



# Horizons

A publication of Purdue Extension Hamilton County

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[www.extension.purdue.edu/county/hamilton](http://www.extension.purdue.edu/county/hamilton)



August 2024

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Dear Extension Homemakers,

What a great summer! As we reflect on the last few months, there is much to recognize, evaluate and celebrate.

Thanks to all our members who worked hard on Achievement Day and the fair. Achievement Day recognized and educated on county needs and the impact that you are having in our county. During the 4-H fair, the Homemaker's Kitchen was a success due to your hard work and dedication. I will be honest, I was a little nervous with the many changes but the hours of planning and the willingness of your membership to be flexible and supportive was met with every challenge (and a smile). People actually liked much of the new set up and have requested the layout to be continued BUT as we know more will be in store for 2025.

The community outreach requires a ton of hard work, planning, organization, and "time on your feet." Thank you for what you do for Extension Homemakers. As we look to next summer, there will be more changes and beautiful improvements with our buildings and displays. We look forward to making plans for these exciting times.

As summer ends, we look forward to celebrating with you. Children return to school, many finalize garden harvests and we head into fall.

Susan L. Peterson  
Extension Educator, HHS



Dear Extension Homemakers,

Many people come into our office and ask, "Have you recovered from the fair?" We are not sure how to answer because we still have construction all around us and are right back into program planning.

Thank you to all homemakers who worked the fair events this year including the kitchen, flower show, and food & craft show. You ladies work hard to be present and available.

August 1st was the beginning of the "new" program year so be on the lookout for ways to be involved or events that sound interesting to attend. The district meeting and retreat details are in this newsletter.



This issue of *Horizons* contains 2024 fair results and photos from Achievement Day. You will also find information on taking charge of stress, saving fireflies and research about plant-based eating.

The weather has been great. Find time to play outside. I love to swing whenever I can.

Bernie Huber  
Program Assistant  
Health & Human Sciences

## CALENDAR 2024

Aug 2 - 18	Indiana State Fair (closed Mondays)	
August 22	Officer Retreat	9:30 a.m.
September 3	Board & Council Meetings	9:30 a.m. & 10:30 a.m.
September 6	Trip to Berea	
September 10	Educational Lessons	10:00 & 11:15 a.m.
September 17-18	District Retreat - Waycross	
October 1	Board & Council Meetings	9:30 a.m. & 10:30 a.m.
October 9	District Meeting - Johnson County	
October 12	Sewing Seminar	9:00 a.m.

## *Message from the past county president*

*I want to thank all of the homemakers, their husbands and families, and all of the workers who helped make the kitchen work well this year. It was very helpful that we did not serve lunch because it gave us time to transition from breakfast to dinner and gave the workers time to walk around the fairgrounds to look at projects and visit other vendors.*

*There were a few glitches with the shift hours but those are correctable. Having a separate chairperson for the dining hall was great. Good job to all of those workers.*

*I hope all of you had the opportunity to visit the fair. I want to give a shout out to the Silvernotes as the elephant ears were great! "Yummy" was my granddaughter's comment.*

*Sharon Parker  
Past County President*



**Profits from the 2024 fair**  
**Fair Kitchen**  
**Food & Craft Show**  
**Flower Show**

To be determined when all  
bills have been submitted

You can receive this newsletter *IN COLOR*  
-e-mail Bernie (bchuber@purdue.edu)  
OR  
-contact the office at 317-776-0854.

# Achievement Day June 27, 2024 Celebrating Our Achievements



## *Remembering deceased homemakers.....*

Sharon Piper – Silvernotes, East Wayne  
Meg Tomlin – Harbourites  
Linda Halle – Friendly Eagles  
Phyllis Mendenhall – Profit & Pleasure

## *New Members 2024*

Rita Weiland - East Wayne  
Janelle Ayers - Harbourites  
Jennifer Clines - North Adams  
Lillian Foland - North Adams  
Peggy Johnson - North Adams  
Marti Scott - North Adams  
Cindy Bye – Monte Ray



## Welcome new officers

We are "under construction" this year.

Thank you Sharon Parker and Betty Clark  
for your commitment to the organization.

