



HENDRICKS COUNTY HOMEMAKER HAPPENINGS

March
2026

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

2025-2026 Officers

- ☞ President: Ellen Looney
- ☞ Vice President: Open
- ☞ Secretary: Rachel McKenney
- ☞ Treasurer: Joanna Sell
- ☞ Asst. Treasurer: Kim Webber
- ☞ HHS Educator: Amanda Marciano-Feutz
- ☞ Education: 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: Karla Janning
- ☞ 4th Member at Large: Sandra Kelley
- ☞ Volunteer Community Support: Charlotte Lloyd
- ☞ News Chair: Melissa Phillips

2026 Calendar

- Mar 31:** Holiday Fest Committee Meeting
- Apr 7:** Council Meeting
- Apr 25:** "Days of Our Lives" (Chorus)
- Apr 25:** "Gardening for All Ages"
- Apr 29:** Beginner Sewing Workshop
- May 5:** Office Closed
- May 5:** Council Meeting;
- May 7:** Achievement Day
- May 25:** Office Closed
- Jun 9:** Council Meeting
- Jun 28:** Cultural Arts Tour
- July 3:** Office Closed
- Aug 13:** Craft Day (Mark your calendar)
- Sept 7:** Office Closed
- Oct 12:** Office Closed

Ladies,

The calendar, weather and basketball together, are letting us know we are in the ups-and-downs of March. There are so many things to be excited about with Spring in sight!



I've started going through the vegetable and flower seeds saved from last year to determine what I already have and what I might need. We're looking at 'rotating crops' in our raised vegetable beds and of course, I've been thinking about what I can take to Open Class this year.

In this edition you will find information about some Spring/ Early-Summer Events we have coming up like: District Day (Friday, April 10 in Hancock County), the Beginner Sewing Workshop (Wednesday, April 29 in Danville) and HCEH Achievement Day (Thursday, May 7 in Danville).

Thank you for all YOU do in Our Community to make it better!
Ellen Looney
HCEH President

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 Website: (<https://bit.ly/HCEExtHomemakers>)

Facebook Page (<http://bit.ly/HCEH-FB>) (Please take a moment to "follow" our Facebook page.)

Spring Into Walking for Better Health

With spring approaching, longer days and warmer weather provide a great opportunity to get outside and start moving. Walking is a simple, low-cost way to improve overall health, and it can easily be incorporated into daily routines.

Recommended Activity

- Aim for 30 minutes of moderate-intensity physical activity at least 5 days per week
- Activity can be accumulated in 10-minute bouts or longer
- Brisk walking (about 3 mph or faster) counts toward this goal

Health Benefits of Walking

- Helps lower blood pressure and blood sugar
- Reduces risk of heart disease, stroke, and type 2 diabetes
- Improves the body's response to insulin
- Boosts mood and energy through endorphin release
- Strengthens immune function
- Helps reduce joint pain and protect joint health



Did You Know?

- Walking 20 minutes per day, 5 days per week has been linked to fewer sick days.
- Women who walk 7 or more hours per week have a 14% lower risk of breast cancer.

Take the First Step

As the weather warms this spring, consider adding a daily walk to your routine. Even small increases in physical activity can support long-term health and well-being.

Get Involved This Spring

HHS is offering several upcoming opportunities to learn and stay active in the community. Join us for **Get WalkIN'**, our spring walking initiative beginning in March, the **Matter of Balance** fall prevention program starting in April, or our **Food Preservation Class** in May. These programs provide practical education and can support you to strengthen your health, build confidence, and develop lifelong healthy habits.

Thanks!!

Amanda Marciano-Feutz

*Extension Educator Health and Human Sciences
Purdue Extension- Hendricks County*

See flyers on page 7
for more
information on
these programs.

Open Class Projects

Are you working on your projects for the Open Class? The fair is only four months away. If you have a project completed, bring it to Achievement Day on May

7th to share with the other ladies. It may inspire us and your project may be chosen to represent us at the Annual Conference in June.



