



Horizons

A publication of Purdue Extension Hamilton County

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December 2023

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Dear Extension Homemaker,

Happy Holidays! As we look back on our year with Extension Homemakers, we have much to celebrate and much to look forward to in 2024. I cannot tell you enough how much we appreciate all that you do for Hamilton County families with your volunteer efforts. You lead with grace and professionalism and continue to look for ways that we can grow. Enclosed, we hope you find some helpful hints as you go through this time of year. We always appreciate your feedback and thoughts on what you find most helpful in the newsletter. We would love to hear from you as we begin the new year.

I hope you have a wonderful season of merry moments including time spent with family and friends. My very best wishes to you and your family for a beautiful new year.



Susan L. Peterson
Extension Educator, HHS



Dear Friends,

The holidays are upon us and I bet you are preparing for family or friend gatherings. It's a great time to reflect on the many blessings in our lives. I hope you are able to enjoy all the special people in your life and live in the "present."

My suggestion is to use the winter months to create exhibits for the 2024 county fair, dream up a unique "table runner" for cultural arts and then enter it in the Food & Craft Show, or find a community service project that interests you.

Take time to share the scholarship opportunities available through Extension Homemakers and IEHA with people you know. Wouldn't you LOVE the money to go to someone in your circle?

This issue of *Horizons* contains how to keep the holidays calm, healthy snack ideas, building up your immunity, and 25 ways to get moving now or in the new year.

Enjoy everything about the season.




Bernie Huber
Program Assistant





Calendar 2024

January 9	Board/Council Meetings (NOTE - 2nd Tuesday)	9:30 & 10:30 a.m.
January 15	Office Closed - Holiday	
February 6	Board/Council Meetings	9:30 & 10:30 a.m.
February 7	Educational Lesson - NEW DATE <i>Using Your Air Fryer</i>	11:00 a.m.
February 19	Office Closed - Holiday	
March 5	Board/Council Meetings	9:30 & 10:30 a.m.
March 6	Educational Lessons <i>Couponing in a Digital World</i> <i>Get Ready for the Eclipse</i> <i>Stop the Bleed</i> <i>Do You Know Your Medical History</i>	10:00 a.m. 11:15 a.m. 1:00 p.m. 2:15 p.m.
March 20	District Spring Meeting - Johnson County	



*Happy
Holidays*

Holiday Greetings Extension Homemakers!

It is my wish that you and your families have a blessed holiday season. I hope that you enjoyed the Holiday Ideas program as much as I did. Thanks to all that helped in making it a BIG success.

As we enter the New Year, please be thinking about volunteering to be a county officer. You are all extraordinary people who have a lot to offer the county. Also, keep writing down all the volunteer hours you do to support our community.

Happy Holidays
Sharon Parker

Indiana Extension Homemakers in the community

How can we be so connected in today's world and still feel isolated? Indiana Extension Homemakers put the real "face time" back in our communities. Fun-filled educational meetups and volunteer opportunities bring friends together to strengthen Indiana families. The state association (IEHA) consists of nearly 6,000 active members in 78 counties of Indiana endeavoring to improve the greatest institution in the world—"the HOME".

For more information on the state organization, visit www.IEHA-families.org.

As an Extension Homemaker you have opportunities to:

LEARN

- Meet with friends and neighbors in educational and social settings.
- Share experiences and information on family living and special interests.
- Keep up-to-date on new knowledge and research.

GROW

- Experience personal growth and develop skills.
- Form lasting friendships while sharing leadership responsibilities for programs and projects.

CARE

- Make a difference in today's world.
- Support projects that help children and families live better lives.



Community Service

We have acquired still more fabric for homemaker service projects. You are welcome to look at the selection in the Extension Office.

- walker bags
- puppy pillows
- fidget blankets
- pillow cases
- lap quilts
- Stamp Out Hunger - fold plastic bags for the post office
- homeless packs
- blankets for the coroner

Ask for more details about any of these projects.



You can always get a copy of this newsletter by email, Not only would you get it quickly, but you could see it in FULL COLOR and decrease paper waste.

