



Health & Human Sciences Connections

As the leaves begin to change and the air turns crisp, we welcome the fall season with open arms! This is a wonderful time to reflect on the abundance of the year and embrace new opportunities for growth and learning.

In this edition of our newsletter, we are excited to share a variety of resources, programs, and events designed to support your health and well-being. From nutrition tips for the upcoming holiday season to practical strategies for stress management, our goal is to empower you and your families to thrive in all aspects of life.

As your Health and Human Sciences and Community Development Extension Educator, I am here to provide guidance and support tailored to our community's unique needs. Together, let's make this fall a season of wellness, connection, and personal growth.

Wishing you a wonderful season ahead!

Jana Beckman

Dates to Remember 2023-2024:

Columbus Day-Extension office closed
Election Day
Veteran's Day-Extension office closed
Holiday Workshop!!!
Thanksgiving Holiday-Extension office closed
Presidents' Council meeting
Cookie Walk during Light-up Corydon
Winter Holiday- Extension office closed
Extension office closing at 12 noon
New Years Eve & Day- Extension office closed
Martin Luther King Jr. Day- Extension office closed

October 14
November 5
November 11
November 12
November 28 & 29
November 25
November 30
December 24 & 25
December 30
Dec 31, 2024-Jan 1, 2025
January 20, 2025



Call For Advisory Committee Members!



SCAN ME

<https://bit.ly/hhscd>

Harrison County HHS/CD Educator, Tara Beckman, is gathering names for potential new members to join her Health and Human Sciences (HHS) and Community Development (CD) Advisory Committee! This committee plays a crucial role in identifying areas of concern to better serve the people of Harrison County. We meet twice a year to discuss and strategize.

The mission of Purdue Extension HHS is to enhance the quality of life for individuals, families, and communities by helping people strengthen relationships, eat smart, improve health, and achieve financial wellness. Community Development focuses on empowering local leaders, residents, businesses, and organizations to build resilient, inclusive, and sustainable communities through research-based resources and processes.

If you or someone you know might be a great fit for this committee, please fill out this short interest survey using the link or QR code to the left OR call our office at 812-738-4236! Your insights can help shape programs that influence attitudes, teach skills, and inspire aspirations. Thank you for your support!

Blender Bike Fun!

HHS Educator, Tara Beckman, had the pleasure of using Purdue Extension Lawrence County's Blender Bike and being a part of the two day county-wide Agriculture Days for all 3rd Graders. The station she headed, titled "Fruits Of Your Labor" gave students the opportunity to explore farm-to-table aspects all within one session.

This station was part of a collaboration with Harrison County Master Gardeners, where students learned about the importance of soil health and water for plants to grow. They also discussed the different parts of plants and the food-related items that come from each part. Then, using both fruits and vegetables, students created their own smoothie samples with the Blender Bike, sparking excitement among kids and teachers alike! Before leaving the station, many students made sure their teacher took a picture of the recipe so it could be shared with their families for future smoothie-making adventures!

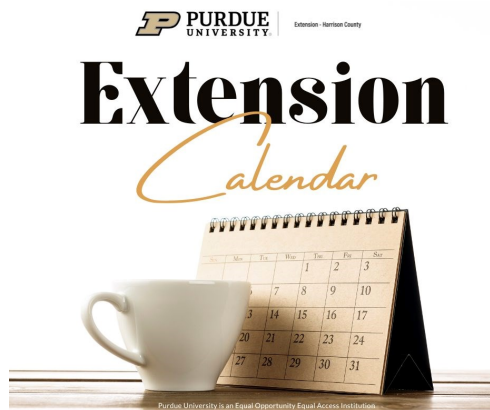
A special thanks to Purdue Extension Lawrence County for lending us this fun teaching tool this year!



Extension Calendar

You asked, we answered! Our monthly calendars for events through Extension are now up and running on our website (or you can find it linked on our Facebook page).

Each event is color-coded for each area in Extension and makes for a great resource to stay in the know!