Home & Family Conference 2026 “special project”: hand/home-made book or toy for children of any age. Guidelines: Maximum of 18” x 18” x 18”, but it can be smaller. Use any medium: wood, paper, canvas, crochet, knit, quilting, etc. For books—no commercial printing/publishing, but parts can be printed from a printer and printed transfers can be used. The earliest toys were made of materials found in nature like rocks, sticks, and clay. Let's see what we can do! **Bring it to Achievement Day!**



Committee Reports

Teacher Grant Updates

December HCEH Teacher Grant Recipient

Our December recipient of the Hendricks County Extension Homemaker Teacher Grant is Ashley Lewis from Brownsburg High School. Ashley started her career in Brownsburg 2 years ago as a substitute teacher. She was encouraged to try subbing in the Applied Skills class to see if she liked it. A few months later she was offered a part-time aid position in the Applied Skills class at Brown Elementary. In April of 2025 she was offered the full-time teacher position in the Applied Skills class at Brownsburg H.S. She says that some days can be challenging but she loves her class and students. Ashley applied for the teacher grant to purchase items for a special education kitchen. Her students have diverse needs and motor control and coordination challenges. She will be purchasing special spoons, bowls, and pitchers with ergonomic handles and plungers for easier handling and mixing. These items will allow the students to focus on developing practical life skills in an accessible learning environment.



January HCEH Teacher Grant Recipient

The January 2026 Hendricks County Extension Homemaker Teacher Grant recipient is Melissa Pickens of Pittsboro Elementary School. Melissa has been teaching for 24 years. Her first year she taught on the far east side of Indianapolis before transferring to Hendricks County schools. Melissa has taught Kindergarten and First grade for many years in Avon schools. In the last few years she has served as a consultant for Avon schools. This year she transferred back into teaching and accepted a 3rd grade class at Pittsboro Elementary. Melissa said she has come full circle by teaching at Pittsboro Elementary. As a child, she attended this elementary school, which is also where her mother taught for 30 years. Melissa is using the grant money to purchase a Science curriculum to supplement her Science instruction. It includes engaging, hands on activities, interactive slideshows, and end of unit assessments. It includes physical, life, and earth science projects as well as engineering and design. It also addresses all current third grade Indiana academic science standards.



Holiday Fest Committee: Calling for NEW or OLD HANDS on deck!!!!

Ladies, Karla Janning has organized the Holiday Fest for quite a number of years and has done an EXCELLENT job!!!! Unfortunately, for personal reasons, she has needed to step down from her role as the Chairman of Holiday Fest. It is hard to imagine Holiday Fest without her and she has left some mighty BIG shoes to fill.

However, Holiday Fest is our BIG fundraiser for the year; so we need to move forward. With that in mind, I have agreed to step into the role of Chairman for this year, but will definitely need some help. Here are some of the areas that I can think of right now that we need help. Please consider if you can fill one of these positions.

- **Committee Members** for the Holiday Fest Committee: Attend meetings beginning in April on the first Thursday of each month to discuss ideas and details for this coming year's Holiday Fest.
- ↪ **Vendor Concierge:** This person would be the contact person for the vendors on Thursday night, December 3rd as the vendors check in; and also throughout the day on Friday, December 4th. On that Friday, you could connect with the vendors to see how things are going and help problem solve if an issue arises for a vendor. Don't worry, you won't be alone, though!
- ↪ **Hot Cocoa Booth:** Since I am stepping up into the Chairman role, it would be nice to have someone that would organize and run the Hot Cocoa Booth on Friday, December 4, so that I could be free to help where ever needed. If you are willing, we can talk about the



preparation work needed; but right now I am happy to continue to get the Hot Cocoa and Santa cookies ready; while you are responsible for the actual day. Unless, of course, you'd like to take it all over. It's up to you.