To receive it electronically:
-e-mail Bernie (bchuber@purdue.edu)
OR
-contact the office at 317-776-0854

Holiday Hotlines

Butterball Turkey Hotline
1-800-288-8372

www.butterball.com/turkey-talk-line

Fleishmann's Yeast Hotline
1-800-777-4959
www.breadworld.com

General Mills & Betty Crocker Hotline
1-800-248-7310
www.bettycrocker.com

Kraft Foods
1-877-535-5666
www.kraftrecipes.com

Land O' Lakes Holiday Bake Line
1-800-782-9606
www.landolakes.com

Nestle Bake Line
1-800-225-2250
www.nestleusa.com

Reynolds's Turkey Tips Line
1-800-433-2244
www.reynoldskitchens.com

USDA Meat and Poultry Hot Line
1-888-674-6854
www.fsis.usda.gov

Welcome to Whoville

Holiday Ideas 2023



Who was the Grinch?



Fall Creek Home Arts members "in costume"

"Come one, come all...."

Holiday Ideas this year was filled with fun in Whoville.

"It came without ribbons, it came without tags. It came without packages, boxes, or bags." - The Grinch

Thank you to the committee for all your hard work and decorations. It was appreciated and FUN!



Extension Office Staff - HHS
Susan Peterson and Bernie Huber
(and GRINCH)

Jing-Tinglers noun

-musical instrument native to the Whos of Whoville

-playing them may require dancing

-festive

**Use the winter to start
working on fair exhibits.**

Flower Show 2024

“What Grows Behind Your Garden Gate”

Start looking at what flowers you will have in
your garden for the summer show.

*2024 Food & Craft Show
committee has not yet met.
Stay Tuned*



After the holidays, please donate
your gently used cooking, garden-
ing, sewing, quilting, holiday, craft,
travel, decorating,
CHILDRENS, or woodworking books
for the sale.



**Cultural Arts Special Project - 2024
Table Runner**

The **table runner** should be made by an extension homemaker and can be any
length but should not exceed **18” in width**. It must have been made within the last
two years. One exhibit per county. Voting to take place in the spring. Winner will be
taken to Home and Family Conference in June.

The other Cultural Arts categories will remain the same:

Quilts – full sized quilts, crib/baby quilts

Needlework – needlepoint, counted cross stitch, embroidery, crewel embroidery

Knitting/Crochet – any knit or crochet product

Crafts/Miscellaneous – all items not included in one of the above categories

First Timer Award

Win \$\$\$\$ to attend Home & Family Conference

If you have never attended this conference, this is an opportunity to receive compensation for the registration
fee for the conference. Home and Family Conference will be close by next year at **Hamilton Town Center** on
June 10, 11, and 12, 2024. It is a three day conference filled with educational sessions, fun activities and moti-
vational speakers. It is also an opportunity to enjoy the company of other Extension Homemakers from your
own county and throughout the state of Indiana.

Our county will choose one First Timer. That application is forwarded to the District. If our candidate wins at
the district, our county will select another candidate which will then give two homemakers in our county the
opportunity to attend the conference. We usually only have one or two apply for this award so your chances of
winning are good. We encourage all first timers to apply! Applications are available in the Extension Office or
on the webpage at: <https://puext.in/hamcohomemakers>.

RETURN APPLICATION TO:

Bernie Huber
Purdue Extension Hamilton County
2003 Pleasant Street
Noblesville, IN 46060

You will be asked to write a short essay of 200 words or less on the topic:
“Why I Want to Attend Home and Family Conference.”

Deadline to our office: March 1, 2024





SCHOLARSHIP OPPORTUNITIES

<https://ieha-families.org/forms-and-applications/scholarships/>

Ruth B. Sayre Scholarship for Women

The Indiana Extension Homemakers Association is offering a \$500.00 scholarship sponsored by County Women's Council, USA. The Ruth B. Sayre Memorial Scholarship is offered for the purpose of fostering the educational development of women. The scholarship is offered to women who wish to further their education, show a financial need and a potential for leadership. Applications are available at the local County Extension Office throughout the state.

Applications are due March 1.

Continuing Education Scholarships

The Indiana Extension Homemakers Association awards eight Career Advancement Scholarships of \$500.00 each to Indiana women aged 25 and over who wish to further their education, leadership, and community volunteerism by completing their education or upgrading vocational skills. IEHA Scholarship applications are available at the local County Extension Office throughout the state.

