



HENDRICKS COUNTY HOMEMAKER HAPPENINGS

November
2024

Mission Statement: To strengthen families through continuing education, leadership development and volunteer community support.

Looking ahead to December 2024 and January 2025

2024-2025 Officers

- President: Ellen Looney
- Vice President: Karla Janning
- Secretary: Joanna Sell
- Treasurer: Judy Ricketts
- Asst. Treasurer: Kim Webber
- HHS Educator: Amanda Marciano-Feutz
- Education/Leadership: Theresa Hatfield
- Home & Family Arts Show: Kim Weber
- Teacher Grants: Lynn Lillard
- 1st Member at Large: Melissa Mikesell
- 2nd Member at Large: Deb Culler
- 3rd Member at Large: Rosie Lenihan
- 4th Member at Large: Shannon Wagner
- News Chair: Melissa Phillips
- Volunteer Community Support: Charlotte Lloyd

Calendar 2024-2025

Nov 28-29: Extension Office Closed

Dec 3: Christmas Council Brunch

Dec 5: 12 Daze of Christmas (Pg 8)

Dec 6: Holiday Fest (Pg 2)

Dec 7: "Here's Christmas" (Pg 8)

Dec 16: Pack Bags for Cypress Manor (Pg 5)
Portillo's Fundraiser (Pg 6)

Dec 24-25: Extension Office Closed

Jan 1: Extension Office Closed

Jan 7: Council Meeting

Feb 4: Council Meeting &
Leader Lessons (Pg 7)

Feb 13: Make a Difference Day (Pg 5)

IEHA Families Home Page — www.ieha-families.org

(Check out the new website for information about our State Officers, safety lessons that you can share with your club, State-wide events and more!)

Purdue Extension Hendricks County (www.extension.purdue.edu/county/hendricks)

Facebook Page

(<https://www.facebook.com/Hendricks-County-Extension-Homemakers-600129567100835>)



Have you taken time to "Like" and "Follow" our Facebook page? The council is working on updating our Facebook page more often, and creating posts so that you can share and help us spread the word of all the things that Homemakers do. So, visit our Facebook page often and watch for the changes.

Newsletter Deadline

Submissions for either the "Happenings" or the "Happenings Minute" are due the 15th of each month. Submissions should be emailed to both Melissa Phillips, News Chair, (PCS.ServingHim@gmail.com) **and** Lisa Pitts (pitts15@purdue.edu). Handwritten copies may be given or mailed to Melissa Phillips (9388 S. County Road 100 W., Clayton, 46118).

from the President's Pen

Ladies, are you as excited about the Holidays as I am this year?? My husband, Mike, and I get to HOST Thanksgiving for the first time at our Danville House! I won't bore you with the details of our planning, but it is exciting!

Typically, October-December is the busiest time of year for Americans. Shopping, preparing and executing "the plan". I read once that, nationally PIZZA was the most popular Thanksgiving Eve meal ordered. Do you typically have pizza?? We have family coming in town for the Holiday and they are excited about local pizza.

As I know all of you are Servants in different ways, please seek out ways to help others at this time of year. Help us keep in our hearts that helping others is part of being Community- which is what Homemakers are. I ask each of you to please let us know if there are ways the Homemakers can help others throughout the year. Please prepare your hearts to be open to God's calling in the New Year.

Ellen Looney, President
Hendricks County Homemakers
317-797-8368
Ellen_looney@yahoo.com

Holiday Fest

Holiday Fest is just around the corner. We are looking forward to the new location and, hopefully, lots more people. Invite your friends & family!!!

Don't forget to make your six dozen decorated cookies for the Holiday Fest. The cookies should be dropped off on Thursday, December 5, between 3-7 pm to Classroom A. Before 3 pm, you can drop the cookies off at the office.



Items for the Attic should also be delivered on Thursday, December 5, between 3-5 pm. (Items will be accepted early on Friday morning, too.) Please price them before you bring them.

If you have any questions, please contact Karla Janning (thejanningfamily@msn.com).