Join ANR Educator, Ariel Camm-Wilson, and HHS/CD Educator, Tara Beckman, for their "Grow It, Cook It" Master Gardener Fall Speaker Series presentation to discuss herbs. This event is all about

empowering you, the participant, to go from garden to table with featured ingredients. Sample recipes, seeds to take home, and acquire educational information to help you be successful in the days and weeks that follow! This event is October 17th at 6:30pm at the Harrison County Purdue Extension Office.

This program is free, but RSVP is required!



Fall Master Gardener Guest Speaker Series

GROW IT, COOK IT

Herbs

Join ANR Educator, Ariel Camm-Wilson, and HHS/CD Educator, Tara Beckman, for their "Grow It, Cook It" Master Gardener Fall Speaker Series presentation to discuss herbs. This event is all about empowering you, the participant, to go from garden to table with featured ingredients. Sample recipes, seeds to take home, and acquire educational information to help you be successful in the days and weeks that follow!

This program is free, but RSVP is required!

October 17th, 2024 ① 6:30pm ② 247 Atwood St. Corydon, IN 47112



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Join Health & Human Sciences Educator, Tara Beckman, at the Harrison County Public Library- Corydon and Elizabeth branches to learn how to savor the taste of fall without feeling overwhelmed in the kitchen. Enjoy the opportunity to sample some popular and unexpected fall flavor pairings and gather some affordable and easy fall recipes to try at home!

FREE PROGRAM! Register online on the Harrison County Public Library website or call the Reference Desk at 812-738-4110 to register and for any accommodations you may need to participate. Please respond by October 17th.



Fall Flavors

SEASONAL SPICES & AUTUMN CUISINE



23 October

CORYDON BRANCH
11am - NOON

ELIZABETH BRANCH
6pm - 7pm

Sign-Up Today!

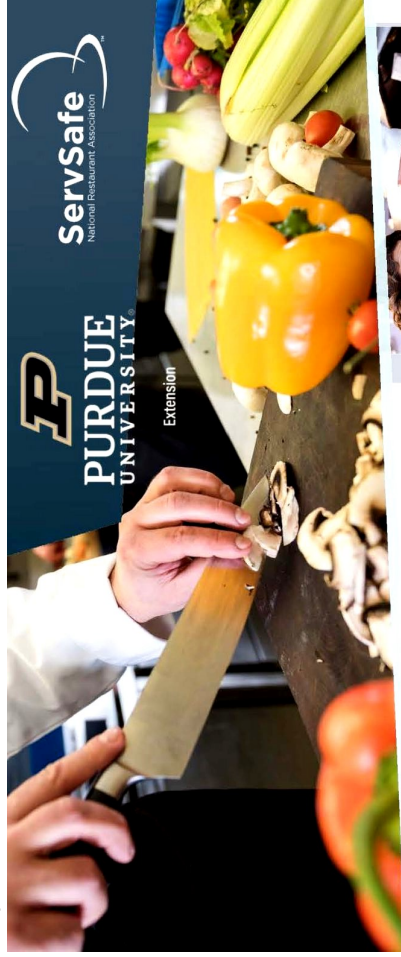
FREE PROGRAM: Register online on the Harrison County Public Library website or call the Reference Desk at 812-738-4110 by October 17th to register and for any accommodations you may need to participate

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PURDUE UNIVERSITY
Extension - Health and Human Sciences

HARRISON COUNTY PUBLIC LIBRARY

An upcoming ServSafe Food Manager 1-Day Class and Exam will be offered at Floyd County Extension on Friday, November 15, 2024. Class & Exam will be held at the Purdue Polytechnic Building in New Albany. Registration deadline is November 8, 2024. See details in the attachments below. Reach out to Janet Steffens, Floyd County Extension Educator, at 812-948-5470 or jsteffens@purdue.edu for more info, or call your local Purdue Extension Office for assistance.



ServSafe Food Manager 1-Day Class & Examination

Hosting County: Floyd County

Date: November 15, 2024

ServSafe educates food service workers about food safety.

