



Vigo County Extension Homemakers September 2025 Newsletter



PRESIDENT'S MESSAGE

Hello ladies and gentlemen,

Hello ladies and gentlemen. I hope you all had a wonderful summer! I'm not sure where all the time went, but I'm excited about this next year for IEHA.

Hopefully you all have had your first meeting and went over all the information that came out in the August newsletter. If you have any questions, please get in touch with me.

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

Dates to Remember

September 2, 2025	Vigo County Vocal Chords Picnic
September 15, 2025	Council Meeting Members are invited to join us at noon for the Leader Lesson presented by Gail Wright.
September 25, 2025	Sewing Day
October 1, 2025	District Meeting (see attached flyer)
October 13, 2025	Past Presidents Meeting
October 14, 2025	Sewing Day
October 20-24, 2025	IEHA Week
October 25, 2025	Make a Difference Day
November 3, 2025	International Day & Extension Craft Day
November 10, 2025	Council Meeting Members are invited to join us at noon for the Leader Lesson presented by Gail Wright
December 8, 2025	Past Presidents Meeting

Opportunity to Give

Union Hospital is still accepting donations of sleepers. Be sure to write the quantity donated on your Volunteer Community Support Reporting Form. Check last month's newsletter for specifics

Remember 14 & Chestnut items needed

Refer to 14 & Chestnut's 2025 Seasonal Shopping List that was included in last month's newsletter.

Thank you for Giving

Several members have donated socks and bloomers (underwear) to Lost Creek Elementary School and a nursing home. They were very appreciative of the donations. Let me know what you and your club are doing for our State President's project this year.

Past Presidents Meeting, August 11th

The Past Presidents meeting in August was at the South Culver's. Georgia Hunt, Janet Kleptz, and Julia Reed were the Hostesses and decorated the tables with pineapples, chocolates, and a placemat for a tropical theme. The pledge, creed, and song were said and sung. Games were also played; let's just say that I didn't come close to finishing first, second, third, or anywhere near the middle! But I had fun.

The next Past Presidents Meeting will be October 13, 2025. Time and place to be determined and will be published in the October newsletter and posted on our website and FB page.

Follow-up on the Vigo County Fair

One of our members was left off the previous list of Exhibitors: Carol Hawn. I'd also like to ask all members to check your item(s) you picked up at the end of the fair; also check with people you know who contributed to the Open Class/Hobby and Crafts Department. Not only did I leave Carol out of the Exhibitors list but her necklace entry was lost and she did not get it back on check-out day.

Sewing Days

Our first Sewing Day is fast approaching; September 25th (Thursday). We have fun working together getting receiving blankets and burp cloths for Union Hospital sewed. We will also be working on Christmas Stockings for the December babies at Union Hospital. Come at 10am..stay as long as you can (some stay until noon; some stay until around 2pm or longer)—bring a sack lunch if staying longer. Time spent on this day should also be listed on the VCSR Form.

Vocal Chords Annual Picnic

Don't forget the Vocal Chords Annual Picnic on Tuesday, September 2nd from 6:30 – 8:30pm at Central Christian Church, 4940 Wabash Avenue, Terre Haute, Indiana. For more information, contact: DeDe Schindel, text: 812.239.5423 or email: malldede@aol.com

District Meeting

District Meeting, October 1, in Sullivan County. Sullivan County Extension Homemakers are the Host; Sullivan Civic Center, 344 N Main St, Sullivan, IN

Registration begins at 9am;

Meeting begins at 10am.

See the attached flyer. The Flyer says to list names on the back of the form and mail to them in Sullivan;

BUT

Vigo County always sends the Clubs attending information and money (club checks made out to Vigo County Extension Homemakers) to our County Treasurer: Make the Club checks to Vigo County Extension Homemakers and mail to:

Ruth Ridener, 940 N 2200th St., Paris, IL 61944. She will send a total count (the flyer with names for each club) and a check from our county to Sullivan. Deadline to have information to Ruth is September 17th.

Educator Spotlight

September is Suicide Prevention Awareness Month

Suicide affects millions of people every year and the truth is we all know someone that has been affected by suicide. Yet, we never talk about it.

This month, I just want to take a minute and consider how we might be able to help those millions of people that suffer in silence and briefly provide information on recognizing the warning signs for suicide and how to encourage open conversations about mental health. But first a few facts. When you look at suicide statistics provided by the Centers for Disease Control and Prevention (CDC), you do find that more men commit suicide than women. When you look at the age groups committing suicide though—the numbers are surprising. People ages 85 and older had the highest rates of suicide in 2023. The second highest was 75-84 year olds—which is slightly higher than the “middle ages” from 25-64 that are all broken down and relatively equal. If you would like more information, there are many more resources available on the SAMHSA website:

<https://www.samhsa.gov/about/digital-toolkits/suicide-prevention-month>

This infographic notes the number of people that consider suicide every year.



There are warning signs (most of the time) to look for in adults and youth. For adults some of those warning signs might be:

- Talking about or making plans for suicide.
- Acting anxious, agitated, or behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.
- Chronic illness or serious physical health conditions.

How to encourage conversation:

*** REMEMBER you can ask: Are you thinking of killing yourself? Do you have a plan??**
If they answer yes, if you feel it is a crisis—call 9-1-1.

1. Ask Open ended questions—NO Judgement
2. Be Supportive
3. Show You Are Listening (Ask Questions, Ask if you are understanding them)
4. Bring It all Together (Let them know you will help them find support)

For more information, use the website above or contact Gail at (812) 462-3371.