## 2024 – 2025 Officers

President	Gloria DelGreco, Friendly Eagles
Vice President	Iris Beechler, Roaring 20's
Secretary	Tonekka Hall, Roaring 20's
Treasurer	Linda Westbrook, Fall Creek Home Arts
Asst. Treasurer	Jessica Gahimer, Roaring 20's Recorder
Recorder	Valerie Carson, Roaring 20's
Education	Iris Beechler, Roaring 20's
Leadership	Sally Thieme, East Wayne
Volunteer Community Support	Lisa Gambrel, Fall Creek Home Arts
Public Relations	Candy Voit, Fall Creek Home Arts
Past President	Sharon Parker, Harbourites



We have a facebook page called **Hamilton County IN Extension Homemakers**. Let us know what you are doing. If you have club photos, stories, or events to post, share them with Candy Voit then look for it on our page.

“like” it to receive information on your personal facebook news feed  
“follow” it to make it easier to find in a news feed

## 2024 Extension Homemaker Scholarship Winners

Grace Allee

Kansas State University Ag Communications & Global Food Systems

Teegan Madara

Xavier University

Nursing

Sierra McDonald

Purdue University

Nursing

Averie Miner

Indiana University

Nursing

Jenna Peterson

Purdue University

Speech, Language & Hearing

Alice Pickett

Purdue University

Nursing

IEHA Week

October 21– 26, 2024

Help promote Hamilton County  
Extension Homemakers



State website—check it out.

<https://www.join.ieha-families.org/>

Follow us on facebook

<https://www.facebook.com/IndianaExtensionHomemakersAssociation/>

Silvernates Choral Club is connected with the Indiana State Extension Homemakers Choral Club known as the "Melody Makers of Indiana". The members enjoy singing for nursing homes and other organizations. Silvernotes meets Monday nights from the end of August through June at 7:00pm to 8:30pm at the Hamilton County 4-H Fairgrounds, 2003 Pleasant Street Noblesville, IN.

The director is Diana Stanton and the accompanist is Emily Block. New members are welcome at any time. If you would like more information, call the Hamilton County Extension Office 317-776-0854.



Home and Family Conference attendees from Hamilton County - Tiffany Hurlock, Lisa Gambrel, Betty Clark, Sally Thieme, Gloria DelGreco and Sharon Parker

## **Save the Date**

The Sewing/Quilting Seminar

Saturday

October 12, 2024

Hamilton County 4-H Fairgrounds



Sponsored by Purdue Extension Hamilton County

Look for program details and registration form in mid-September.



## **Horticulture**

**Grand Champion** – Harbourites

**Reserve Grand Champion** – North Adams

### *Champions*

Gladioli – North Adams

Rose –Roaring 20's

Dahlia – North Adams

Zinnia – North Adams, East Wayne

Marigold – Fall Creek Home Arts, East Wayne

Sunflower – East Wayne, Fall Creek Home Arts

Three Varieties of Bloom – Harbourites

Shrub Flowers – Harbourites

Oriental or Asiatic Lilies – North Adams

Snapdragons –Fall Creek Home Arts

### *Reserve Champions*

Gladioli – none

Rose – none

Dahlia – North Adams

Zinnia – none

Marigold –none

Sunflower – none

Three Varieties of Bloom – none

Shrub Flowers – North Adams

Oriental or Asiatic Lilies – Friendly Eagles

Snapdragons –Roaring 20's

### *Ribbon Awards*

#### **Gladioli**

Blue –Fall Creek Home Arts, North Adams; Red – Fall Creek Home Arts; White – Friendly Eagles, Harbourites

#### **Rose**

Blue – North Adams, Roaring 20's; Red – East Wayne, Fall Creek Home Arts; White – Friendly Eagles

#### **Dahlia**

Blue – North Adams; Red – Fall Creek Home Arts, Roaring 20's, Silvernotes

#### **Zinnia**

Blue –East Wayne, North Adams

Red –Fall Creek Home Arts (2), Harbourites, Roaring 20's (2); White - Silvernotes

#### **Marigold**

Blue – East Wayne, Fall Creek Home Arts (2), Roaring 20's; Red – Friendly Eagles (2), North Adams (2), White - Harbourites

#### **Sunflower**

Blue –East Wayne, Fall Creek Home Arts, Roaring 20's; Red – East Wayne, North Adams

#### **Three Varieties of Bloom**

Blue –Friendly Eagles, Harbourites; Red- East Wayne, Fall Creek Home Arts, North Adams;