Applications are due March 15 to the State Committee.

Steps to Success

The Indiana Extension Homemakers Association has a vocational/technical scholarship for persons seeking an industry certification in the chosen field of a two-year program. Five \$500 scholarships will be awarded. Scholarship applications are available at the local County Extension Office throughout the state.

Applications must be postmarked by May 1 to be considered.

Health and Human Science Scholarships

The Hamilton County Extension Homemakers Association is offering scholarships to Hamilton County students who major in a Health and Human Sciences related field such as: Foods and Nutrition; Family and Consumer Science Education; Interior Design; Textile and Clothing Design; Hospitality and Tourism; Child Development and Family Studies; Consumer Science and Retailing; Elementary Education; Nursing; Fitness & Health; Speech, Language & Hearing, or Health Sciences. Scholarships are offered to graduating seniors or undergraduate students. Past winners must reapply each year.

Applications are due April 1

**Scholarship applications may be obtained through the
Purdue Extension Service Office 317-776-0854 or online at:**

<https://extension.purdue.edu/county/hamilton/>

SHARE THIS INFORMATION WITH
FAMILY, FRIENDS AND NEIGHBORS



Keeping the Holidays Calm for Young Children

Don't let kids wait too long for Santa

Santa Claus may have landed already at your local shopping center, but parents who want to make the holidays meaningful and pleasant for their children won't give in to the commercial pressure of beginning the preparations and celebrations too soon. A long anticipation period can be very difficult for children to cope with. Children have a different sense of time. Six weeks to a child can seem like an eternity of waiting.



A lengthy anticipation time can create over-stimulation and anxiety for children. Preschoolers often expect immediate gratification of their desires; waiting six weeks for Christmas to arrive may result in confusion and tension. They may express their feelings through whining, crying, irritability, tantrums, and other behavioral changes.

Parents should try to keep the situation under control. Three weeks is a long enough time for children to prepare for the holiday season. Don't give in to pressures to begin activities sooner. Parents can also try to insulate their children from the barrage of television commercials, but shouldn't expect their children to be totally immune to them. Saying no to everything advertised on television and fighting over it may be worse than giving in on some things. Go along a little bit with what they would like, but help them develop the values you'd like them to have.

Prevent holiday meltdowns

Sometimes it seems to parents that the more effort they put into making the holidays fun for young children, the more they get tears and tantrums in return.

During the holiday season it's better to do one thing calmly than 10 things frenetically. The pace is often what does in parents and children alike. Too many new and exciting experiences and too much of a change in the daily routine can throw everyone into a tizzy.

Slow it down so children can participate in holiday activities in a satisfying, simple way. Make preparations in small, easily managed steps that you can all do together. Children can help with things that are done in advance of Christmas, like food preparation or selecting gifts or making cards, but don't provide too many exciting activities at once. When it comes to baking, for example, make just one plain kind of cookie or streamline the process by using ready-made cookie dough and let the children do the decorating. Remember that from the child's point of view it doesn't matter what the cookies look like, it's the fun of making them together that counts. The same goes for holiday decorations and making or picking out and wrapping presents.

Children should be encouraged to think about giving presents, not just receiving them, and understand that this is a time for sharing and expressing love. If possible, let children make or pick out the things they would like to give others. Encourage them to think about what the other person would like and don't confuse monetary worth with importance. Young children enjoy making a card, picture or simple handmade gift and doing so helps them learn how to be givers as well as receivers.

Stick to comfortable routines

Another way to help make the holidays more pleasurable is by sticking to regular routines as much as possible. Children need consistency and sameness in their daily lives as well as stimulation. When this balance gets out of whack, as it invariably does during the holiday season, everyone can feel out of sorts. Maintain bedtime rituals and, when you can, allow a little extra time to answer the questions young children will have about all the goings-on. Often, in the rush of too many activities, parents forget that children need calm, leisurely explanations of the customs and rituals of their particular holiday tradition.

Since it's often difficult for young children to accept going to bed at the end of a big day, talking quietly, reading a story or singing a song related to the holidays can help calm everyone down. Paying attention to routines goes for adults, too. Having a sense of control and not being exhausted is important. Then you're ready to enjoy the family time together.