ServSafe Food Protection Manager is their highest certification. It satisfies Indiana requirements to become a Certified Food Protection manager and focuses on five aspects:

- Foodborne microorganisms and allergens
- Personal hygiene
- Purchasing, receiving, and storage
- Preparing, cooking, and serving
- Facilities, cleaning/sanitation, and managing pests

The full 1-day training includes a manual and proctored exam. You must score 70 percent or greater to earn the certificate. The certification is valid for five years. A photo ID with signature is required to take the exam (driver license, state ID, student ID, military ID, employee ID, U.S. green card, or valid passport).

Question? Contact: jsteffens@purdue.edu 812-948-5470
Register at Cvent online: <https://cvent.me/NSa2Yd>



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ServSafe Food Manager 1-Day Class & Examination

Credit Card Payment: Online registration closes five business days prior to training/exam date.

Check Payment: The pay-by-check option closes 10 business days prior to an event when registering through the online portal. All mail-in registration forms must be received by the deadline date in order for training materials to be shipped and received prior to the training/exam date. Registrants will not be added to the training roster if the payment is not received by the deadline. Contact the educator directly if you need assistance in paying with a check past the deadline date. A confirmation email will be sent to the attendee once registration is received. **DO NOT SEND CASH.**

Training materials will not be shipped until payment is received. Make checks payable to: Purdue University. Checks must include: County, Date, and Registrants Name. Mail to: Education Store - 301 S. 2nd Street Lafayette, IN 47901

Bring to the training or exam: A photo ID with signature is required to take the exam. (e.g. driver's license, state ID, student ID, military ID, Employee ID, U.S. Green Card, or valid passport) and your ServSafe manual with exam form.

REGISTRATION FORM: Confirmation will be sent once form is received.

Hosting County: _____ Training Date: _____

Company Name: _____ Contact Name: _____

Attendee Name: _____ Attendee Email: _____

Phone: _____ Address: _____

City: _____ State: _____ ZIP: _____

Registration Options	Price	Quantity	Total
Training, Manual and Proctored Exam	\$165		
Training & Proctored Exam	\$115		
Proctored Exam	\$65		
Late registration	\$20		
Overall total			

PREFERRED REGISTRATION METHOD:

Online Registration
www.purdue.edu/servsafe/workshops
Best way to contact for registration questions is by email:
edustore@purdue.edu
Phone Number:
765-494-6794

- Check here if special accommodations needed (pre-registration required) _____
- Select Manual language: English _____ Spanish _____ Chinese _____ Japanese _____ French _____
- Select Exam Language: English _____ Spanish _____ Chinese _____ Japanese _____ Korean _____



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Tips for Making Your Holiday Meals Healthier

It's the holiday season, and planning is underway for good times filled with friends, family and foods. It seems that every advertisement in stores, in magazines and on social media all refer to some form of [holiday eating](#). We often give in to the festivities and overindulge in good-tasting food, but these foods may not be the healthiest for us. As we prepare food for family and friends, there are ways to make favorite holiday recipes healthier and still taste great.

Reduce the amount of fat and sugar when baking without losing the flavor.

Cutting the [fat](#) and [sugars](#) in half in a recipe is an easy way to cut added calories.



- Use half the butter and replace it with unsweetened applesauce, mashed bananas or even prune purée.
- Reduce the amount of sugar by one-third to one-half. Add rich-tasting [spices](#) to bolster flavor, such as cinnamon, cloves or allspice. You can even use extracts such as almond, vanilla or wintergreen.
- Cut the amount of cheese in a recipe by half. If your recipe calls for one cup of cheese, ½ cup would be sufficient, and you will be able to better taste the flavors of the other ingredients.

Make healthy substitutions that will boost the [fiber content](#).

- Use whole wheat pasta instead of white pasta.
 - Use brown rice instead of white rice.
- Use whole-grain bread and rolls.

Leave out ingredients.

- Leave out mayonnaise, butter or jelly in a recipe.
- Leave out excessive amounts of frosting, nuts and chips when baking.

Choose a different [technique of preparation](#), such as broiling, grilling or steaming.