Hot Chocolate Stand at Holiday Fest

During the Holiday Fest, we will be trying a new fundraiser. We will be selling hot chocolate. When a person buys hot chocolate, they will receive a Santa Cookie as well. To do this, we need your help.

If you would be willing to sit at the booth for roughly an hour and serve hot chocolate and cookies and possibly talk to people about joining the Homemakers, sign-up online at <https://www.signupgenius.com/go/10C0E45ADAD22A1FBC52-52429075-holiday#>. Or, you can text Melissa Phillips at 317-410-6892. (The start times are 8:45 am, 10 am, 11 am, 12 noon, 1 pm, & 2 pm).



You may have noticed that the date for the "Happenings" our bi-monthly newsletter has changed. It was decided to date the newsletter the month it is distributed. This will help keep things straight now that we are sending out the "Happenings Minute" the month in-between the "Happenings."



Happy (Almost) New Year! December is here, and while we're still in full holiday mode, it's also the perfect time to start thinking ahead to 2025. Many of us will soon be setting ambitious goals for the new year—eat healthier, get active, spend less, stress less. Sound familiar? The excitement is real, but we all know the story: resolutions are easy to make and even easier to break!

So, how do we transform our resolutions from fleeting wishes into steady, enjoyable habits? Let's dive into some light-hearted, practical tips for setting New Year's goals that actually *stick*.

1. Start Small (Yes, Teeny-Tiny!):

It's tempting to aim high: "I'm going to work out every day for an hour!" or "I'll never touch sweets again!" But starting small is a tried-and-true approach to real habit change. Instead of committing to a marathon goal, try something small and manageable, like a daily 10-minute walk. Once that's a habit, add on! Slow and steady really does win this race.

2. Focus on the Fun (Or at Least the 'Not Miserable'):

If your goal feels like a punishment, you won't stick to it. So, give it a fun twist! If you want to eat healthier, explore new recipes or join a cooking class. Want to exercise? Try dancing, hiking, or a silly workout challenge with friends. When you enjoy the activity, it won't feel like work—and you'll be more likely to keep it going!

3. Get Clear on Your "Why":

Behind every resolution is a reason. Ask yourself why you want to achieve this goal. Is it to feel more energized, have more time, save money? Identifying your "why" can help keep you motivated through the ups and downs. If your goal is personal and meaningful, you'll have a better chance of sticking with it.

4. Use Triggers and Treats:

Linking your new habit to something you already do can be a powerful trick. If you're aiming to meditate, try doing it right after brushing your teeth in the morning. And don't forget to reward yourself! Give yourself a treat for sticking to your habit each week—whether it's a relaxing tea, a new book, or simply a moment to celebrate your progress.

5. Don't Fear a Fresh Start (Slip-Ups Happen!):

Miss a day? Slip-ups are part of the journey! Instead of throwing in the towel, just start again the next day. Building habits is all about progress, not perfection. Every day is a new opportunity to start fresh.

6. Embrace the 21/90 Rule:

Ever heard that it takes 21 days to form a habit? The idea is, with 21 days of consistent practice, a behavior starts to feel like part of your routine. Keep it up for 90 days, and you're turning it into a lifestyle! So, as January comes around, keep focused on those small wins and imagine where you'll be by spring!

Here's to a joyful December and a 2025 filled with little steps toward big changes. May your resolutions turn into habits, and may you have some laughs along the way. Happy (early) New Year, and here's to new beginnings! For more tips on how to turn small actions into lasting routines, check out *Atomic Habits* by James Clear. It's packed with insights on building habits that stick, one tiny step at a time.

Happy New Year!

