copies of what is in the attic & how it is organized was given to Board Members and Committee Chairs if there is a tote in the attic of supplies specific to that committee. Everything is inventoried, packed up and labeled on a shelf. (Up the stairs, turn left, bottom first shelf on the left.) Be mindful there are other items in the attic that do not belong to Extension Homemakers. There is a box of décor items that are available for all to use. Kim is maintaining a spreadsheet on the items, so PLEASE let her know (her number/email is in the Yearbook) if you use something & again when you return it, so items can be tracked.

Kim gave an update on the Extension Homemakers signage with a mock-up of what it would look like, as it will be done by Scott’s Signs as an 18”x24” sign. She passed the mock-up around with discussion. Elaine Miller’s club members took a photo to show her. Kim and Lisa affirmed they have been in communication with Elaine about her wishes as this is in memory of her mother, Nancy, who was a longstanding Extension Homemaker.

Committee Reports:

- **Achievement Night:** Lisa does not have a report yet; will meet next year around February 2025
- **Auditing:** No report.
- **Cultural Arts/Heritage Skills:** No report for Cultural Arts. For Heritage Skills, Jenny Huffman shared they have met once and contacted instructors for some new demonstrations. She

asked if you know of anyone who would be able to demonstrate, please let her know.

- **ELKO Retreat:** Those who attended had fun. No report.
- **Fall Holiday Program:** Sherry Weaver noted set up is tomorrow night at 5:30pm. She spoke of the Silent Auction and items they have accumulated already. Over 60 have pre-registered with 38 from club roll call noting they'd have members in attendance. Sherry also shared that the new Scrapbooking Club has met and meets on the 3rd Saturday of the month, here in the Extension Office Conference room.
- **Fashion Show:** No report.
- **Historian:** No report; still looking to fill this position.
- **Home and Family Arts:** Deb Pepple shared they have had 2 meetings. They have decided on the roles of the committee members and have decided to not offer ticket packages. She did share there are a few new categories with their next meeting being in November. Deb brought a proposal to the meeting that was read and discussed. It is desiring that there be a member of the Elkhart County Extension Homemakers to be on the Fairboard. We do not and have not had a representative from our organization on the board. Louanne re-read the proposed proposal. There was more of a discussion with a motion to accept forward movement by Deb and the Home and Family Arts committee (Stephanie/Sherry).
- **Home and Family Arts Fundraising:** Kim had no report at this time and is awaiting how the Silent Auction goes.
- **Home and Family Arts Landscape:** No report.
- **Membership:** Louanne spoke on how 2 new clubs have begun and they will be formally paying dues by January or September 2025. The general interest club that had some interest in Wakarusa is now too busy to start up. Louanne will follow up with them later in the year. She did say she has contacted a Goshen Health Educator who was excited to hear of the Diabetes (special interest) Club and may be able to offer space at the hospital for this club to meet at. Another (special interest) Club for Caretakers is also in the works. Louanne did say she has a "Welcome" in the next Coffee Cup for the one new member we have added to Extension Homemakers.
- **Nominating:** No report.
- **Past County Presidents:** No report.
- **Volunteer Community Support:** No report.
- **Yearbook:** Vickie said they will be meeting in January/February 2025.

Old Business:

For the Coffee Cup newsletter, nothing has been decided, but the

positive response is to give a trial-run with bundling the Coffee Cup per club & leaving them in the foyer for a representative from each club to pick up & distribute to their members. There were some who noted their clubs do not meet in the winter months. The vote was encouraged to be given for what is in the best interest for their clubs. Much discussion, with amendments to the proposed vote on how this should be done was had. The motion was to move forward with a trial run of bundling the Coffee Cups. Stephanie and Donna Hibschan offered to pay the postage for the 40 or so Coffee Cups that are USPS mailed out to local politicians and community supporters of Extension Homemakers. (Sherry/Jeanne). It should be noted that there has been one club absent the past two Presidents Council Meetings that have no idea about what is going on with the trial in getting Coffee Cups out to members. Stephanie will be emailing and mailing them the information on this.

For the Historian position, Louanne suggested we gather names of individuals. A lively discussion was had and it was encouraged that each club get a point-person to send in pictures to the Facebook page. If you have questions, contact Deb as she has been very active in posting photos. If you don't know where or how to find the Facebook page, it is on page 51 in your Yearbook!

For the State President's Project, Louanne did note she needs to report back to the State President how many have been made. She wants to know, too, if a modified version of the Care Kits were also made. Send Louanne a photo of your Care Kits or email her a description of it. "If you don't know where they need them, take the blinders off and look around!" ~ Linda Carunchia, Indiana Extension Homemaker's State President.

New Business:

Louanne shared she had a health scare this last month and wanted others to know that she has all the items for the area in the building for the information that is put out on Extension Homemakers during the fair. She wanted to make sure others knew where those items are, should anything happen to her.

Meeting was adjourned at 8:12 pm by Louanne with a motion to close (Stephanie/Mary Hershberger). Next meeting Thursday, February 27, 2025 @ 6:30 pm.