These methods can capture the flavor of your delicious foods without adding calories:

- Instead of frying, try broiling fish, meat and even vegetables.
- Try a fruit juice or vinegar if a recipe says to baste with oil.
- Use non-stick pans to eliminate oil when cooking.

Pay attention to your [portion size](#).

- If the recipe is still very high in fat and sugars, reduce the portion size you eat.
- When reducing portion size, add healthy choices to help fill you up. Filling half of your plate [with fruits or vegetables](#) is a great place to start.

Eating well can be difficult over the holiday season, but finding ways to enjoy your favorite family meals is possible by making [mindful choices](#). No matter how much you indulge over the holidays, remember it is never too late to get back on track with your healthy habits. Contact [Michigan State University Extension](#) in your area to learn more about healthy holiday makeovers.

This article was published by [Michigan State University Extension](#). For more information, visit <https://extension.msu.edu>.

How To Manage Stress During The Holiday



Taking a stroll is a good way to relax and reduce stress during the holidays.

Michael Miller/Texas A&M AgriLife Communications

While the holidays are a time of joy, they can also be a time of both physical and mental stress. [Texas A&M AgriLife](#) experts say managing holiday stress requires setting priorities and avoiding or reducing as many stressors as possible.

“Many people begin to feel unhappy or lonely around the holidays,” said Miquela Smith, [Texas A&M AgriLife Extension Service](#) health specialist for the agency’s [Disaster Assessment and Recovery unit](#). “The reasons can range from the weather to personal loss, feeling disconnected from others, financial strain and a variety of other reasons.”

In some instances, these winter blues can be more serious. They affect how a person feels, thinks and handles daily activities, said Smith, who is based in Lubbock.

“Usually, holiday blues are temporary feelings of loss, anxiety, tension, frustration or loneliness,” said Smith, who is also a mental health first aid instructor. “But ongoing and more significant changes in mood or behavior could mean the person is suffering from [seasonal affective disorder](#), or SAD, which is a type of depression.”

She said stress, unrealistic expectations or even sentimental memories can be a catalyst for holiday blues. Other factors can be less sunlight, changes in diet or daily routine, financial strain or the inability to be with friends or family.

Reducing Personal, Social Stress During The Holidays

“Something that can help if you begin to feel overwhelmed during the holidays is just recognizing what things are in your control versus what things are not,” Smith said. “This perspective can be valuable during the holidays — a time when we are usually unable to keep to normal schedules and routines.”

She said an example might be responding to a family member you don’t get along with at a gathering.

“You can’t control what that person does or says, but you can control whether or not you spend time with or engage in conversation with that person,” she said. “Similarly, if a certain event or social gathering is stressful to you for whatever reason, you can make the decision to only stay for a short period of time.”

Smith said some additional tips for managing personal or social stress during the holidays might include:

- Acknowledging to yourself that it’s okay to feel unhappy
 - Sticking to familiar or normal routines as much as possible
 - Reaching out to others for support and companionship
 - Learning to say “no” to holiday activities you don’t have time for or that you know will likely cause stress
 - Eating healthy meals and getting adequate rest
 - Avoiding excessive eating and drinking
 - Getting daily physical activity
 - Taking the occasional breather to walk or listen to music
- “Some people also reduce stress through mindfulness activities such as meditation or yoga,” Smith said. “Others may get a psychological benefit from doing something to help others during the holidays, such as volunteering to deliver meals. Try to find something to do that will make you feel more relaxed and promote your emotional well-being.”

Finally, if you are unable to turn those negative feelings around, Smith said, then it may be time to seek professional help.

Continue reading on next page

How To Manage Stress During The Holiday.. *Continued from previous page*



Taking a stroll is a good way to relax and reduce stress during the holidays.

Michael Miller/Texas A&M AgriLife Communications

Reducing Time- And Finance-Related Stress During The Holidays

Holiday stress can also come from time management issues and financial pressures, noted Joyce Cavanagh, AgriLife Extension specialist in the agency's Family and Community Health Unit. "Financial pressure and time restrictions are often two of the top stressors during the holidays, so be sure to adequately plan both holiday shopping and family time."