↪ **Holiday Fest Hostess:** This person would greet people with a friendly smile as they enter and direct people as needed. Also, the hostess could recruit other greeters to help throughout the day.

↪ **Holiday Fest Social Director:** HA! Couldn't think of a better title, but this person would help organize some fun activities for the day for people. This could include a scavenger hunt, door prizes, cookie decorating contest, etc. The possibilities are enormous. The general idea is to create other things that will help make Holiday Fest fun throughout the entire day for our patrons.

Our FIRST meeting will be on Thursday, April 2, at 10 am at the Hendricks County 4-H Conference Center in Danville. Please mark your calendars and plan on joining us, even if you haven't made a solid decision to help. We will meet monthly after that on the first Thursday of the month. We'll confirm this for our future meetings at our first meeting, though. So, if you can't attend this first meeting that will be alright; just let me know which day(s) usually work for you.

Can you tell that I'm excited about this new challenge? I am, although I am a little scared and slightly overwhelmed with the thought of replacing Karla. That's why I need **YOUR** help. There's no way that one person can do this alone. I know the clubs have their responsibilities, but we need more people to help with the planning and to work together.

So, PLEASE(!), consider helping in one of the areas listed above. I would be more than happy to talk with you personally about any of these areas. As you consider helping, please remember that the actual 'job descriptions' are flexible. This is ALL new to me, Also, I am here to help as well as the committee. You won't be doing it alone.

Thank you for your consideration!!!!!!

Melissa Phillips (317-410-6892 // PCS.ServingHim@gmail.com)

Volunteer Community Support March Helping Hands Day

Hi everyone!! Well, all I can say is that you missed it for March. Helping Hands was on the 12th. We were busy from start to finish!! All 23 of those who came jumped in with both feet as soon as they hit the door. Okay, they didn't actually hit the door. They came in ready to go!!

I promised talking, laughing, and fun. We had all that, and praying for a homemaker that needed support. So there were tears too. We came in to make things for those in the community that would make their day better! We also want to never forget to be ready to listen and pray for those right beside us!!

- 40 blankets ready to go to Riley Children's Hospital
- 23 bunnies made to brighten the day for Cypress Manor residents
- 1 bunny and 1 heart pillow with a card went to a homemaker in rehab

We came away with the feeling that we made a difference in so many lives just by putting in two hours. Aren't you sorry you couldn't be there? Some even made a bunny for themselves.

We received donations of fleece, money for fleece, and hygiene products for the hygiene kits. So I will be shopping for more fleece for April, but also for next fall.

April 9th is our next Helping Hands Day. It's our last until September. Be sure to put that on your calendar.

Helping Hands Day: April 9th—10am to 12pm at Bartlett Chapel

Charlotte Lloyd (812-236-6083)



Club News

Chat 'N Do:

The Chat N' Do Club met on Wednesday, February 11th at The Locale in Brownsburg. We opened the meeting with the Pledge of Allegiance and The Extension Homemakers Creed. We had 17 members in attendance. The treasurer's report was presented by Shana Schreiner. Monetary donations from the club were planned for this year. We will be donating to many of our favorite organizations and a few new ones.

Elections were held for the offices of president and vice president. Martha Rardin was elected president and Janet Palmer was elected vice president. Both will assume the offices on July 1, 2026.

"How Is Chocolate Made" was the topic of the Health and Safety Report. We learned the different steps necessary to make chocolate from the cacao tree to the favorite chocolate treat. We also enjoyed a few chocolate candies.

Members were encouraged to send their 'personal savings ideas' to Martha Rardin. She will build off the recent Leader Lesson on Strategies for Living on Less with Chat N' Do members own personal savings ideas. Please send ideas to rardinfamily@sbcglobal.net.

We received updates regarding the upcoming Helping Hands Day (February 12th) and Cultural Arts Tour (June 28th). The deadline reservations/payments for the Cultural Arts Tour are Thursday, March 5th. They Hendricks County Symphony will present a Star Spangled Spectacular on June 28th at Hendricks Live located in Plainfield.

