



Health & Human Sciences Connections

Season's greetings!



As the 2024 year draws to a close and we prepare for a new one, I'm excited to bring you our combined December and January newsletter! These months are filled with opportunities to reflect, celebrate, and look ahead. Whether you're winding down for the holidays or gearing up for a fresh start in the new year, we've got some helpful ideas, tips, and resources to help you thrive in the coming months.

In this edition, we'll share ideas for celebrating the holidays while staying healthy, some fun activities for the winter months, and a sneak peek at upcoming programs to kick-start your 2025. Be sure to check out the following pages!

On behalf of the entire Purdue Extension Harrison County team, we want to extend our warmest wishes to you and your loved ones this holiday season. As we reflect on the past year and look forward to the new one, we're grateful for your continued support and participation in our programs. Let's make 2025 a year of growth, wellness, and connection!

Thank you for being a part of our Health & Human Sciences Connections community. I look forward to seeing you in the new year and helping to support you on your wellness journey.



*Warmest wishes for a happy, healthy,
and prosperous 2025!*

Jana Beckman

Weather Concerns

ALL County Meetings of the Extension Homemakers will be **CANCELED** if at least **ONE** school corporation in Harrison County is **CLOSED** due to weather conditions at any time that day.

**Purdue University Cooperative
Extension-Harrison County**

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DATES TO REMEMBER

DECEMBER-2024

- 24-25: Extension Office closed for Christmas Holidays
- 30: Extension Office closing at Noon per County Government
- 31: Extension Office closed for New Year's Eve



JANUARY-2025

- 1: Extension Office closed for New Year's Day
- 8: Extension Homemakers officer nominations due
- 20: Extension Office closed for Martin Luther King Day
- 27: Extension Homemakers Presidents Council meeting at 12:30 pm



FEBRUARY-2025

- 14: Valentine's Day! Spread the LOVE!
- 15: First Timer State Conference application due (Extension Homemakers)
- 17: Extension Office Closed for President's Day



MARCH-2025

- 1: Ruth B Sayre State Scholarship application due
- 1: Harrison Co Extension Homemakers Scholarship application due (Harrison Co Resident)
- 15: Career Advancement Scholarship application due
- 24: Extension Homemakers Presidents Council meeting-12:30 pm
- 26: Ext Homemakers-Bedford District meeting-Scott County



***** HARRISON COUNTY FAIR DATE *****

At the time of printing, The Ag Society has not finalized the dates for 2025 Harrison County Fair. We will post the dates on our Facebook page as soon as we are notified.

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Health & Human Sciences Connections

What is HHS Extension?

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Community Development Connections

What is CD Extension?

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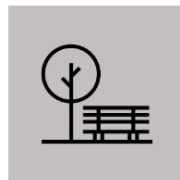
**Questions? Suggestions? Interested in Collaboration? Please feel free to reach out to
HHS & Community Development Educator, Tara Beckman via email at
tdbeckma@purdue.edu or phone at (812)-738-4236**



Community Economics &
Workforce Development



Community Health



Community Planning



Leadership & Civic
Engagement



Tips for a Healthy Holiday Season

The holiday season can be a joyous time, but it can also bring about challenges to maintaining our health. Here are a few tips to help you stay balanced as we celebrate:

- **Mindful Eating:** Savor your favorite holiday treats without overindulging. Focus on portion sizes and balance them with healthy choices like veggies and whole grains to leave you feeling fuller for longer.
- **Stay Active:** With colder weather and busy schedules, it's easy to slip out of your regular exercise routine. Try indoor activities like chair stretches, dancing, or walking at a local mall or other indoor facility. You can also take a brisk walk after meals to aid digestion and clear your mind.
- **Stress Management:** The holidays can be hectic, but finding time for relaxation is key. Try deep breathing exercises, taking a break from the busy season to read a book or enjoy a hobby, or other mindfulness activities.

Setting New Year's Wellness Goals

As we transition into the new year, it's the perfect time to set wellness goals that align with your values. Here are some tips to make your resolutions stick:

- **Start Small:** If you're setting fitness goals, focus on small, manageable changes. For example, aim for 10 minutes of exercise a day and gradually increase the time.
- **Focus on Balance:** Balance your resolutions between physical, mental, and emotional well-being. Set goals that incorporate relaxation, self-care, and healthy relationships along with fitness or nutrition goals.
- **Be Kind to Yourself:** Remember, it's okay to have setbacks. What matters is your commitment to getting back on track and continuing to prioritize your well-being.