White - Roaring 20's

#### **Shrub Flowers**

Blue –Harbourites, North Adams; Red – East Wayne, Friendly Eagles, North Adams, Roaring 20's, Silvernotes ; White – Fall Creek Home Arts

#### **Oriental or Asiatic Lilies**

Blue –Friendly Eagles, North Adams; Red – East Wayne, Fall Creek Home Arts

#### **Snapdragon**

Blue – Fall Creek Home Arts, Roaring 20's; Red – East Wayne; White – Friendly Eagles

## **2024 Flower Show Results**

## **Houseplants**

**Grand Champion** – East Wayne

**Reserve Grand Champion** – Friendly Eagles

Champion – Friendly Eagles

Reserve Champion – none

### **African Violet**

Blue – Fall Creek Home Arts; Red – Friendly Eagles

### **Orchid**

None

### **Succulent**

Blue – Fall Creek Home Arts; Red – Roaring 20's

### **Any Other Houseplant**

Blue –Friendly Eagles; Red - East Wayne; White - North Adams

### **Three Varieties Non-Blooming**

None

### **Terrarium or Container Garden**

Blue –Friendly Eagles

## ***"What Grows Behind Your Garden Gate"***

## **Artistic Design**

**Grand Champion** – East Wayne

**Reserve Grand Champion** –East Wayne

**Small Creations** – East Wayne (Champion)

East Wayne (Reserve Champion)

Blue – East Wayne, Friendly Eagles, North Adams

Red – Harbourites, Roaring 20's

**My Garden Gate**– East Wayne (Champion)

North Adams (Reserve Champion)

Blue – East Wayne, Friendly Eagles, Harbourites,

North Adams, Roaring 20's

**Garden Party** – North Adams (Champion)

Harbourites (Reserve Champion)

Blue – East Wayne, Harbourites, North Adams,

Roaring 20's

**The Gardener** – East Wayne (Champion)

Roaring 20's (Reserve Champion)

Blue – East Wayne, Harbourites, North Adams,

Roaring 20's

Red – North Adams

**Monochromatic** – East Wayne (Champion)

North Adams (Reserve Champion)

Blue –East Wayne, Fall Creek Home Arts, Friendly Eagles,

North Adams, Roaring 20's

Red – Harbourites

**Splendor in the Garden** – East Wayne (Champion)

Harbourites (Reserve Champion)

Blue – East Wayne, Harbourites, North Adams,

Roaring 20's

Red – Friendly Eagles

# ***2024 Food & Craft Show Results***

## **Food Division**

**Grand Champion** – none

**Reserve Grand Champion** – Kali Kennebrew

### **Quick Breads**

Blue – John Baker (2)

Red – Jo Tate, Danielle Parker

### **Yeast Breads**

Champion – Megan Moran

Reserve Champion – Tyler Pieper

Blue – Kristi Duffey (2), Tyler Pieper, Megan Moran

Red – Joe Heffelmire, Jennifer Evans, David Evans

### **Cakes**

Champion – Kristina Moorhead

Reserve Champion – Jessica Gahimer

Blue – Kristina Moorhead, Jessica Gahimer, Deb Knapp, Lee Wood

Red – Nate Albin

### **Cookies**

Champion – Denise Graffis

Reserve Champion – Jennifer Evans

Blue – Abby Albin, Debbie Mills, John Baker (2), Jennifer Evans, David Evans, Laura Myers, Denise Graffis (2), Kristi Duffy (2)

### **Semi-Homemade**

Champion – Kristina Moorhead

Reserve Champion – David Evans

Blue – Kristina Moorhead, Jennifer Evans, David Evans

### **Pies**

Champion – Deb Knapp

Reserve Champion – Iris Beechler

Blue – Iris Beechler, Debbie Mills, Deb Knapp,

Red – Valerie Sosnowski, Kristina Moorhead (2)

