

The Hearthstone Herald

A NEWSLETTER FOR EXTENSION HOMEMAKERS OF HANCOCK COUNTY, INDIANA



GREETINGS EXTENSION HOMEMAKERS

Hope everyone has been staying warm and safe. Due to the weather we had to cancel our first lesson this year on exercise, perhaps we can schedule for some other month.

The IEHA State organization offers several scholarship opportunities. I have the forms and they are due by March 15th to the State chairman. One is for career advancement (25 or older going back to school to finish or further enhance their education), others are available for students going to trade school or regular college classes. If anyone is interested or has children or grandchildren interested, please contact me for the info and forms. Open to anyone.

I need ideas from the membership on how to use our Foundation Interest money. If you remember, we received two checks this past year and we spent one to enhance the 4H Programs at Eastern Hancock Schools. We still have one check we haven't used, and we will be getting another check this spring for interest. Please bring your ideas to the Council meetings so we can put them to good use in our community.

We have been informed we will be getting a grant from the Foundation early this year, as well, based on the performance of our fund in the Foundation. I hope each club has discussed the Quilt Raffle over the last several months. We realized a profit this past fall of \$1,090 from the raffle. If we don't want to continue with a quilt, we need to come up with another source to replace that income. A meat raffle was mentioned among several other things. We will be voting this month on what we decide.

There is a flyer elsewhere in this newsletter about our February lesson. It will be on February 20th at 6:00pm at the Extension Office. Space is limited so check it out and sign up early. It is on my favorite thing, chocolate. Greenfield Chocolates will be giving us the program.

Keep busy finishing up crafts and items for the Cultural Arts display at Achievement Day. Stay well and safe. Plan your garden layout for spring as well.

Rosie





Educator Update

February 2025 Health & Wellness: Love Your Heart & Health

February is American Heart Month, a time to focus on heart health, self-care, and winter wellness. Heart disease remains the leading cause of death for men and women in the U.S., but small lifestyle changes can make a big difference in keeping our hearts strong.

Heart-Healthy Habits for Homemakers

Taking care of your heart doesn't have to be complicated. Here are a few simple ways to protect your heart every day:

Eat the Right Fats – Choose healthy fats like those found in avocados, nuts, olive oil, and fish while reducing saturated fats from processed foods.

Watch Your Sodium Intake – High sodium can raise blood pressure. Opt for herbs and spices instead of salt for flavoring meals.

Increase Fiber – Whole grains, beans, fruits, and vegetables can help lower cholesterol and keep the heart healthy.

Move More – Even 10-minute movement breaks throughout the day can help strengthen the heart.

Move Your Heart: Winter Fitness Tips

Cold weather can make it difficult to stay active, but movement is key to heart health. Try these fun and easy ways to stay moving:

Indoor Walking – Walk laps inside your home or at a shopping mall.

TV Fitness – Do stretches, march in place, or use light hand weights while watching your favorite shows.

Dance for Heart Health – Put on your favorite music and dance around the house!

Manage Stress for a Healthy Heart

Stress can increase blood pressure and take a toll on heart health. Try these stress-relieving techniques:

Deep breathing exercises – Inhale for four seconds, hold, and exhale slowly.

Laughter therapy – Watch a funny show or share jokes with friends to boost heart health.

Gratitude journaling – Writing down three things you're thankful for daily can reduce stress and improve overall well-being.

Mandy Gray

HHS Extension Educator



February is American Heart Month

February Challenge: 5 Days to a Healthier Heart

Join a 5-day heart health challenge by making small changes each day:

Day 1: Eat a heart-healthy breakfast with whole grains and fruit.

Day 2: Get moving for 30 minutes—walk, stretch, or dance!

Day 3: Try a new heart-healthy recipe (low sodium, high fiber).

Day 4: Take a stress break with deep breathing or meditation.

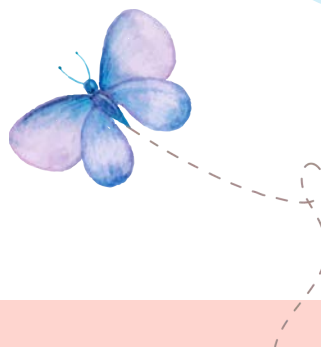
Day 5: Do something that brings joy—happiness benefits heart health, too!



"Life is full of surprises. When you day is wonderful, cherish it. When it becomes difficult, stay strong. There are no guarantees on how many days you have left so be grateful for each and every one of them."

– Roger Lee

*Quote of
the Day*

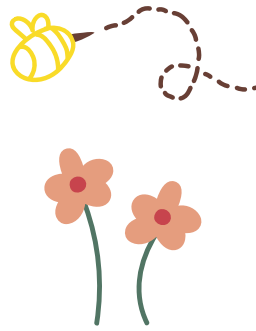




*Are You Ready for **Spring!***

*We are busy planning the
Spring Country Vintage Market!!*

Saturday, April 5th, 9a-3p



If your club would like a booth, please let Vickie Ramsey or Margie Clark know ASAP.

Booth Space will be \$60.00. 100% of the profits will go back to our community.

Vickie.ramsey@co-alliance.com or margieclk@aol.com



Save the Date!

**Spring District
Meeting will be on
April 2, 2025
in Hamilton County
TBA**





Calendar of Events

Upcoming Dates and Deadlines

February 14 - *Valentine's Day*

February 15 - Volunteer Community Support Report due to Office

February 17 - *Presidents Day*

February 20 - Chocolate Tasting Program, 6:00pm,
Extension Office



February 26 - Executive Meeting@ 6:00pm, Club Presidents@ 6:30pm,
Extension Office

March 1 - Coins for Friendship and Nickels for Leadership turned
in to Debbie Elsbury

March 12 - Homemaker Program, 6:00pm, TBD

March 17 - *St. Patrick's Day*

March 26 - Executive Meeting@ 6:00pm, Club Presidents@ 6:30pm,
Extension Office



CHOCOLATE TASTING PROGRAM

with Greenfield Chocolates

THURSDAY, FEBRUARY 20, 2025
6:00PM - 7:30PM EST

Purdue Extension Office

972 E. Park Ave.
Greenfield, IN 46140

Seating is Limited.

Call 317-462-1113 to sign up now.



Extension - Health and
Human Sciences

Come learn
about the different
types of chocolate
and why they taste
the way they do.
Samples will
be provided.

Purdue University is an equal opportunity/equal access/affirmative action institution.



**HANCOCK CO. EXTENSION HOMEMAKER'S
SPRING COUNTRY VINTAGE MARKET
"SPRING HAS SPRUNG"**

**HANCOCK CO. 4-H FAIRGROUNDS
EXHIBIT HALL & SHEEP BARN**

**SATURDAY, APRIL 5, 2025
9:00 A.M. – 3:00 P.M.**

**FREE PARKING-FREE ADMISSION
FOOD AVAILABLE**

**Something for everyone!
Invite
your friends and family**

**Vendor information
Vickie Ramsey-317-753-4144
Margie Clark-317-498-1549**