Amanda Marciano-Feutz, Hendricks County HHS Educator



Club News

Chat N' Do:

The October meeting of Chat N Do was held on October 16th at the Interurban Depot in Plainfield. We celebrated the arrival of fall with an Octoberfest themed meeting and luncheon hosted by Joanie Botts. There was a good attendance for this meeting and we all got to share our thoughts on our childhood Halloween experiences and costumes. President Deb Culler called the meeting to order, the minutes from our last meeting was discussed and approved, the treasurer gave her report. Shana Schreiner gave a safety lesson about being prepared for an immediate evacuation if that were to happen, and especially what paperwork should be close at hand and ready to grab if needed. One of our newest members, Janet Palmer, gave a leader lesson on freezing food items that included recipes to make ahead for a quick meal. Shannon Wagoner went through the many great ideas presented by her committee for crafting projects for our Holiday Fest booth in December. A German inspired luncheon was served and after eating we all gathered together to work on a few of the craft projects. (Submitted by Joan Botts)

Hazelwood Homemakers:

Our October meeting was held on October 2 at the Hazelwood Christian Church. We had a wonderful time planning and discussing future outings and responsibilities. We made yarn pumpkins for Thanksgiving; the pumpkins came out cute, but were a slight challenge. However, it made us giggle quite a bit. Our November meeting was held on November 6. We were missing a few of our members due to illness. As we look forward to Thanksgiving, we are reminded often of God's blessings in our lives. Habakkuk 3:18, "Yet I will rejoice in the Lord, I will be joyful in God my Savior."



We would love to have reports from each of the clubs for the next bi-monthly newsletter. Reports are due on January 15. Simply email it to PCS.ServingHim@gmail.com and pitts15@purdue.edu.

Do you have friends that would like to join the Extension Homemakers? Below is the list of the current clubs for our county. Maybe one of these clubs will fit your friend's schedule.

1. Chat n' Do

- Meets monthly on the 2nd Wed. —10 am
- Deb Culler (debculler2149@gmail.com)

2. County Chorus

- Meets every Mon.—6:30 pm
- Kitty Joseph (bkjoseph@live.com)

3. Fairfield Homemakers

- Meets monthly on the 3rd Thurs. —11:30 am
- Helene Reyburn (hbreyburn@gmail.com)

4. Happy Homemakers

- Meets monthly on the 2nd Wed. —12 pm
- Debra Rinker (rinker52@yahoo.com)

5. Hazelwood Homemakers

- Meets monthly on the 1st Wed. —10 am
- Sandra Kelley (sandrakelley96@aol.com)

6. Modern Homemakers

- Meets monthly on the 3rd Thurs. —6:30 pm
- Pam Pizzato (ppizzato916@gmail.com)

7. Pollyanna Homemakers

- Meets monthly on the 2nd Wed. —9:30 am
- Rachael McKenney (raholt_720@yahoo.com)

8. Young Moderns Homemakers

- Meets monthly on the 1st Thursday —7 pm
- Sue Hatfield (thatfieldfam@gmail.com)



Need a craft to do with Grandkids this holiday season? Here is a really easy craft: Yarn Hats. You can find the instructions online at <https://www.easypeasyandfun.com/mini-yarn-hats-ornaments/>.



Committee Reports

Scholarship Committee:

The scholarship link is updated and available for application submissions. Our scholarships are open to any high school senior in Hendricks county. Please share this link with organizations, your family and friends: extension.purdue.edu/county/hendricks/hhs/ehmhendrickscounty.html

We are excited to have raised \$231 at our Chick-Fil-A fundraiser. Our December fundraiser will be at Portillo's in Avon on December 16 from 5-8pm. Please see the flyer on page 6 for details.)

Volunteer Community Support:

Hi everyone!! Here it is November and Thanksgiving is not far off. Such a busy time. Even though it is a busy time, 16 ladies came to November's Helping Hands. They finished 45 blankets and 22 scarves. The blankets are for Riley and the scarves will help decorate the Christmas tree at the end of the month. Thank you to the ladies that helped and all of you that have donated for the bags for Cypress Manor. We will be assembling the bags on December 16th at 10am at Bartlett Chapel. We will also make sock snowmen for each resident at Cypress Manor to place in each bag. Please come and help! The more people we have the quicker we will get it done. We will take them to Cypress Manor after we finish them. This is the last project of 2024. It is so exciting that we are able to bless the residents of Cypress Manor.