Members were reminded to send donations to the Extension Office in memory of Carol Pearson. Funds are being gathered to purchase a bench in her honor.

The annual 4-H Flower Sale is underway! One of our members Shannon Wagner will be happy to take your order. The flower sale is a major fundraiser for our 4-H'ers. Please give them your support.

Achievement Day is May 7th. Delores Elza has contacted The Mayberry Café to cater the event. Dessert options were discussed.

Members were encouraged to take cans of fruit to the Blessing Box this month.

The group enjoyed a great lunch and each other's fellowship. Our next meeting will be held on March 11th at the home of Camellia Matters. Submitted by Maetha Rardin

Chat N Do's March meeting (11th) was held at Camellia Matters Home. We had 12 members present for both meeting and lunch. Health and Safety topic was personal saving tips which Martha Rardin gathered from members...they are sooo good that we will be sharing with other members and possibly at Achievement Day.

Who will be attending District Day, with papers passed around for sign up.

Reviewed many open items; including Review of Achievement Day--> tasks to be completed. Cultural Arts looks like it set to have a great attendance of 41! Yeah! We discussed an open item for a field trip. Businesses to be decided are Plainfield 911 Center, Hendricks County Museum, and Hot Blown Glass Clayton. After discussion, it was decided that we shoot for the Hendricks County Museum for our May meeting and a lunch in Danville.

Slate of officers was announced, and noted committee need for Fall District Day.

Submitted by Camellia Matters

Fairfield Homemakers:

The members of Fairfield Homemakers are looking forward to our March meeting and "Being Green" (Kermit the Frog and Dr. Seuss's Green Eggs and Ham) pitch-in luncheon on brain health and safety lesson. Our spring message to all is safely sharing the roads with farmers and their wide slow-moving equipment (20 mph) taking up over half of the road. Look ahead for safe places to pull over or stop. DO NOT pull over or pass near Utility Poles, Mailboxes, Bridges, deep drop-offs or ditches near the road. Be alert, patient, understanding and safe.



Activities & Lessons

Beginner Sewing Workshop — with Janet Pool April 29 from 6-7pm Hendricks County 4-H Conference Center

Please join Janet and the HCEH for a conversation/ introduction into sewing. If you're wondering if this opportunity might be for you consider the following:

- * Do you think your questions about sewing are 'silly' and might be embarrassed asking them?
- * Do you want to learn more about sewing but are intimidated or self-aware of your need to learn more before getting started?
- * Do you need help understanding the gadgets and widgets on your sewing machine?
- * Do you need help in understanding how to read a pattern or understand the instructions on a pattern?
- * Do you need a better understanding of how to pick out fabric for your project?
- * Was the last time you considered sewing anything in your Junior High or High School Home Ec. Class?



Come join us for a conversation and let's see where it takes us! The class is free except for the time you invest. So, come and bring your friends. **Please sign-up online at <https://bit.ly/HCEHSewing>** so we have a count for the evening.

HENDRICKS COUNTY MASTER GARDENERS

39th Annual

Gardening For All Ages

Saturday April 25, 2026 9am to 4pm
Hendricks County 4-H Fairgrounds - Expo Hall



FREE ADMISSION

Free Trees | Free Seeds (while supplies last) | Children's Activities | Master Gardener Q & A Booth
Free Workshops and Classes Gardening and Plant Vendors | Gardeners Closet | Food Vendors

Demonstrations

Beaver Management - Tom Setser - 10:30am

Sowing Seeds in Milk Jugs - Kathe Rae - 11:30 am

Bobcats and Coyotes - Tom Setser - 2:30 pm

Speakers

The Best Tools In The Garden - Coletta Kosiba - 10am

Monarchs - Marian McCandless - 11am

Tomatoes - Kelly Allen - 12pm

Demystifying Hydrangeas - John Chapin - 1pm

Bluebird Basics - Mary Huber - 2pm

Purdue University is an equal opportunity/ equal access institution
If you need reasonable accommodation to participate in this program
contact the Extension Office at (317) 745-9260.