### **Food Preservation**

Champion – Kali Kennebrew

Reserve Champion – Kristina Moorhead

Blue – Meagan Moran, Tiffany Hurlock, Kali Kennebrew,

Kristine Moorhead (2), Danielle Parker

Red – Barb Hayes, Ann Davis, Deb Knapp, Abby Albin

### **Homemade Candy**

Champion – Jennifer Evans

Reserve Champion – Debbie Mills

Blue – Debbie Mills, John Baker (2), Jennifer Evans, David Evans, Meagan Moren

## **Basic Craft Division**

**Grand Champion** – David Zeller

**Reserve Grand Champion** – none

### **Crochet Division**

Reserve Champion – Abby Albin

Blue – Abby Albin

Red – Tiffany Hurlock

### **Knitting Division**

Champion – Heidi Estepp

Reserve Champion – Heidi Estepp

Blue – Heidi Estepp (6), Evelyn Keen

### **Needlecraft - Crosstitch Division**

Reserve Champion – Lyneen Burrow

Blue – Lyneen Burrow (2), Mary Schwartz, Kristina Moorhead

### **Needlecraft - Embroidery Division**

Red – Abby Albin

### **Needlecraft - Miscellaneous**

Blue – Ginger Penn, Phyllis Fralick, Daryl Farmington

## **Creative Ideas Division**

### **Jewelry/Wearable Art**

Blue – Ashley Estes (2)

### **Dolls**

Blue – Jo Tate, Evelyn Keen, Norma Ross (2)

### **Wreaths**

Champion – Lee Wood

Reserve Champion – Lee Wood

Blue – Lee Wood (4)

### **Holiday Decorations**

Blue – Tiffany Hurlock, Phyllis Fralick, Ashley Estes

### **Bath & Body**

Blue – Tiffany Hurlock

### **Recycled/Repurposed**

Blue – Norma Ross, Tiffany Hurlock

### **Flower Arranging**

Blue – Ann Davis, Ashley Rugil

### **Miscellaneous**

Blue – Dreama Drake (2), Cheryl Shockling ((2), Jamie Gaetano,

Tiffany Hurlock (2), Meagan Moran, Paula Peters,

Red - Cheryl Shockling (2)

### **Craftsman**

Champion – David Zeller

### **Woodworking**

Reserve Champion – Mike Zeller

### **Glass Work/ Etching**

Champion – David Zeller

Blue – Dave Zeller

## **Sewing Division**

**Grand Champion** – none

**Reserve Grand Champion** – Jamie Gaetano

### **Quilting**

Reserve Champion – Laurie Hayes

Blue – Phyllis Fralick (2), Laurie Hayes, Barb Hayes (2), Marcy Kuhn, Ed Fennell

### **Wall Hanging**

Champion – Jamie Gaetano

Reserve Champion – none

Blue – Jamie Gaetano (2)

### **Clothing**

Blue – Rachael Halverson

Red – Marcy Kuhn

## **The Arts Division**

**Grand Champion** – Andrew Jacobson

**Reserve Grand Champion** – Beverly Murray

### **Painting**

Champion – Alice Rulon

Reserve Champion – Theresa Burdett

Blue – Alice Rulon (3), Theresa Burdett, Beverly Murray (2)

### **Drawing**

Champion – Beverly Murray

Reserve Champion – Beverly Murray

Blue – Beverly Murray (4)

Red – Beverly Murray

### **Photography**

Champion – Andrew Jacobson

Reserve Champion – Andrew Jacobson

Blue – Andrew Jacobson (11), Ron Hall (2), Wendy Hansen (3)

Red – Kristin Moody (2), Andrew Jacobson (2), Ron Hall, Kathleen

Bohde, Karen Hales

# CELEBRATING OUR SENIOR YEAR

2024 IEHA Indianapolis District Fall Retreat  
Tuesday, Sept.17 and Wednesday, Sept. 18

Waycross Camp and Conference Center

## Tuesday:

10:00 - noon, Check in items to silent auction

Community Service—cards for military

12:00 - Lunch

1:15 - 2:15 **Craft Session 1**

High School Homecoming corsage - Sally Thieme

### Break

2:30 - 3:30 **Craft Session 2**

1. Sourdough - Betty Clark
2. Wind chimes - Patty Nichols
3. Senior Coloring

### Break

3:45 - 4:45 **Craft Session 3**

1. Oshibona Art Cards - Dee Kirkham
2. Do Your Own Thing - read, nap, walk the labyrinth outside
3. Easy Fudge Making - Cathy Cook

**Break Time**—check out Silent Auction, write cards to military, meet new friends

6:00 - Dinner

7:30 - Games - bring games and snacks to share

\*\*\*High School Jeopardy by the year

## Wednesday:

8:00 - **Breakfast**

Announcements- next year's host

9:00 - 9:30 *Last chance to bid on silent auction*

Check out and turn in key and name tag sleeve

### Whole Group Session

10:00 Finish cards for veterans

10:30 Chair Yoga

11:00 Make Your own Snack

11:30 - 12:00 Pick up silent auction items, pack cars

12:00 - **Lunch** - Safe travels, good-byes



## IEHA Indianapolis District Retreat 2024

Tuesday, Sept.17 and Wednesday, Sept. 18

Waycross Camp and Conference Center  
7363 Bear Creek Rd. Morgantown, IN 46160  
812-597-4241 or 800-786-2267