Self-Care and Mental Health: The Gift Of You

While the holidays are a time for giving, it's also important to take time to care for yourself. Here are a few ways to practice self-care this winter:

- **Create a Winter Self-Care Routine:** Cold weather can sometimes lead to dry skin or lower energy levels. Treat yourself to a skincare routine, hot baths, or warm teas to recharge and refresh.
- **Stay Connected:** Even if you're busy with holiday plans, make an effort to connect with loved ones, whether through a phone call, video chat, or even a handwritten note. Social support is key to mental well-being.
- **Practice Gratitude:** Taking a few minutes each day to reflect on the things you're grateful for can improve your mental health and help reduce stress during the hectic season.



FOOD DRIVE For Harrison County **Community Services**

Purdue Extension Harrison County will be collecting items to support the outreach of HCCS. Non-perishable items can be dropped off at the Extension office at 247 Atwood Street Corydon, from December 2nd - January 3rd, 2025. For more information, please call our office at 812-738-4236.

- **Most Needed Items:** Canned fruit, canned vegetables, peanut butter, jelly, cereal, macaroni and cheese, spaghetti/other pasta, spaghetti sauce, rice, canned soups



ACTIVE **LIVING IN WINTER**



Active Living In Winter– Thursday, **December 12th at 10am and 6pm**

Join us at the Harrison County Public Library branches to explore the importance of movement for everyone! Discover how to create positive experiences in physical activity and check out winter movement ideas to enhance strength, balance, flexibility, and mental wellness.

FREE– Register by calling the HCPL at 812-738-

Food Budgeting and Meal **Planning– January 23rd at** **10:00am and 6:00pm**

Kick off the New Year with our FREE Food Budgeting and Meal Planning program at the Harrison County Public Library branches.

Start 2025 on the right foot by learning how to maximize your food dollars while enjoying nutritious meals.

RSVP by January 22nd to secure your spot! Register online at the Harrison County Public Library website or call 812-738-4110.



Let's make healthy eating a New Year's resolution you can stick to!

IEHA (Indiana Extension Homemakers Association) Harrison County Happenings & Updates

Extension Homemakers– Holiday Workshop, Tuesday, November 12th

Extension Homemakers Holiday Workshop: On Tuesday, November 12th, the Harrison County IEHA held their annual Holiday Workshop at the Extension Office. It was a fantastic event! With a wonderful turnout of 58 participants, the workshop was filled with creativity and camaraderie. Each club in the county presented a 15-minute demonstration highlighting a creative craft project. From homemade ornaments and festive decorations to innovative ways to preserve cherished memories through photo books, a variety of ideas were shared—many of which we hope will be recreated this holiday season!

Educator Tara Beckman and NEPA Cindy Finerfrock hosted a session called "Eating the Rainbow with Seasonal Produce," offering tips on how to make healthy eating both easy and festive during the holiday season. Attendees sampled a creamy chicken cranberry pinwheel—a delicious and nutritious addition to any holiday spread! Visit eatgathergo.org for more delicious recipes perfect for any occasion!

In addition, clubs brought a variety of delicious homemade dishes to share for lunch and supported one another through purchases, helping each group further its mission within the Extension Homemakers community. It was a fun and festive day, and we're already looking forward to next year's event!



IEHA (Indiana Extension Homemakers Association) Harrison County Happenings & Updates

Historic Downtown Corydon– Cookie Walk, Saturday, November 30, 2024

Harrison County Extension Homemakers had a successful Cookie Walk event in Historic Downtown Corydon as part of Light Up Corydon. This year's annual event raised nearly \$1,000 to purchase books for the First Books program. The wide variety of cookies included traditional fare like Sugar Cookies and Chocolate Chips, as well as specialties like No Bakes, Gum Drop, Snickerdoodles, Persimmon, and many others. The event will return next year to celebrate the 20th ANNIVERSARY OF THE COOKIE WALK!