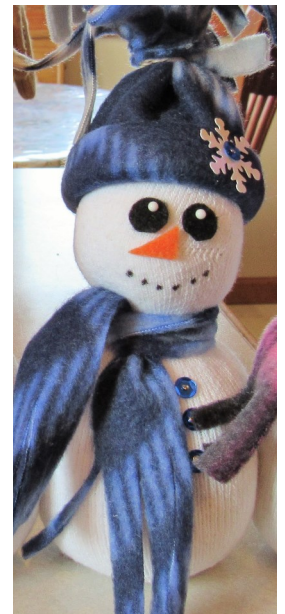
If anyone wanted to donate but didn't get to, we could use men or women socks. We need 24 pairs. Just bring them to the Cookie Walk in December. Please let me know if you still have things for Cypress Manor. Text me at 812-236-6083.

Our next meeting is on February 13th. It will be a Make A Difference Day so we will start the year off with a four hour meeting and share a meal together. It will be fun so come and enjoy our time together.

Remember:

- December 16th at 10am: Make Sock Snowmen and Assemble Christmas Bags for Cypress Manor at Bartlett Chapel
- February 13th from 10am-2pm: Make A Difference Day at Bartlett Chapel

Happy Thanksgiving everyone! Have blessed time with family and friends.
Char



Host-A-Hoosier Program:

As part of the Host-A-Hoosier program, Joanna Sell and I traveled on September 24th to Greensburg to celebrate the Decatur County Extension Homemakers Achievement Day. When we arrived, we were greeted warmly by Marilyn Davis (President of Decatur Co Ext Homemakers) and the rest of those gathered. They provided a lasagna dinner with salad and cookies for dessert. In addition to serving the meal the VENTURE CLUB was their speaker for the evening. This club is designed for tweens and teens and centered around outdoor-type activities. This Club has been the recipient of DCEH assistance in the recent past. The club currently consists of six kids and two adults (parents of two of the kids). They have been preparing this past year for a canoe trip beginning/ending in Ely, Minnesota where they navigated the Minnesota boundary waters. During this past year they practiced their canoeing skills, fundamental navigational skills (no GPS), cooking and general survival skills. I'm happy to report all that went on the trip came back in one piece!!

Their Achievement Day awards for individuals and clubs was similar to ours with the following exception- they had an application process for one individual to be named Decatur County Homemaker of the Year (HOY). Every year it is a total surprise to the County Members as no one, but the "judge" knows the winner until it's revealed. This year it was a SUPER surprise as the celebrant wasn't in attendance (surprise) but was available on the phone; so the group called her and shared the good news!!

We have invited them to come to Hendricks County after the new year to meet our Homemakers.

Ellen Looney and Joanna Sell





You're invited to a
Portillo's®
FUNDRAISER



Join us at Portillo's for a fundraiser to support:

Hendricks County Extension Homemakers

When:

December 16, 2024

5:00 PM - 8:00 PM

at the Portillo's located at:

10444 E. US Hwy. 36

Avon, IN

20% of sales will benefit your organization. Order online or in app for pickup using code **PORTILLOS57** before checkout in the "Coupon Code" field, or show this flyer or a digital version to cashier when ordering at the restaurant. Valid on drive thru, pickup, kiosk, and in restaurant orders.

Portillo's
FOR GOOD

portillos.com/community

For online/app orders to qualify for the fundraiser, orders must be placed for pickup only, from the participating restaurant, on the fundraiser date and during the listed fundraiser hours. Gift card purchases, delivery orders, and orders placed on the third party websites are excluded from the fundraiser. Online ordering subject to availability. \$200 minimum fundraising sales required for the organization to receive donation. Cannot be combined with other codes.