(Please Print Carefully) Registrations accepted June 1 through August 15 (late fee after 8/15/24)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

County: \_\_\_\_\_ Decade you graduated from high school \_\_\_\_\_

Emergency contact person: \_\_\_\_\_ Telephone: \_\_\_\_\_

Confirmation by mail (include a self-addressed stamped envelope) \_\_\_\_\_ or email \_\_\_\_\_

Do you need a handicapped (use a walker or wheelchair) room: Yes \_\_\_\_\_ No \_\_\_\_\_  
on ground floor: Yes \_\_\_\_\_ No \_\_\_\_\_

Roommate: \_\_\_\_\_

Would you be willing to share a double bed and have a single bed in your room which would allow for occupancy of 3 per room? Yes \_\_\_\_\_ No \_\_\_\_\_

Special Diet Yes \_\_\_\_\_ No \_\_\_\_\_ Restrictions \_\_\_\_\_

Craft Session One Homecoming Corsage all participate

Craft Session Two First Choice 1 2 3 Second Choice 1 2 3

Craft Session Three First Choice 1 2 3 Second Choice 1 2 3

Wednesday all participate

Please see attached sheet for choices—we will try to accommodate your first choices.

Registration fee includes room, meals, and crafts:

Full Registration \$110 \_\_\_\_\_

Additional Charge for Single Occupancy \$ 25 \_\_\_\_\_

One Day - Tuesday \_\_\_\_\_ Wednesday \_\_\_\_\_ \$ 75 \_\_\_\_\_

Late Fee after August 15 \$ 25 \_\_\_\_\_

- What to bring**
1. high school memorabilia ( letter jacket, senior cords, yearbooks, etc.)
  2. all season cards—blank, birthday, holiday, thank you, etc.
  3. silent auction items—handmade items and homemade items are popular

*Cancellation policy: Absolutely no refunds after September 1st due to agreement with Waycross.*

Please mail your registration form and a check payable to IEHA Indianapolis District to:

Hamilton County Extension Homemakers  
2003 Pleasant Street  
Noblesville, IN 46060

Questions: Gloria Del Greco, chair  
317-753-5747





### Program Cost:

Free to Fishers' Residents

\$25 for Non-Fishers Residents

## 8 WEEK PROGRAM

CLASSES WILL BE HELD AT:

Delaware Township Community Center Room  
9094 East 131st St, Fishers, IN 46038

1:00 pm - 3:00 pm  
on Tuesday, September 3, 10, 17, 24, and  
October 1, 8, 15, 22

**DEADLINE TO REGISTER: AUGUST 27th**

## 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 falling concerns



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**This program emphasizes practical strategies to manage falls.**

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

## Participants will learn:

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

**TO REGISTER** Call or Email the following locations for a registration form:

**Fishers Health Department**

317-463-4361 [socialwork@fishers.in.us](mailto:socialwork@fishers.in.us)

**Purdue Extension - Hamilton County**

317-776-0854 [Download form here](#)

## A Partnership Between:

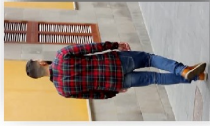


Purdue University is an EEO institution.

# Flannel, Food & Fun

in Franklin, Indiana

Come & join Johnson County  
Extension Homemakers



For the Indianapolis Fall District meeting.

**Come to the Johnson County Fairgrounds,**

100 Fairground Street, Franklin, IN 46131.

Join us in the Scott Hall Building,

Registration will begin at 8:45 am



The meeting will begin at 10 am. Wednesday-OCTOBER 9TH, 2024

We will have a Continental Breakfast in the morning.

At Lunch we will be serving: Fried Chicken dinner & dessert.

Have everyone wear a flannel shirt, blue jeans, western boots and their favorite western hat.

Please include your payment with the registration sheet listing attendees and return by October 1st, 2024.