Can you HELP?

The Extension Homemakers will have a booth at the "**Gardening for All Ages**". If you like to help cover the booth anytime between 9am to 4pm, please contact Ellen Looney at (317) 797-8368

This is your opportunity to promote Extension Homemakers by simply talking to people who stop by and sharing your own experiences.

Make Your Own Laundry Spray

- Mix equal amounts of liquid dish soap, ammonia & water. Pour into a spray bottle.
- Spray directly onto stains, ensuring complete coverage of the stains, and let the pre-treater absorb into the fabric.



You can throw the clothes directly into the wash after applying the pre-treater (wait 5 minutes before putting clothes in the wash to ensure absorption), or you can leave them until the next time you do laundry. It works well either way.



The Days of our Lives

(not the soap opera!)

The Treblemakers of Hendricks County



Saturday, April 25, 2026, 2:00 pm
Hendricks County Senior Center
1201 Sycamore Lane, Danville, Indiana



Silent Auction
Refreshments



Donations
gratefully
accepted

Are you interested in extending the shelf life of your favorite foods while maintaining their flavor and nutritional value? Join us for an engaging 2-hour lecture on the fundamentals of food preservation. This class is perfect for beginners and seasoned home preservers alike, offering practical knowledge and tips to help you get started or refine your skills.

This **FREE** class is designed to provide you with practical, science-based information that you can apply immediately in your kitchen. Whether you're preparing for seasonal harvests, interested in emergency preparedness, or simply want to reduce food waste, this class will equip you with the essential techniques for safe and effective food preservation.



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P PURDUE UNIVERSITY Extension - Health and Human Sciences

Food Preservation Class

Tuesday, May 19, 2026
two times to choose from
2 - 4 pm OR 5 - 7 pm

Location: Hendricks County 4-H Fairgrounds,
Danville, IN

317-745-9260

hendrces@purdue.edu

FALL PREVENTION PROGRAM

A MATTER OF BALANCE

Program in partnership with MaineHealth



HENDRICKS COUNTY

You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of concerns about falling



In partnership with Hendricks County Health Department using Health First Indiana Grant funds.

DATE, TIME, LOCATION:
EVERY TUESDAY APRIL 7TH - MAY 26 | 10AM-12PM OR 1PM-3PM
355 S WASHINGTON ST DANVILLE, IN 46122

LEARN MORE AND REGISTER AT CVENTLINK HERE: LINK IN CAPTION
REGISTER BY DATE 3/24/26

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A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

P PURDUE UNIVERSITY Extension - Health and Human Sciences





Hendricks County Extension Homemakers

Achievement Day

“America the Beautiful”

Thursday, **May 7**, at 9:30 am

Registration begins at 9 am

Hendricks County 4-H Conference Center

Our speaker is **Anne Hannon with Riley Cheer Guild**

Entertainment, Door Prizes, Club Recognitions,
Memorial Service, Officer Installation, Program Highlights,
Educational Displays, Scholarship Winners recognized and more!

Morning snacks, coffee, and bottled water provided.

(Please bring any other preferred beverage.)

Lunch catered by Mayberry Café—Cost \$21.00

(Fried chicken breast, mashed potatoes & gravy, vegetable, salad, dinner roll, beverages, cookie)

RSVP by April 17

Show off your patriotic spirit by wearing red, white & blue!

RESERVATION FORM – Achievement Day

NAME: _____ CLUB: _____

PHONE #: _____ Email: _____

TOTAL COST = \$21: Make checks payable to Hendricks County Extension Homemakers. Bring the form and check to the Extension Office or mail this form and check to: Hendricks County Extension Homemakers, P.O. Box 7, Danville, IN 46122. **Forms need to be received by Friday, April 17.**