Very simple things satisfy young children. They are pleased and reassured by repetition. So keep it simple, keep it manageable for a holiday season that's a happy one for little people and their parents.

HEALTHY SNACK IDEAS

Try out these healthy snacks at home or on the go! They also make great appetizers for holiday parties and get togethers all year long.

Greek Yogurt Parfait: Layer Greek yogurt with fresh berries, a drizzle of honey, and a sprinkle of granola for a protein-rich and satisfying snack.

Apple Slices with Nut Butter: Slice up an apple and pair it with your favorite nut butter for fiber, vitamins, and healthy fats.

Veggie Sticks with Hummus: Slice up cucumbers, bell peppers, carrots, and celery, and dip them in hummus for a crunchy, satisfying, and nutritious snack.

Trail Mix: Make your trail mix by combining a mix of unsalted nuts, seeds, and dried fruits. Portion them into snack-sized bags for quick grab-and-go options.

Hard-Boiled Eggs: Hard-boiled eggs are a great source of protein and nutrients. Sprinkle a bit of fresh herbs or seasonings for added flavor.

String Cheese: String cheese provides protein and calcium. It's easy to carry and doesn't require refrigeration for a few hours.

Avocado Pita Toast: Top whole-grain pita breads with mashed avocado and a sprinkle of sea salt for a satisfying and heart-healthy snack.

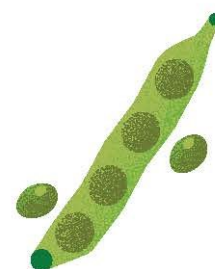
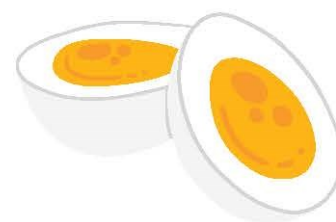
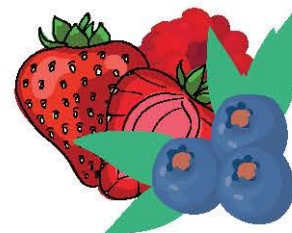
Edamame: Edamame (young soybeans) are rich in protein and fiber. You can buy them frozen and steam them quickly.

Popcorn: Opt for air-popped popcorn with a sprinkle of nutritional yeast or a light dusting of your favorite spices for a low-calorie snack.

Cherry Tomatoes with Mozzarella: Skewer cherry tomatoes and fresh mozzarella on toothpicks for a bite-sized snack.

Smoothies: Blend up a quick smoothie with your choice of fruits, a handful of greens, and a protein source like Greek yogurt or a scoop of protein powder.

Oatmeal: Prepare a quick bowl of oatmeal topped with sliced banana and a sprinkle of cinnamon. This is a great option if you're looking for something warm and filling.



Eating Right: Keeping A Strong Immune System

Written by Caroline Parker; Purdue University Dietetics & Nutrition, Fitness, and Health 2021

One of the best things a person can do for their immune system is to have healthy eating habits. A strong immune system is better at fighting off infection from bacteria and viruses. There are many immune system supporting nutrients.

1. Beta Carotene: People often associate this nutrient with carrots, but it is also found in sweet potatoes, spinach, carrots, mango, broccoli, and tomatoes.
2. Vitamin C: This vitamin is common in citrus fruits such as oranges and limes. It is also found in berries, melons, tomatoes, bell peppers, and broccoli.
3. Vitamin D: Meat, such as fatty fish and eggs, and dairy products are common sources of vitamin D. Milk and juice are commonly fortified with vitamin D.
4. Zinc: This nutrient is found in both meat and vegetables. Examples include beef, seafood, wheat germ, beans, nuts, and tofu. Keep in mind that zinc from animal sources is better absorbed than zinc from plant sources.
5. Probiotics: They are considered a "good" bacteria for the body and are mostly found in cultured dairy products like yogurt.
6. Protein: This essential macronutrient can be found in animal and plant sources such as milk, yogurt, eggs, seafood, nuts, seeds, beans, and lentils.