Cavanagh said people should budget for the gifts when holiday shopping and, whenever possible, pay by cash or with a debit card.

"Be realistic when creating a budget by using real prices, not ballpark figures," she said. "Don't forget to include travel, food and entertaining costs in your holiday budget. And remember to jot down what you've bought so you don't lose track of how much you've spent."

Cavanagh noted a lot of time management-related stress may be alleviated by "padding in" some additional time when scheduling visits or entertaining and by asking others for help with holiday activities.

"Try to avoid multiple visits that require extra time and build additional time into planning visits to provide flexibility and accommodate for any unforeseen circumstances," she said. "Prioritize what's really important to you and your family, then plan your holiday activities accordingly. Don't try to please everyone by going from one home or activity to another. That will only stress you out more."

Reducing Stress Through Healthy Eating, Self-Care

Jenna Anding, a professor and AgriLife Extension specialist in Texas A&M's [Department of Nutrition](#), said holiday stress can often lead to overeating.

"For some individuals, overeating is a challenge to individual wellness during this time of year, especially if food is used as a means of responding to stress," Anding said. "Be mindful of what and when you eat. If you find yourself tempted to eat, ask yourself, 'Am I really hungry or am I eating for another reason?'"

She said if you think you are eating because of stress, go for a walk or talk to a friend.

"If you find yourself invited to holiday parties and office luncheons this festive season, try to choose foods that are lower in saturated fats, salt and added sugars," Anding said. "Better yet, bring your favorite — and healthy — dish to make sure you have at least one better option available."

AgriLife Extension also has tips on how to [alter traditional holiday recipes to make them healthier](#). Recipes with lower-fat, lower-calorie and lower-sugar ingredient substitutions can make recipes healthier without significant change in taste or texture.

Similarly, the agency offers "[Eating Well for Healthy Living](#)," a course in which participants learn to reduce stress through meal planning and physical activity. The course addresses how to spend less and get more at the grocery store. It also explains how to safely store and prepare food.

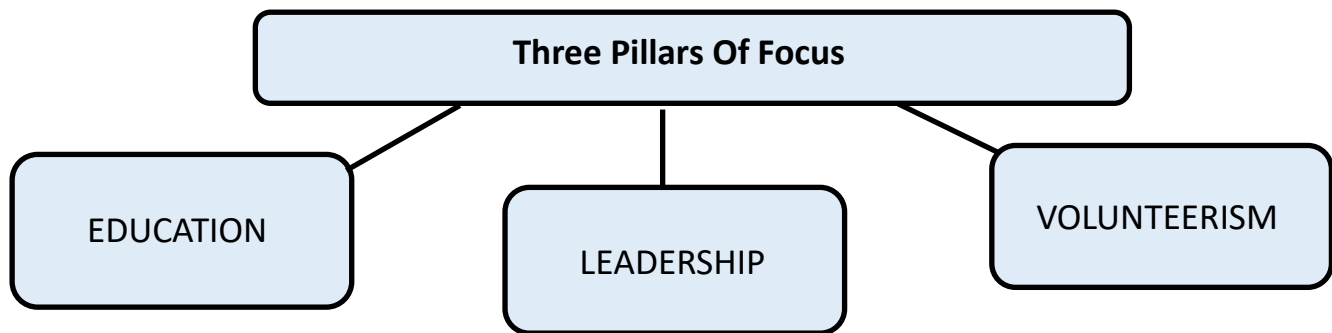


What is Indiana Extension Homemakers Association?



IEHA Mission Statement: The mission of the Indiana Extension Homemakers is to strengthen families through continuing education, leadership development, and volunteer community support.

Through cooperation with the Purdue University Cooperative Extension Service, IEHA offers a wide range of lessons at no charge.