## Flannel, Food & Fun in Franklin, Indiana

Send your Payment to: Cathy Cook

PO Box 84

Trafalgar, IN 46181

Make your check payable to:

**Johnson County Extension Homemakers - \$20 per person.**

COUNTY \_\_\_\_\_

NAME

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

total attending x \$20 = \_\_\_\_\_ check # \_\_\_\_\_

## Lessons from the Lightning Bug

Fireflies have captivated the hearts and minds of Hoosiers young and old. They were designated as Indiana's state insect in 2018. As we marvel at these luminous creatures every year, let's not only appreciate their beauty but also reflect on the valuable lessons they can offer our well-being:

**Embrace uniqueness** - like the firefly's bioluminescent glow, embrace what makes you unique and shine bright in your way.

**Spread light** - fireflies illuminate the night sky, reminding us to spread positivity even in the darkest of times.

**Synchronize and Collaborate** - fireflies synchronize their flashes, demonstrating the power of teamwork in accomplishing remarkable feats.

**Live in the Moment** - with their fleeting lifespan, fireflies teach us to cherish each moment and find joy in life's simple pleasures.

**Adapt to Change** - fireflies adapt to different environments, showing us the importance of resilience and flexibility in navigating life's challenges.

May the lightning bug inspire us to embrace our uniqueness, persevere through challenges, and spread light wherever we go.

<https://bygl.osu.edu/node/2167>

<https://extension.illinois.edu/blogs/good-growing/2022-06-09-sparks-night-fireflies-and-tips-conserving-them>



### What can YOU do for fireflies?

#### **Create firefly habitat.**

Set aside natural areas of your landscape that include leaf litter, rotting logs and unmowed vegetation. Plant native trees, shrubs and grasses of varying heights. Protect and enhance moisture in your landscape or create a water feature.

#### **Eliminate unnecessary night lighting.**

Artificial night light interferes with the fireflies ability to communicate and find a mate. Turn outdoor lights off at night, especially the new "party" patio lights. Take steps to reduce the effects of lighting that must stay on. Use light shields or red light bulbs. Consider making your home dark sky friendly.

#### **Make memories.**

Fireflies are one of our most cherished symbols of summer. Spend time outside on summer evenings enjoying the firefly show. Learn about the different species in your area and spread the word about firefly conservation.

UGA Extension

# Are There Risks or Benefits to Plant-Based Eating?

Written by Niah Patel, Purdue University Biochemistry '26

Plant-based eating is when a person limits animal products in their diet. There could be some benefits to limiting meat, eggs, and dairy but there could also be some risks.

Foods from animals like meat, eggs, and dairy include many vitamins and minerals. For example, calcium is a nutrient that is found mainly in dairy products like milk and cheese. Calcium is important for healthy and strong bones. Another nutrient, iron, is important for your body to be able to make enough red blood cells to carry oxygen to all body cells. Iron that comes from meat like beef and chicken is more easily used by our body compared to when it comes from plant foods. You can still get these nutrients in certain plant foods like figs, lentils, and leafy greens but you will need more of those foods to get the same amount of nutrients that you would get from animal foods.

Vitamin B12 is important for making red blood cells. Without B12, a person can feel fatigued, weak, and light-headed. B12 is **ONLY** found in animal products. It may be especially difficult to get enough vitamin B12 following a plant based diet. Vitamin B12 supplements might need to be taken in order to get enough of this nutrient if animal products are limited in the diet.

Aside from these risks. Less animal foods in the diet might help lower intakes of saturated fat that can help lower cardiovascular disease and chances of obesity. Choosing more plant-based foods might also save money and be more sustainable for the environment.

The Dietary Guidelines for Americans recommends varying protein sources, including plant sources like beans, lentils, split peas, and tofu. Including these proteins in your weekly menus might help save money and help you improve your overall health. However, making sure to include some animal products like lean meats, low-fat dairy, and eggs in your diet will also help you to meet vitamin and mineral needs without putting your health at risk.

## Making Affordable Plant-Based Meals

Written by Julia Balbach, Purdue University Public Health, Spanish and Foods & Nutrition '26

Including more plants in your diet is easy and cost friendly. Including a few plant-based meals a week can reduce your grocery bill and motivate you to eat different foods.

### **Focus on a variety of whole foods.**

Vegetables, fruits, whole grains, and legumes are all great ingredients to create nutritious and colorful meals. Canned, pre-cooked, or frozen provide the same vitamins and minerals as fresh foods.

