



Health & Human Sciences Connections



A New Year on the Horizon — and a Fresh Look Ahead!



As 2025 winds down and a new year approaches, I'm excited to share the final newsletter of 2025! These months are the perfect time to pause, reflect, and look forward to what's next. Whether you're enjoying some well-deserved rest or planning for a strong start to 2026, we've gathered resources, ideas, and inspiration to help you recharge and refocus for the year ahead.

In this issue, you'll find winter wellness tips, creative ways to stay connected through the colder months, and highlights of programs and learning opportunities to keep you inspired.

Sneak Peek for 2026!

We're thrilled to share that the *first newsletter of 2026* will launch with a **new look, refreshed content, and even more ways to engage** with Purdue Extension resources. Stay tuned for this exciting update — you won't want to miss it!

On behalf of the entire **Purdue Extension Harrison County** team, we wish you and your loved ones a joyful holiday season and a bright start to the new year. Thank you for continuing to be part of our Health & Human Sciences Connections community. We're grateful for your partnership, participation, and the many ways you help us grow together.

Here's to a wonderful close to 2025 — and an even more vibrant 2026 ahead!

Jana Beckman

Weather Concerns

ALL activities—including County Meetings of the Extension Homemakers—will be **CANCELED** if **at least ONE** Harrison County school corporation is closed due to inclement weather at any point during the day. This applies to all Extension and 4-H events, workshops, meetings, and classes.

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DATES TO REMEMBER

DECEMBER-2025

- 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-2026

- 1: Extension Office closed for New Year's Day
- 8: Extension Homemakers County Officer nominations due-all positions open
- 19: Extension Office closed for Martin Luther King Day
- 26: Extension Homemakers Presidents Council meeting at 12:30 pm



FEBRUARY-2026

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



MARCH-2026

- 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
- 23: Extension Homemakers Presidents Council meeting-12:30 pm



*** HARRISON COUNTY FAIR DATE ***

The 2026 Harrison County Fair for 2026 runs from June 21st through June 27th.
Plenty of time to be working on your projects and testing recipes!

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Health & Human Sciences Connections

What is HHS Extension?

Purdue Extension Health and Human Sciences (HHS) looks to bring university research to the local level by encouraging HHS Educators to deliver practical, high-impact, educational programs that help communities strengthen families, spend smart, eat right, and live well!

It's as simple as focusing on food, family, money, and health. The HHS branch of Extension offers a variety of engaging, comprehensive programs related to each of these areas. The programs include, but are not limited to:

- **Be Heart Smart**– learn about heart disease and related risk factors
- **Captain Cash**– teaching youth the basics of earning, saving, spending, and borrowing money
- **Dining with Diabetes**– diabetes management lessons focusing on food preparation and cooking
- **ServSafe**– food safety training for restaurant and food service professionals
- **Where Does Your Money Go?**– helping consumers better understand spending habits
- And More!



Community Development Connections

What is CD Extension?

Purdue Extension Community Development (CD) focuses on strengthening the capacity of local leaders, residents, businesses, and organizations to build resilient, inclusive, and sustainable communities through research-based resources and processes. CD Educators actively partner with a variety of stakeholders in order to bring research-based information needed to inform and guide the community and economic development initiatives of people and groups across the state.

The five thematic program areas include, but are not limited to:

- **Community Economics & Workforce Development**
- **Community Health**
- **Community Planning**
- **Leadership & Civic Engagement**

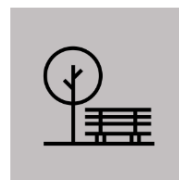
Questions? Suggestions? Interested in Collaboration? Please feel free to reach out to HHS & Community Development Educator, Tara Beckman via email at tdbeckma@purdue.edu or phone at (812)-738-4236



**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.



Beginner's Guide to Grant Writing

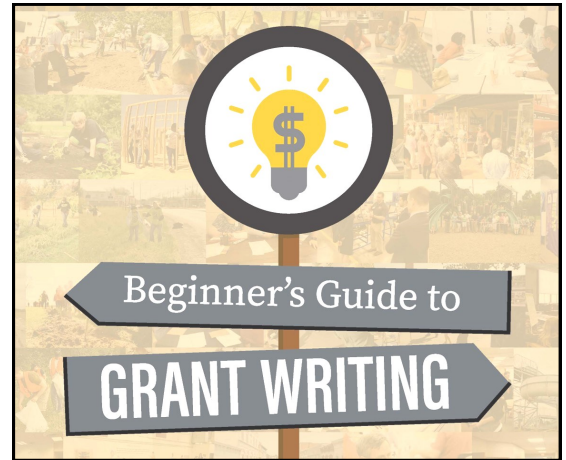
Purdue Extension Harrison and Clark counties are offering a hands-on **two**-day Beginner's Guide to Grant Writing Workshop on January 7 and January 28 at the Purdue Polytechnic Building – Shine Room, 3000 Technology Avenue, New Albany.

