



# 2026

## Vigo County Extension Homemakers January 2026 Newsletter

### **PRESIDENT'S MESSAGE**

Hello everyone. We're halfway through the year. Hope this finds everyone happy and full of energy!

Be sure to check our website: [www.extension.purdue.edu/vigo](http://www.extension.purdue.edu/vigo) and our FB page: Vigo County Extension Homemakers for news and updates.

### **Dates to Remember**

January, 2026	Nominating Committee Meeting (TBA)
January 27 <sup>th</sup> , Tuesday	Sewing Day
February 2 <sup>nd</sup> , Monday	Council meeting
February 9 <sup>th</sup> , Monday	Past Presidents Meeting; 11 a.m.; Cackleberries; 7th & Poplar Streets
February 15 <sup>th</sup> , Sunday	First Timer Award app due to County President
March 10 <sup>th</sup> , Tuesday	Sewing Day
April 9 <sup>th</sup> , Thursday	Spring District Meeting (Vermillion Co.)
April 13 <sup>th</sup> , Monday	Past Presidents Meeting
April 27 <sup>th</sup> , Monday	Spring Fling
May 4 <sup>th</sup> , Monday	Council Meeting
June 8 <sup>th</sup> , Monday	Past Presidents Meeting
June 15 <sup>th</sup> -17 <sup>th</sup> , Monday – Wednesday	Home & Family State Conference
June 22 <sup>nd</sup> , Monday	Achievement Day

October 1<sup>st</sup>, Thursday.....Fall District (Vigo Co.)

## **STATE PRESIDENT'S PROJECT**

I'm asking all club presidents to come to our February Council and report how your club is doing on her "Share Some Bloom(er)s" project. Remember to count how many items you donate to schools, nursing homes, youth centers, etc. I need to turn in another report in February.

## **SEWING DAY**

I want to remind everyone that this is a county wide event. I'm pleased with the volunteers so far this year, but I'd like to see more members come and help. We did reach 100 Christmas stockings this year. Union Hospital is very happy with our effort. Now we will concentrate on sewing receiving blankets and burp cloths. Also, we have yarn available for our crochet octopuses. If any of our members, or a person they know can crochet, please ask them for their assistance and ask them to come this 27<sup>th</sup>.

## **UNION HOSPITAL**

Union Hospital had the Executive Board meet with them on Tuesday, November 25<sup>th</sup> to talk about our 50 Years of Service to the hospital. Georgia Hunt posted on our Face Book page the article they sent out

### **Educator Spotlight January is Glaucoma Awareness Month**

in the Union Health Newsletter. Hope you all have looked at it.

According to the Glaucoma Research Foundation, Glaucoma is a leading cause of irreversible blindness in the United States, yet as many as half of the people who have it don't know they are affected.

Glaucoma is not just one disease. It is a group of eye conditions that damage the optic nerve. Most types of glaucoma are linked to intraocular pressure, although some people develop glaucoma even with normal eye pressure.

It is estimated that over 4 million adults in the United States have glaucoma, and more than 1.4 million already have vision loss from the disease. Globally, glaucoma affects an estimated 80 million people, a number expected to rise as populations age. There's no cure, but early detection and treatment can slow or prevent further vision loss. Glaucoma is called the silent thief of sight because the most common form, primary open-angle glaucoma, usually has no early warning signs. Vision changes start slowly, usually with side (peripheral) vision. People often compensate without realizing it, by the time central vision is affected, optic nerve damage is permanent.

Early symptoms can be very gradual, but some of those early signs can be: Slowly worsening peripheral (side) vision, Trouble seeing in dim light, Mildly blurred or patchy vision in one or both eyes, and Frequent prescription changes that don't fully fix your vision.

Take control of your eye health by following these essential steps: Get a Comprehensive Dilated Eye Exam, Know Your Family History, Manage Underlying Health, such as high blood pressure and diabetes, and Live a Healthy Lifestyle.

For more information about Glaucoma, Risk Factors, and Symptoms, go to the Glaucoma Research Foundation's website at: <https://glaucoma.org/> or contact Gail at (812)462-3371 or [wrih509@purdue.edu](mailto:wrih509@purdue.edu).