

The Hearthstone Herald

A NEWSLETTER FOR EXTENSION HOMEMAKERS OF HANCOCK COUNTY, INDIANA

GREETINGS EXTENSION HOMEMAKERS

Thanksgiving is past and our Christmas Party is over. I hope you all enjoyed.

Christmas is almost here and more fun and food.

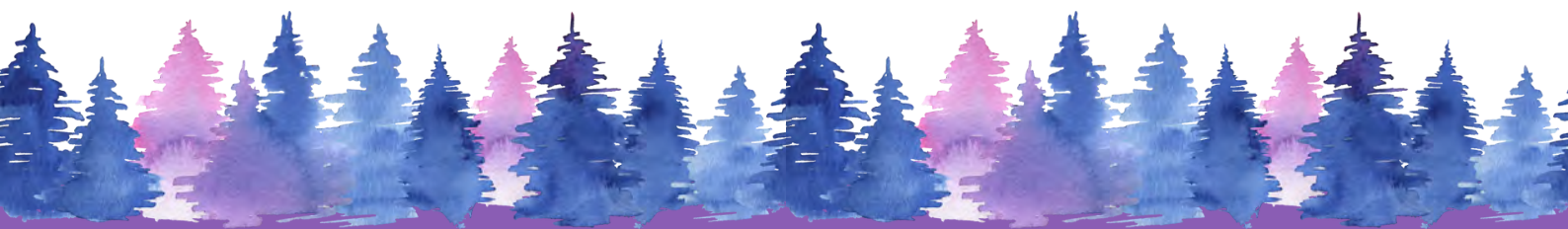
While we are indoors a lot the next month or so, it is a good time to finish craft and art projects. Remember we have a Cultural Arts Display at our Achievement Celebration in May and choose our winners to go to General Conference in June representing our County. The usual categories are painting, quilting, baskets, sewing, any craft actually. Our special project for this year is a place mat. Perhaps to match the table runner you made last year. Maximum size is 14 x 20 inches. You can make it smaller. It can be rectangle, oval, round or really any shape not to exceed the dimensions and any material.

I hope to see lots of creativity.

Our first lesson of the new year is on exercise and will be given by Mandy Gray on January 8th. Info elsewhere in this newsletter. We will probably all need it after all the goodies of the holidays.

Enjoy the season and remember the reason. Merry Christmas and Happy New Year to you all.

Rosie





MEMBERSHIP

Remember as a member of Extension Homemakers when and where meetings are without a reminder.

Help leaders by getting to meetings on time. Willingly serve on committees. Volunteer to help officers and leaders for their efforts. Make an effort to try something from a lesson at home. Listen attentively to the lesson leaders. Report to leaders how you used info you learned. Pass on ideas and information to other homemakers. Make suggestions for next year's lessons. Stand for prayer, Club Creed Mission Statement and salute to the flag.



Take any program you attend back to club meetings.

Take turn being a leader, officer or hostess.

These statements come from a New Membership Handbook we used to pass out when a person joined Extension Homemakers. I think we all need to be reminded of our responsibilities when we join an organization once in a while.

Rosie





Educator Update

Start the New Year with Health and Wellness in Mind

As we welcome the new year, January is a perfect time to focus on health and wellness goals. With the hustle and bustle of the holidays behind us, it's an opportunity to reset, recharge, and establish healthy habits that can last throughout the year.

Key January Health Observances:

- *National Staying Healthy Month*: Focus on balanced nutrition, exercise, and mental well-being. Small changes, such as adding a short daily walk or meal prepping healthy snacks, can make a big difference.
- *Mental Wellness Month*: Post-holiday blues can be common, so take time to nurture your mental health. Practice mindfulness, spend time with loved ones, and seek support if needed.

Simple Tips for a Healthy Start:

1. *Set Realistic Goals*: Start small with achievable health goals to build momentum.
2. *Stay Hydrated*: Aim for at least 8 cups of water a day.
3. *Eat More Whole Foods*: Incorporate fruits, vegetables, and whole grains.
4. *Get Moving*: Even 15 minutes of daily exercise can improve your mood and energy. Plan to attend the lesson on 1/8/25 on chair-based exercises for Seniors to get you started!

Let's make 2025 a year of health, wellness, and self-care!

Mandy Gray

HHS Extension Educator



From Linda Brooks



Salad Bowl of Terms

As a relatively new member of extension homemakers, I am frequently stumped by various terms that long-term members seem to take for granted:

IHEA- Indiana Homemaker Extension Association

VCS- Volunteer Community Support

ACWW- Associated Country Women of the World

CWC- Country Women's Council USA

International Coins for Friendship- this is a voluntary contribution that helps create better understanding, goodwill, and friendships between the people of Indiana and other counties.

This list is just a glimpse of the terms that we are going to meet up with. We will keep exploring and gradually the whole salad bowl will make sense.



Keeping Track – Is it Worth the Effort?

The time to report our individual community volunteer hours is coming up. The reporting period is February 1- January 31.

To tell you the truth, I have never reported my hours. I always thought that by reporting my hours, I was asking for praise or “a pat on the back.” I have learned that keeping and reporting volunteer hours is much bigger than individual kudos. By reporting your hours, you are supporting your organization in many ways. There is a ripple effect in the reporting and somewhere in the ripple we are justifying our existence to Purdue and helping them justify the money that we receive for our educator, extension staff, and the facility that we use for meetings. Purdue, in turn, uses this information to justify their existence as a land grant college.