This interactive class includes hands-on activities, dedicated writing time, and a Q&A with local grant reviewers and writers. You'll learn how to develop strong proposals, connect with funders, and build confidence in your writing and presentation skills. This workshop is offered regionally only as needed—so don't miss your chance to participate!

Registration deadline: December 19, 2025

Cost: \$225 (includes all materials and lunch both days)

Invest in your mission—learn how to secure the funding to make a difference!



A Matter Of Balance– Fall Prevention Program

A **Matter of Balance** is an award-winning program that helps older adults reduce fall risks, build confidence, and stay active. Participants learn practical strategies, simple home safety changes, and gentle exercises to improve strength and balance.

Who should attend?

Anyone concerned about falling, wanting to improve balance, or limiting activities due to fall fears.

Class Details

Location: Floyd County YMCA – First Floor Multi-Purpose Room

Dates: April 10 (first class), then Thursdays on April 16, 23, 30 and May 7, 14, 21, 28

Time: 10 AM–12 PM

Cost: \$25 (max 12 participants)



Register: cvent.me/0B0xVZ

Space is limited– register today!



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

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

Extension Homemakers– Holiday Workshop, Tuesday, November 18th

The Harrison Co. Extension Homemakers' Holiday Workshop was a sweet success!

Our six clubs came together on Tuesday, November 18th for this year's "Cookies and Crafts" theme—sharing favorite cookie recipes, the memories behind them, and creative craft ideas to keep the holidays festive all year long. From Grandma's Sugar Cookies to Aunt Elva's Chocolate Chip Cookies, blueberry cookies, and even tips for the perfect pinwheel cookie...we learned it all! Plus, we enjoyed clever craft demos using budget-friendly décor, refreshed ornaments, and cute flower-pot stakes. The day was filled with fun music like "Sugar, Sugar" and "Christmas Cookies," a tasty lunch fundraiser, and lots of laughter and learning.

Want more? Many of these same treats — plus a lot more — will be available at the 20th Annual Cookie Walk on Nov. 29 starting at 2PM during Light Up Corydon! Come grab your favorites and support the Homemakers' First Books For Kids initiative!



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

Record-Breaking Year! – Cookie Walk, Saturday, November 29, 2025

The Harrison County Extension Homemakers marked the **20th Anniversary of the Cookie Walk** in Historic Downtown Corydon during this year's Light Up Corydon— and it turned out to be our **most successful Cookie Walk yet!**

Thanks to the wonderful support of our community, they sold **143.873 pounds of cookies** and raised **\$1,151**, setting a **new all-time record** for the event. This year, the addition of both **cash and card payment options** made purchasing easier and helped boost overall sales.

As always, the tables were filled with an impressive assortment of homemade cookies— ranging from beloved classics like Sugar Cookies and Chocolate Chip to crowd favorites such as Snickerdoodles, No Bakes, and many more.

Funds raised support the Homemakers' efforts to purchase books for the **First Books Program**, helping ensure that children across Harrison County have access to quality reading materials.

In addition to the Cookie Walk, the Harrison County Extension Homemakers continue to make a meaningful impact throughout the year by:

- Awarding educational and career advancement scholarships
- Sharing learning and fellowship through club meetings and community events
- Providing books to local schools and children through the First Books Program
- Staying current with new research and resources through Purdue Extension
- Donating homemade cookies for Habitat for Humanity's Annual Repair Affair
- Encouraging personal growth and skill building
- Hosting the annual Carnival for Cancer
- Offering unique learning and service opportunities such as the Holiday Workshop and International Day
- Building lifelong friendships through shared leadership, service, and community support



Thank you to everyone who baked, volunteered, visited, and purchased during this special 20th anniversary celebration. We look forward to continuing this sweet tradition next year!

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, 2026**

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

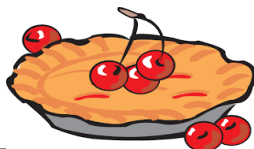
President's Council Meeting

The President's Council will meet on **January 26, 2026** 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.



2026 Harrison Co Fair
The 2026 Harrison County Fair is June 21-27.

Be practicing your Cherry 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, 2026
NOT to Extension Office

Spring District Meeting

The Spring District Meeting is **April 7, 2026** at Harrison County Extension office.
The theme is the 250th birthday of the United



All club dues and members' names are due to Elaine Fischer at May Achievement Day on May 12, 2026. You'll receive your program book there.

President's Corner



I appreciate the assistance and friendship of the many Extension Homemakers in our county. It means so much to me to be a part of this group of amazing people!
Merry Christmas and Happy Holidays!

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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, 2026

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. **Send completed application to CWC state Society President/Chairman by the March 1, 2026 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 Harrison County Extension Office no later than March 1, 2026. 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, 2026 & mailed to IEHA Past President. See ieha-families.org for mailing information.

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HHS Newsletter



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Agriculture & Natural Resources

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Purdue Extension Harrison County



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