### **Make sure you include all the food groups.**

Foods such as lentils, peas, beans, nuts and seeds are a way to get more plant-based protein in your meals. Although the protein content of plant source foods might be lower than animal-based sources, these alternatives can help you get an important variety that supplies nutrients.

### **Get creative.**

Try making your own soups with a variety of different vegetables, grains, and legumes. Switch up simple dishes like pasta and lasagna with different vegetables and tofu as a protein source.

### **Buy with the season.**

When shopping for fresh fruits and vegetables, try looking for produce in season. Most of the time the seasonal produce will be on sale and can be more affordable.

### **Stock up on pantry staples.**

Long-lasting pantry staples such as beans, chickpeas, canned tomato products, whole grain pasta, and frozen whole foods are an affordable way to have ingredients on hand. When you see a bulk item that you and your family like that is on sale, stock up! Store these staples in air-tight containers and they can last for up to a year.



## Using what you have to get what you want

Stress can sometimes be traced to a single overwhelming event: a job loss, family change, or natural disaster. Much stress, however, creeps up gradually as people try to cram more activities into their lives or make their dollars stretch too far.

### Knowing how to manage resources

Successful managers set priorities, deal with unexpected events, assess resources, plan carefully, and carry out and evaluate the plan. They also are able to deal with unexpected events. You can apply these management skills within the family, but they are not a cure-all for being overcommitted. To stretch your resources, you need to make deliberate choices.

### Setting priorities

Family members must talk openly with each other about what is important to them. Discuss where you want to be in the next year, the next five years, and even the next 20 years. Those short- and long-term objectives are your individual and family goals. Use your time, money, and energy to help you reach them.

Discussions need to focus on what your whole family wants, as well as what individual family members want. Individual desires should overlap with family goals. Without some overlap, managing resources will be difficult, and can lead to family conflict.

### Dealing with unexpected events

Unexpected events usually require using resources that are earmarked for something else. You might accidentally sit on your glasses, find out your car needs new tires, or your house needs a new roof. Responding to such situations uses time, money, and energy.

Planning for interruptions by having savings or insurance can prepare a family to handle these events while continuing to work toward its goals.

*It's Tuesday and, as usual, the five-member Harmon family is overbooked.*



*Tom, a plumbing contractor, will meet a client at 6 p.m. Susan, who works at the local community college, will help with registration for evening classes. Both hope to be at the opening tip-off of 17-year-old Jeb's 7:30 p.m. basketball game. Leigh, their 15-year-old, will play alto sax in the pep band. Earlier that day Tom attended 12-year-old Peter's middle school science fair.*

### Assessing resources

When planning how to reach a goal, start by assessing available resources. This includes human resources like knowledge, skills, energy, and material resources such as money and goods. Time often is considered a resource, but it really is not. Rather, time is needed to use all other resources.

Think about how to assess family resources. What special knowledge and skills does each family member contribute? It may help if some family members develop more knowledge or skills as resources to meet family goals.

*The lack of time is a common complaint of busy families. Yet everyone has 24 hours each day. Time is spent like money; time spent for one activity is not available for another activity.*

Time and money provide convenient ways to estimate the use of other resources. How long will it take a family member to change the oil and filter in the car (to use his or her human resources, along with tools, an oil filter, and a supply of fresh oil)? What is the value of that person's time compared to the time of a garage mechanic? Comparing such alternatives can help you decide how to meet demands.

## Planning

To plan, decide:

- on a specific goal
- the steps you take to reach your goal
- the order in which you take the steps
- how to judge if you've reached your goal

Begin with a clear idea of the desired outcome and the available resources. Be realistic about what you can and cannot accomplish, and be flexible.

A budget is a written plan of how you'll spend your money. Plans do not always need to be written but planning needs to take place; avoid letting things just happen.

## Carrying out and evaluating the plan

Once a plan is in place, find out how well the plan is working and make adjustments as needed. If something did or did not work well, identify why. Were the plans detailed or vague? Did family members communicate, or did only one person have the responsibility to accomplish the task? Were allowances made for unexpected events? Answering such questions helps families develop skills that will help the next family plan go smoother.

## When you need to change how you manage your resources

Sometimes a family's situation changes: a new baby, a job change, a child's entry into high school. At other times life may seem to be out of control. You may not have enough time or money for everything. Examine how you manage resources. Pinpoint areas where change can occur within two broad categories: increase your resources and decrease your demands.