Who? Any resident of Harrison County

What? Regularly scheduled club meetings and county-wide events hosted by IEHA Harrison County

When? County-wide events, Area-wide events, and regular club meetings at various times throughout the month/year

Where? Monthly Club meetings happen in Depauw, Elizabeth, New Salisbury, Laconia, and Corydon

Why? With the common goal to do and uphold IEHA's mission statement within Harrison County and beyond



**Indiana Extension
Homemakers Association**



IEHA



www.ieha-families.org

For more information about IEHA Clubs in your part of Harrison County, contact membership coordinator Marcia Gliottone 812-267-5573 or the Harrison County Purdue Extension Office 812-738-4236.

IEHA (Indiana Extension Homemakers Association)

Harrison County Happenings & Updates

Fall District Meeting– October 3rd in Jackson County

•The Fall District meeting took place on Thursday, October 3rd, in Jackson County, Indiana, with the theme "Discovering Our German Heritage." Guest speaker Olga Otte provided a captivating tour of Germany through her pictures and stories, which IEHA members found both interesting and insightful. HHS Educator Molly Marshall from Jackson County shared an inspiring lesson on gratitude. Additionally, Melissa Sears from Scott County shared her experience as the Bedford District's First Timer Award winner for the 2024 Home and Family Conference. Overall, the day was a delightful blend of education, networking, and celebration of German heritage. A big thank you to Jackson County for hosting!



Repair Affair of Harrison County– Cookie Donation



Recently, Harrison County IEHA clubs prepared and donated cookies in support of the Repair Affair Harrison County. Through their generosity, IEHA members were able to prepare and deliver 35 assorted bags of homemade cookies. Thank you to Repair Affair of Harrison County and their volunteers for their repair event!

IEHA (Indiana Extension Homemakers Association)

Harrison County Happenings & Updates Continued

Annual Carnival For Cancer— At Fountain Church

Friday evening, Sept 20, Blue River Hills Extension Homemakers, in partnership with Blue River All-stars 4-H Club, hosted their 48th Annual Carnival for Cancer. Every year the community comes together to raise funds for the



American Cancer Society. This year was no different, as they raised \$10,000+, which will be matched by the Harrison County Community Foundation through the Betty Goldman Endowment. The event, held annually on the third Friday in September, included a chili supper, carnival games, a silent and live auction, sweet shop, yard sale, and cake walk. Mark your calendar for the 2025 event on Friday, September 19th, 2025.

For more information or to make a donation to the Carnival for Cancer contact Karen Schwartz at (812)736-2373 or karengleitz@hotmail.com or mail checks made out to Blue River All Stars 4-H Club to Schwartz at 5850 Devil's Elbow Road NW Corydon, IN 47112.

Thank you to EVERYONE who participated and supported the fight against cancer!

Donations are still being accepted, so contact Karen Schwartz at karengleitz@hotmail.com or (812)736-2373 if you are interested in donating.

International Day

On Tuesday, September 10th, the Harrison County Extension Homemakers proudly hosted International Day, themed "Bridging Extension Homemakers through Nostalgia." The event, attended 42 participants, was organized by the Blue River Hills Extension Homemakers' club. In the weeks leading up to the gathering, each county-based club dedicated time to exploring their rich histories and traditions, unearthing old photos and artifacts that reflect their century-long legacy.



Since their inception, clubs have remained committed to their mission of strengthening families through continuing education, leadership development, and community support. Throughout the years, these clubs have played a pivotal role in their communities by leading educational workshops and participating in local events. Notably, some clubs even took on active volunteer roles during wartime, rolling bandages for local organizations as discovered in preparation for International Day.

The day was filled with memorable stories and reflections on the invaluable contributions of the Indiana Extension Homemakers Association (IEHA) in Harrison County, showcasing the enduring spirit and dedication of its members. The event not only celebrated the past but also reinforced the importance of community and connection among Extension Homemakers.

Harrison County Happenings & Updates Continued

Join us! Proceeds will benefit the First Books program, where Extension Homemakers collaborate with local preschools to read to children, and ensure each child takes home a copy of the book. It's a fantastic way to promote literacy skills and strengthen community connections!