In addition to the annual Cookie Walk, other Harrison County Extension Homemaker activities, events, and benefits include:

- Awarding Educational and Career Advancement Scholarships
- Meeting with friends and neighbors in educational and social settings
- Reading and providing books to local schools and children in need through the First Books program
- Keeping up-to-date on new knowledge and research via Purdue Extension
- Annually supplying homemade cookies to the County's Habitat for Humanity Repair Affair event
- Experiencing personal growth and developing skills
- Hosting Carnival for Cancer
- Sharing experiences and information
- Participating in the Holiday Workshop
- Singing-Along at International Day
- Forming lasting friendships while sharing responsibilities for programs and projects in order to strengthen families through continuing education, leadership development, and volunteer community support



If you or someone you know may be interested in learning more or becoming part of a local club, please contact Marcia Gliottone at 812-267-5573.

Harrison County Homemaker News

Nominations for County Officers

Nominations for the Extension Homemakers' positions of **President, Vice President, Secretary, and Treasurer** are due at the Extension Office by **January 8, 2025**

If you have no nominations, return your sheet marked none, so we know you didn't forget.

President's Council Meeting

The President's Council will meet on **January 27, 2025** at 12:30 pm in the Washburn Board Room of the Purdue Extension Building to review nominations for the county officers and also review county committee names and meeting dates.



2025 Harrison Co Fair

The 2025 Harrison County Fair date is unknown at time of printing.

Be practicing your Peach Pie recipes for the Annual Pie Contest and Auction!



Turn in your Coins for Friendship Nickels for Leadership To Treasurer Elaine Fischer By March 15, 2025 **NOT to Extension Office**

Spring District Meeting

The Spring District Meeting is **March 26, 2025** at Harrison County.

More information will be available as the time draws closer.

All club dues and members' names are due to Elaine Fischer at May Achievement Day on May 13, 2025. You'll receive your program book there.



President's Corner

Many thanks to all the Harrison County Homemakers for their help, hard work, support, and friendship during this year. I couldn't have done it without you!



Merry Christmas and Happy Holidays! *Marcia*

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Harrison County Homemaker News

Scholarships

First Timers Award

Any Harrison Co Extension Homemaker interested in attending the Home and Family Conference for the first time can apply for the First Timers Award to help defray the cost of attending. Ten state winners are selected, one from each IEHA District. Only those who have never attended the entire conference will be considered. Applications are available at the Purdue Extension Office.

Completed applications MUST be returned to the Extension Office by February 15, 2025

RUTH B. SAYRE SCHOLARSHIP

A scholarship given by Country Women's Council, USA is for a resident of the US with financial need, who shows potential leadership and carries, or will carry, a minimum of nine credit hours. The Scholarship award of \$500 will be sent to the recipient's educational institution. Applications and more information are available in the Extension Office. Applicant must be an Indiana resident. **The completed application must be returned to the current IEHA State President by the March 1, 2025 deadline. See ieha-families.org**

HARRISON CO. EXTENSION HOMEMAKERS SCHOLARSHIPS

Pick-up an application at the Extension Office for the **Harrison County Homemakers Scholarship**. It is open to any Harrison County resident. This is a \$1000 scholarship paid to the recipient's educational institution. Recipient is responsible for giving the institution's address and correct department for payment to the Extension Homemakers.

Completed applications must be received at the Extension Office no later than March 1, 2025.

See application for mailing address.

Career Advancement Scholarship Form

Eight (8) \$500 Scholarships will be given. One (1) as the Eleanor Arnold Award to an IEHA member, one (1) as the Ann Hancock Award to a degree in the medical profession, and six (6) random scholarships.

Read and follow the instructions for completing the application. Applications that are incomplete or that have missing information will not be considered. Scholarships are usually granted for Undergraduate degrees rather than Masters degrees. Scholarships will be awarded with regard to financial need. Former winners may reapply.

See application and instructions at: <https://ieha-families.org/>

Applications must be postmarked by March 15, 2025 & mailed to IEHA Past President. See ieha-families.org for mailing information.

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Cindy Finerfrock
Nutrition Education Program

Mary Eve
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Program Assistant

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Purdue Extension Harrison County



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