**Increase resources.** Focus on ways to use family members' skills, knowledge, and energy to increase material resources that will help meet family goals.

- Identify ways to add income through applying for a higher paying job or a second job, working longer hours, or starting a small business.
- To make money go further, use smart shopping skills or develop the skills needed to do things yourself rather than hiring someone else to do them.
- Consider preparing more food at home instead of eating out as often or doing your own home maintenance and repairs.

**Reduce demands.** Let your family's priorities be your guide.

- Delay some goals until a later date.
- Choose less expensive options, such as clothes from a second hand store.
- Limit activities to those most important to do now.
- Learn to say no.

Prepared by Mary Winter, emeritus professor, and reviewed by Cynthia Needles Fletcher, professor and extension specialist, human development and family studies.

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## Is There a Leader Inside of You? I-LEaD Can Help!

I-LEaD (Indiana Leadership, Education, and Development) is a program of Indiana Extension Homemakers Association. It is designed to grow the confidence and leadership skills of our members. The program consists of 3 levels that must be taken in order. LEVEL - I is about **Personal Leadership** and focuses on the individual. During this course, you will develop an understanding of leadership, assess your own skills and develop a personal philosophy of leadership. Levels II and III continue with developing the leadership skills to work with others and to promote our communities.

Interest has been expressed in presenting I-LEaD Level I in our area.

Level I—August 24

Level II—September 26

Level III—October 30

If you are interested or would like more information, please contact Debbi Green at [djgreen49@gmail.com](mailto:djgreen49@gmail.com) or 317-249-0781. Registration form below. **Deadline is August 10.**



### INDIANA LEADERSHIP EDUCATION and DEVELOPMENT

The **i-LEaD** (Indiana Leadership, Education and Development) program is designed for the new, emerging leader who wishes to grow in his/her confidence and leadership skills. The program has three levels and the levels must be taken in succession.

#### **LEVEL I ~ Personal Leadership**

Focuses on the "individual."

Participants will develop an understanding of leadership, assess their own skills, and develop a personal philosophy of leadership.

#### **LEVEL II ~ Interpersonal Leadership**

Focuses on the "you and me."

Participants will focus on the development of communication skills, team building, and group decision making and trust.

#### **LEVEL III ~ Group Leadership**

Focuses on the "community."

Participants will grow in their ability to become community leaders by studying what makes for effective boards and committees and how to develop a community vision.

**i-LEaD** is an individual leadership development program. You need not be a member of a team to attend, and you do not need any previous training. The objective is not to have you go home and teach, but rather to grow in your leadership ability.

#### **i-LEaD Program Training**

**Level I - August 24, 2024**

**Level II - September 26, 2024**

**Level III - October 30, 2024**

**Buck Creek Township Community  
Room  
5809 West Airport Boulevard  
Greenfield, IN 46140**

Session Registration begins at 8:30 AM with instruction starting at 9:00. The day will conclude at 5:00 PM.

Single levels will be offered on each day beginning with Level I on August 24<sup>th</sup>. Participants must complete each Level in order before proceeding to the next.

Training materials are included in your registration. Bring a 3 hole binder, pencils/pens, and note paper.

Hancock County will provide a continental breakfast for each session.

A box lunch is available at an additional fee. Make your choice on the registration form. Drink is not included. There will not be time to go out for lunch. You may bring your own snacks, or snacks to share.

Dress is casual and comfortable. You may want to bring a sweater.



This training is sponsored by the Indiana Extension Homemakers Association i-LEaD Board.

#### **Registration Form**

**DUE: On or before August 10th**

☐ Level I i-LEaD Course \$30.00  
☐ Box Lunch \$ 9.50  
Choose: \_\_\_Ham \_\_\_Turkey

☐ Level II i-LEaD Course \$15.00  
☐ Box Lunch \$ 9.50  
Choose: \_\_\_Ham \_\_\_Turkey

☐ Level III i-LEaD Course \$15.00  
☐ Box Lunch \$ 9.50  
Choose: \_\_\_Ham \_\_\_Turkey

Name

Address

City & Zip

Phone

E-mail

**Send Registration & Check  
payable to IEHA i-LEaD Training:**

**Ellen King**

**9995 S State Rd 25**

**Rochester, IN 46975**

**574-835-0227**

[eaking92@gmail.com](mailto:eaking92@gmail.com)