Warm Up A Heart:

Donate Winter Essentials

The Hendricks County Extension Homemakers are organizing a collection of:

New



- Hats
- Gloves
- Mittens
- Scarves
- Underwear (packaged)
- Socks

These items will be used to decorate the Homemakers tree at the Hendricks County 4-H Fairgrounds, and after Christmas will be donated to those in need throughout the Hendricks County Community.

**Let's get ALL of Extension Involved
and spread some warmth to those
in need!**

Donations accepted through November 22nd
Donated items may be brought to the
Hendricks County Extension Office
Monday -Friday from 8a - 4p



Activities & Lessons

Two great programs are being offered by Amanda Marciano-Feutz in 2025. These programs are open to the public, so share the information with your friends and family who may benefit from either of these great educational opportunities. Space is limited in each program, so be sure to get your name on the list if you are interested by emailing your name, phone number and email address to hendrces@purdue.edu or by calling the Extension Office at 317-745-9260.

Dining With Diabetes

Dining With Diabetes is an excellent program for those who are not only diabetic but are pre-diabetic or caring for someone with Diabetes. The program is a positive and proactive approach in reducing the effects of diabetes. This is a 4-session program that will be FREE thanks to a generous sponsorship from the Hendricks County Health Department. The next program will run January 8 through January 29, 2025, and will be held at the Hendricks County 4-H Fairgrounds & Conference Complex from 5:00 pm – 7:00 pm. The program is limited to 15 participants.

Matter of Balance

Do you have a fear of falling as you have gotten older? Do you wish to increase your physical activity to prevent falls or reduce the risk of falls? This program is a fall prevention evidence-based program that encourages cognitive restructuring. It is designed to reduce the fear of falling and increase activity levels among older adults. Scheduled for April 8 through May 27, 2025, this program will be limited to 12 participants. We are currently in conversations with a potential a sponsor to offset the expense of this program and are also working to secure a location.

Leader Lessons — Tuesday, February 4

#1: Reducing Stress Through Gardening - 1:00 pm

Did you know that gardening is a great way to relief stress? If you have a small patio or a large garden, research shows gardening can reduce stress and improve your mood. The sunlight, fresh air, and influx of vitamin D is good for your health. Lets explore this stress reducing activity and make plans for your home area. (Susan Peterson, Hamilton County)



#2: Family Mealtime - 2:00 pm

We have all heard how important that family meals are but did you know that there is research that shows that youth who regularly eat with their family have higher grades, participate in fewer risky behaviors and have higher self-esteem? In this class we will discuss how to implement family meals and conversations into a very busy family lifestyle. (Susan Peterson, Hamilton County)



#3: Financial Technology in Our Daily Lives - 3:00 pm

Technology is in every part of our daily lives and we are seeing it more and more when handling money. Come and learn what FinTech (Financial Technology) is and how it plays a role in our daily lives. We will discuss ways to incorporate this technology to be more efficient (budgeting, sending people money and money management). You will also learn the pros and cons to using FinTech and how to keep your money safe. (Pandora Taylor, Boone County)

All the Leader Lessons are FREE. However we ask you register so we can have a head count for any materials to be distributed during the session. Please RSVP by January 21, 2025, by calling 317-745-9260 or emailing pitts15@purdue.edu. Please indicate what session(s) you plan to attend. Minimum of 5 needed to hold the lessons.



Heeeere's Christmas!

***With the Treblemakers of
Hendricks County***



Saturday, December 7, 2024

2:00 pm



***Hendricks Senior Services
1201 Sycamore Lane, Danville, Indiana***



***Come early and shop
our holiday bazaar!***

***Donations appreciated
Refreshments following***

THE 12 DAZE OF CHRISTMAS

December 5th, 2024

7:30 P.M.

Performance at: Hendricks Live!

200 West Main Street, Plainfield, IN 46168

Join us to celebrate the holidays with a fun-filled, family Christmas show,
filled with both singing and a play that turns a traditional holiday song into a
fast-paced zany collection of characters that will leave you intrigued as to
who will make an appearance with each verse!

Hendricks County Choral Club

in Conjunction with

Hendricks Civic Theatre