Make a goal to eat at least 5 servings of fruits and vegetables per day. Overall, it is important to focus on balance and eating foods from all food groups.

For those with autoimmune diseases such as HIV, make sure to consume adequate calories to maintain a healthy weight, add protein to every meal, eat a variety of fruits and vegetables, talk with your doctor about potential supplements, and take food safety seriously. Eating a healthy diet has been shown to lessen disease symptoms and the side effects of medications, increase quality of life and improve the ability to fight off infections.



Fitting in your workout during the holidays

- Set the alarm a little earlier
- Schedule it and stick to it
- Break it up into shorter workouts
- Get the family involved in a fitness challenge

We know you're busy, but don't neglect physical activity during the holiday season. Here are some tips for fitting in some stress-busting exercise even when your holiday to-do list is daunting.

Storing Leftovers

Leftovers make a quick and tasty meal or snack. But to keep you or your family safe, you need to store and reheat leftovers properly.

Here are some important tips:

- Observe the 2-hour rule. Throw out any perishable foods (foods that must be refrigerated or frozen) left at room temperature longer than 2 hours total. In hot weather, reduce this time to 1 hour.
- To cool foods more quickly, use shallow containers (3 inches tall or less) when refrigerating or freezing foods.
- Keep your refrigerator at 40°F or below and your freezer at or below 0°F.
- Label leftovers with the date you prepared them and food name.
- Never taste leftovers that you wonder about their age or safety.
- Never keep leftovers in the refrigerator for more than 3-4 days. Freeze leftovers that you don't eat within this time.

Reheating leftovers. You can reheat leftovers in the microwave, on the stovetop, or in the oven. Just make sure you reheat them to 165°F. Always use a food thermometer to check the internal temperature of your food.



FBI Warning: 'Tis the Season for Holiday Scams

If you're shopping online this holiday season, be on the lookout for scammers trying to steal a deal, too. Scammers are often aggressive and creative in their efforts. They use unorthodox scams to steal your money and personal information. Remember, if it looks too good to be true, it probably is.

The two most prevalent of these holiday scams are non-delivery and non-payment crimes. In a non-delivery scam, a buyer pays for goods or services they find online, but those items are never received. Conversely, a non-payment scam involves goods or services being shipped, but the seller is never paid.

"Make sure you do your homework when you're shopping this year. The types of scams do not change significantly. However, the techniques the scammers use and the methods of deploying these scams do change. By following a few simple tips and remaining vigilant, you can protect your information, your hard-earned money and enjoy a scam-free holiday season."

Online Shopping Scams:

- ♦ Scammers often offer too-good-to-be-true deals via phishing emails or advertisements. Such schemes may offer brand-name merchandise at extremely low prices or offer gift cards as an incentive. Other sites may offer products at a great price, but the products being sold are not the same as the products advertised.
- ♦ Steer clear of untrustworthy sites or ads offering items at unrealistic discounts or with special coupons. The victims end up paying for an item, give away personal information and credit card details, then receive nothing in return except a compromised or stolen identity.

Social Media Shopping Scams:

- ♦ Beware of posts on social media sites that appear to offer vouchers or gift cards. Some may appear as holiday promotions or contests. Others may appear to be from known friends who have shared the link. Often, these scams lead consumers to participate in an online survey that is designed to steal personal information. If you click an ad, check the legitimacy of the website before providing credit card or personal information.

Work-From-Home Scams:

- ♦ Beware of sites and posts offering work you can do from home. These opportunities rely on convenience as a selling point but may have fraudulent intentions. Carefully research the job posting and individuals or company offering employment.

Gift Card Scams:

- ♦ Be careful if someone asks you to purchase gift cards for them. In these scams, the victims received either a spoofed e-mail, a spoofed phone call, or a spoofed text from a person in authority requesting the victim purchase multiple gift cards for either personal or business reasons.

Charity Scams:

- ◆ Perpetrators set up false charities and profit from individuals who believe they are making donations to legitimate charitable organizations. Charity fraud rises during the holiday season, when individuals seek to make end-of-year tax deductible gifts or are reminded of those less fortunate and wish to contribute to a good cause.
- ◆ Charity scam solicitations may come through cold calls, email campaigns, crowdfunding platforms, or fake social media accounts and websites. They are designed to make it easy for victims to give money and feel like they're making a difference. Perpetrators may divert some or all the funds for their personal use, and those most in need will never see the donations.