Harrison County Extension Homemakers



**November 30th
@2:00**

Come support the Harrison County Extension Homemakers at the Cookie Walk event at Historic Downtown Corydon. November 30th as part of Light Up Corydon. The Homemakers will be selling delicious, homemade cookies by the pound. This annual event raises money for the First Books Program which provides free books to local Harrison County youth. Harrison County Extension Homemakers Association continues to build on its rich heritage by working to strengthen Indiana homes and families.

Historic Downtown Corydon

On the Corydon Square as part of the Historic
Downtown Light Up Corydon festivities

Harrison County
Indiana Extension Homemakers Association
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Join us! The Holiday Workshop is open to anyone interested in learning more about Extension Homemakers and enjoying a fun, interactive, educational day! You'll also have the chance to purchase lunch from a variety of clubs, with proceeds supporting their ongoing efforts to give back and make a positive impact in the community.

Extension Homemakers Holiday Workshop



Please join us

**Tuesday, November
12th, at 10:00am @the
Extension Office for
the Harrison County
Indiana Extension
Homemakers Annual
Holiday Workshop .**

**Each club participates
by doing informative
demonstrations,
bringing homemade
luncheon items, and
holiday crafting. This
event is sure to be
filled with creative
crafts, tasty food,
warm conversations,
and time well spent
together!**

Registration begins at

9:30am



Harrison County
Indiana Extension Homemakers Association

Purdue University is an Equal Opportunity Equal Access Institution

Holiday Workshop-Tuesday, November 12

“Rejoice, Give Thanks , and Sing!”

Each club should prepare one or two 5-10 minute demonstrations, food to sell if you choose, and one door prize. Registration starts at 9:30, with the program starting at 10:00.



Room set-up will be Friday, Nov. 8. Call Marcia Gliottone with any questions.

*****Bring craft demo instructions to the Extension office by Nov 1*****

President's Council Meetings



Meetings will be held in the Washburn Room at the Extension office building.

Meetings start at 12:30 pm.

November 25, 2024

January 27, 2025

Nominations for County Officers

Willing to take a leadership position with the Homemakers?

Nominations for the Harrison County Extension Homemakers' **positions of President, Vice President, Secretary, and Treasurer** are due at the Extension Office by **January 6, 2025**

Your club president should have the nomination form.

**Turn in your
Coins for Friendship
and Nickels for Leadership**



**To Treasurer:
Elaine Fischer
by March 15, 2025
Not to Extension office**

“If I cannot do
great things, I can
do SMALL things
in a great way.”

MARTIN LUTHER KING JR.

SCHOLARSHIPS

First Timers Award

Anyone 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 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 <https://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.

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 on: https://ieha-families.org/wp-content/uploads/2019/01/Career_Advance_Scholarship_15-16Revision-3_pgs.pdf

Applications must be postmarked by March 15, 2025 & mailed to IEHA Past President

Purdue Extension
Harrison County
247 Atwood St
Corydon, IN 47112
812-738-4236

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HHS Newsletter



Tara Beckman

Extension Educator/CED
Health & Human Sciences
Community Development

Ariel Camm

Extension Educator
Agriculture & Natural Resources

Anna Denny

Extension Educator
4-H Youth Development

Katie Davidson

Community Wellness
Coordinator

Cindy Finerfrock

Nutrition Education Program
Advisor

Mary Eve

Office Manager

Tammy Alcorn

Administrative Assistant

Julie Age

Administrative Assistant

Randall Drury

Program Assistant



Extension - Harrison County

Connect With Us!



extension.purdue.edu/Harrison



Purdue Extension Harrison County



<https://www.youtube.com/channel/UC41otnw75UqhuBVpSMiWY7w>



[purdueextensionharrisoncounty](https://www.instagram.com/purdueextensionharrisoncounty)

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. If you have special needs call us prior to the event at 812-738-4236 or call 888-EXT-INFO and ask for the Harrison County office.

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 four thematic program areas include, but are not limited to:

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

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



**Community Economics &
Workforce Development**



Community Health



Community Planning



**Leadership & Civic
Engagement**