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

Food and Nutrition

Healthy Holiday Habits

Emily Christ, HHS Educator

The holiday season is a time of joy, celebration, and togetherness. It's also a time when our well-intentioned plans for healthy living can often go awry. The abundance of delicious but calorie-laden foods coupled with a busy schedule can lead us to make less-than-ideal choices. However, with a little mindfulness and some practical strategies, it's possible to create healthy holiday habits that allow you to enjoy the season while staying true to your wellness goals.

Before diving into the holiday season, take a moment to set realistic health and wellness goals. Understand that the holidays are a time for indulgence, but that doesn't mean you have to abandon your healthy habits entirely. Decide on a few specific objectives, whether it's maintaining your exercise routine, eating more fruits and vegetables, or reducing stress through mindfulness practices.

It's okay to savor holiday treats, but practice mindful eating. Slow down, savor each bite, and pay attention to your body's hunger and fullness cues. This can help you avoid overindulging while still enjoying your favorite dishes. On the topic of practicing mindfulness, holidays can be stressful. Practice stress-reduction techniques such as meditation, deep breathing, or yoga to help you stay calm and focused on your wellness goals.

Remember that nobody is perfect and the occasional indulgence is part of the holiday spirit. If you do overindulge, don't be too hard on yourself. Simply return to your healthy habits the next day. Creating healthy holiday habits doesn't mean missing out on the festive joys of the season. Instead, it's about finding balance, making conscious choices, and prioritizing your well-being. With these strategies, you can embrace the holidays with open arms knowing that you're nurturing your body and mind even in the midst of celebrations.

Human Development

Seasonal Affective Disorder (SAD)

Emily Christ, HHS Educator

As the days grow shorter and the temperature drops, many people find themselves grappling with a condition known as Seasonal Affective Disorder (SAD). This form of depression, often triggered by the changing seasons, can cast a shadow over what should be a joyful time of year. However, there are ways to cope with SAD and regain your sense of well-being. Seasonal Affective Disorder is a type of depression that typically occurs during the fall and winter months. While its exact cause is not completely understood, it is believed to be linked to reduced exposure to natural light which can disrupt your body's internal clock and lead to feelings of depression and fatigue.

One way to counteract SAD is by using light therapy. Light therapy involves sitting in front of a lightbox that emits a bright and full-spectrum light, similar to natural sunlight. This exposure can help regulate your body's internal clock and alleviate the symptoms of SAD. Light therapy is often a highly effective treatment and your healthcare provider can guide you on the best practices. In your home, maximize exposure to natural light by opening curtains and blinds during the day. Consider using light or bright-colored decor to create a cheerful atmosphere. Additionally, warm energy-efficient light bulbs can help create a cozier ambiance.

If you suspect you have SAD, the first and most crucial step is to seek professional help. Consult a mental health specialist who can diagnose the condition and recommend an appropriate treatment plan. This may include talk therapy, medication, or light therapy. Remember, Seasonal Affective Disorder is a treatable condition. With the right strategies, support, and a positive mindset, you can overcome the winter blues and find light even in the darkest of months.

Health & Wellness

Dimensions of Wellness

Emily Christ, HHS Educator

In the pursuit of a fulfilling and meaningful life, it's essential to consider wellness not as a one-dimensional concept but as a multi-faceted, holistic approach. The dimensions of wellness encompass various aspects of our lives, each contributing to our overall well-being. Understanding and nurturing each dimension can lead to a more balanced and healthier life.

A large factor of wellness is social wellness. Social wellness centers on the quality and depth of your relationships. It's about building and maintaining healthy social connections, fostering a support network, and engaging in positive interactions with others. Social wellness can enhance your sense of belonging and provide emotional support.



The most obvious dimension of wellness and the one that often gets the most attention is physical wellness. Physical wellness involves maintaining a healthy body through regular exercise, a balanced diet, adequate rest, and avoiding harmful habits like smoking and excessive drinking. It's the foundation upon which other dimensions of wellness are built.

In most cases, physical and emotional wellness go hand in hand. Emotional wellness refers to understanding, accepting, and managing your emotions effectively. It's about maintaining a positive self-concept, coping with stress, and fostering healthy relationships. Being emotionally well means recognizing and expressing

feelings constructively and seeking support when needed.

Intellectual wellness encompasses a lifelong pursuit of knowledge and personal growth. It involves challenging your mind, being open to new ideas, and engaging in creative or intellectually stimulating activities. This dimension of wellness encourages lifelong learning and cognitive development.

With intellectual wellness comes environmental wellness which relates to your connection with the world around you. It involves respecting and caring for the environment, being conscious of your impact on it, and creating a living space that supports your well-being. A clean, organized, and harmonious environment can positively influence your overall wellness.

Financial wellness is about effectively managing your financial resources to achieve your short- and long-term goals. It includes budgeting, saving, investing, and making informed financial decisions. Financial stability can reduce stress and provide a sense of security.

Cultural wellness involves embracing and appreciating cultural diversity. It's about understanding, respecting, and valuing different cultures including your own. Embracing cultural wellness can lead to greater empathy, tolerance, and global awareness.



Understanding and nurturing these dimensions of wellness is a lifelong journey. They are interconnected and neglecting one can affect others. Strive for balance and growth in each dimension and you'll find yourself on a path to a more fulfilled, vibrant, and healthy life. Remember that wellness is a dynamic and evolving process and it's never too late to start improving your well-being in any dimension.