By recording your volunteer hours, you are helping to keep our meetings alive and an educator and support staff available to us.

IT IS SO WORTH THE EFFORT!



An Amusing Look at an Awful Accident

By Sarah Kesterson



Our Bethel Baptist Church Seniors took a bus and car trip to Hagerstown, Indiana to visit Abbott's Candies and have lunch at Willie and Red's, formerly Welliver's Smorgsborg. After dining, we were waiting to board the bus but several of us decided to run across the street to an antique store. I had assured them it was really a fun place to visit. I probably took several steps and then, like lightning, plowed up the concrete with my head and face. BLAM, it was awful as everyone looked on. I didn't trip, the pavement looked so sad, I decided to give it a hug.

A Hagerstown merchant immediately called the EMT's and ambulance while I bled profusely on the pavement. It looked like a crime scene from one of my detective shows I watch, but felt a lot worse. The EMT's kept asking me if I was on blood thinners as I vehemently denied that. After a bumpy ride to New Castle Hospital, cat scans and x-rays; I was diagnosed with 2 broken bones under my eye socket. I only had to have two stitches on my gushing forehead right in my left eyebrow, which now was only a half brow. Asking the doctor if he had had good seamstress lessons while he was stitching, don't know if he was amused or not. The doctor advised that I would need an ocular plastic surgeon to take care of the broken bones. Took all this in stride as I have had lots of hospital experience! By the time we got back to Greenfield, driven by one of our friends, my eye was swelled shut with a huge hematoma above my eye already sporting a fantastic array of purple and blue coloration. That was just the start of the progression to both eyes, face and down my throat to my chest. I looked like I had been in a fight with a baseball bat and lost.





An Amusing Look at an Awful Accident, Continued

By Sarah Kesterson

After a week, I was assigned to a surgeon in Carmel. On first visit, he assured me that an immediate surgery was necessary for the most advantageous outcome. Going to the hospital for a 5am surgical appointment was just really hard for me as I am a confirmed night owl. Six hours later, going home with ice packs, sleep sitting propped up with 3 pillows, admonitions to not bend down or look down.

You don't know how hard this is! Thank Heaven for my Jim who is an excellent nurse. He has waited on me hand and foot. I am so blessed to have him around. After 4 weeks, he is getting a little cheeky as the British say.

What a time to be so dependent! Christmas is a time of visitation, parties, decoration of my home and trees and decorating trees at the theatre and visitors center. Guess this year will be a time of asking for help and doing without all the glam and glitter.



At this time, my eyes are not even- one going hop and another going skip. I may have to have another surgery to correct vision. At least it is better than the double vision I was having.

Christmas trees are waiting for beautification, cookies and candies still to be made but parties are possible to attend now that improvement has progressed.

December 11th visit with the ocular surgeon gave more hope for the future when the swelling recedes. He also said everything will work out and it can always be fixed. Great Christmas wish fulfilled!

Thank you all for the cards and calls you have sent. It is a wonderful aid in recovery and happiness. Keep me in your thoughts and prayers.

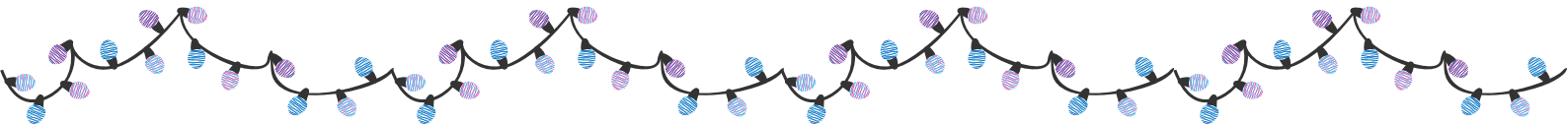


"May today be a day where you let go of the past, embrace the present, and look forward to the future. Find happiness in gratitude for what you have, and release the weight of what's gone."

- Positive Outlooks



Quote of the Day



Calendar of Events

Upcoming Dates and Deadlines

January 1 - Happy New Year!

January 8 - Homemaker Lesson, 6pm, Extension Office,
Mandy Gray

January 20 - *Martin Luther King Day*

January 22 - Council Meeting, Club Presidents 6:30pm,
Extension Office

February 11 - Homemaker Lesson, 6pm, Extension Office,
or 12 Mandy Gray

February 14 - *Happy Valentine's Day*

February 15 - Grant Applications Due to Vicki Ramsey
Volunteer Community Support Report due to Office

February 17 - *President's Day*

February 26 - Council Meeting, Club Presidents 6:30pm,
Extension Office





PURDUE
UNIVERSITY

Extension - Health and
Human Sciences



CHAIR EXERCISES FOR SENIORS

Keep your mind healthy and release stress through low impact chair exercises.

WEDNESDAY, JANUARY 8, 2025

**6pm EST, Extension Office
972 E Park Ave, Greenfield**

Register by January 6th:

Phone: 317-462-1113

Space is Limited, if your plans change and you can no longer join us, please call & let us know.



For more information contact:

Mandy Gray, HHS Educator

gray89@purdue.edu