



PURDUE EXTENSION FALL NEWSLETTER CARMEN FORTNEY - HHS

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DINING WITH DIABETES

Dining with Diabetes will be offered together October 2nd through October 30th (no class on the 23rd) at the Extension Office from 5-7 pm CST. We will discuss caring for diabetes through meal-planning, goal-setting, and recipe demonstrations. This class which would normally cost \$40/individual and \$65/couple is being offered for FREE thanks to a grant. The deadline to register for this class is September 25, 2025. Please call the extension office to express interest by leaving your email address and we will send you the registration link when it opens. Please use the link to register.
<https://cvent.me/LqPe9k>

FOOD BUDGETING & MEAL PLANNING

THE FALL SESSION OF THE JASPER COUNTY WELLNESS WALK BEGINS ON SEPTEMBER 12TH AT 10:30 AM. JOIN US AT BROOKSIDE PARK NEAR HALL PAVILION FOR A SHORT LESSON AND THEN A ONE-MILE WALK ALONG THE TRAIL. REFRESHMENTS WILL BE PROVIDED BY FRANCISCAN ALLIANCE. REGISTRATION IS NOT REQUIRED FOR THIS PROGRAM, JUST SHOW UP AT THE PARK! IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT ME VIA EMAIL AT CFORTNEY@PURDUE.EDU OR PHONE AT 219-866-5741.

A MATTER OF BALANCE

TA Matter of Balance will be offered at the Rensselaer Senior Center on Wednesdays and Fridays from 11:30 Am-12:30 PM. This 8-session Fall Prevention class will take place October 29th through November 21st. To register for this class please use the link below. Registration is limited to 12 participants. Register here: <https://cvent.me/gA84bG>

JASPER COUNTY WELLNESS WALK

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CALL FOR ACTION

We are looking for a few good people to join our Extension Board. If you want to make a difference in your community, consider joining our board. Membership entails attending quarterly meetings, represent the community, assist educators with program planning, implementation, and evaluation as needed, and advocating for Extension. Membership is a three-year term and offers a chance for you to learn more about what we do and for your voice to be heard for the needs of the community. Purdue CARET is a council that advocates for Purdue on the state level. Officers have the opportunity to travel to DC to advocate on a federal level. You must be a member of Extension board in order to join Purdue CARET. If you think you may be interested in joining our board, please call our office and ask for me.

SERVSAFE

ServSafe is being offered November 18th with an optional (will be based on class consensus) second day on November 19th. Class will be held at the Extension office and will begin promptly at 9am. To register for this class please use this link: <https://cvent.me/grVLEn>. The deadline to register is November 10th by 1:00 PM CST.

CAREGIVER BURNOUT

There will be a lunch & learn session on the topic of Caregiver Burnout via Zoom on September 30th. The time of the session is 12:30 pm CST and will last approximately 1 hour. Join me for tips on dealing with caregiver burnout and taking time to focus on yourself while caring for your loved ones. Register here: <https://purdue-edu.zoom.us/meeting/register/w7fwLaEySd6JU03s3djIUg>



COOKING MATTERS

COOKING MATTERS, IN PARTNERSHIP WITH FRANCISCAN ALLIANCE, IS BEING OFFERED THREE TIMES THIS FALL! JOIN US AT THE JASPER COUNTY FAIRGROUNDS AS WE DISCUSS HEALTHIER EATING AND PARTICIPATE IN MAKE A RECIPE. AT THE END OF THE CLASS, YOU WILL RECEIVE THE GROCERIES USED IN THE RECIPE TO TAKE HOME AND MAKE IT FOR YOURSELF. YOU CAN CHOOSE TO COME TO ALL THREE SESSIONS, OR JUST ONE OR TWO. THE DATES FOR THE SESSIONS ARE SEPTEMBER 24TH, OCTOBER 28TH, AND DECEMBER 16TH. THIS CLASS IS FREE BUT DOES REQUIRE REGISTRATION. SEATS ARE LIMITED TO 15 PEOPLE. TO REGISTER, PLEASE CONTACT ME VIA EMAIL AT CFORTNEY@PURDUE.EDU OR PHONE AT 219-866-5741 OR KATIE KENT AT KATHLEEN.KENT@FRANCISCANALLIANCE.ORG.