Smartphone App Scams

- ◆ Some mobile apps, often disguised as games and offered for free, are designed to steal personal information. Before downloading an app from an unknown source, consumers should research the company selling it or giving it away and look online for third-party reviews of the product.

Tips to Avoid Being Victimized

- ◆ Do your homework on the retailer/website/person to ensure legitimacy.
- ◆ Conduct a business inquiry of the online retailer on the Better Business Bureau's website - www.bbb.org
- ◆ Check for reviews and complaints.
- ◆ Check the "Contact Us" page, specifically the address, e-mail, and phone number, to confirm whether the retailer is legitimate.
- ◆ Be wary of retailers offering goods at significantly discounted prices.
- ◆ Be wary of retailers who use a free email service instead of a company e-mail address.
- ◆ Don't judge a company by their website; flashy websites can be set up and taken down quickly.
- ◆ Beware of purchases or services that require payment with a gift card.
- ◆ Beware of providing credit card information when requested through unsolicited e-mails.
- ◆ Do not click on links contained within an unsolicited e-mail or respond to them.
- ◆ Check credit card statements after the holiday season, as many fraudulent charges can show up even several weeks later.
- ◆ Avoid filling out forms contained in e-mail messages that ask for personal information.
- ◆ Only open attachments from known senders.
- ◆ Verify requests for personal information from any business or financial institution by contacting them using the main contact information on their official website.
- ◆ Secure credit card accounts, even rewards accounts, with strong passphrases. Change passwords and check accounts routinely.
- ◆ Make charitable contributions directly and pay via credit card or check; avoid cash donations.
- ◆ Beware of organizations with copycat names similar to reputable charities; most legitimate charity websites use .org (NOT .com).

What to Do if You Are a Victim

- ◆ Contact your financial institution immediately.
- ◆ Ask your financial institution to contact the corresponding financial institution where the fraudulent or suspicious transfer was sent.
- ◆ Report the activity to the Internet Crime Complaint Center at IC3.gov, regardless of dollar loss. Provide all relevant information in the complaint.

For additional information and consumer alerts, and to report scams to the FBI, visit IC3.gov.

You can also visit: <https://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes/holiday-scams>



American
Heart
Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for
30 seconds



2

Dance party
for 1 minute

3

Stand up and sit
down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air
without touching the ground
(make it harder by only
using heads or elbows)

6

Jumping jacks
for 30 seconds

7

Do the
hokey pokey

8

See how many
squats you can do
in 15 seconds

9

Stand up, touch
your toes

10

Wall sits
while reading



11

One-minute
yoga

12

Stretch your
hands high over
your head



13

Arm circles forward for
30 seconds, arm circles
backward for 30 seconds

14

10 frog jumps



15

Standing mountain
climbers for
30 seconds

16

Stand on one leg, put
your hands up, put your
hands out to the side

17

5 lunges on the right leg,
5 lunges on the left leg

ABC 18 42

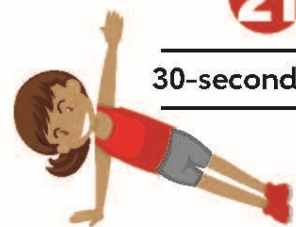
Practice spelling,
do a squat for
every vowel

19

Run in place for 30
seconds, check your
heart rate

20

Practice spelling by
doing a jumping
jack for each letter



21

30-second plank

24

Ball toss spelling practice.
Toss the ball and say a letter
then toss the ball to someone
else to say the next letter

25

High knees
for 30 seconds

22

Practice math problems, do a
jumping jack every time the
answer is an even number

23

20 leg lifts

heart.org/KidsActivities



As the year comes to a close, it might be a good time to reset your personal goals to be healthier in the new year. There are many ways to do this, but it can be challenging to make them stick. Here are some tips from the [American Psychological Association](http://ow.ly/mEqU50CKBUx) to help you attain your goals. <http://ow.ly/mEqU50CKBUx>



**WATCH FOR A "HANDS ON"
CLASS COMING THIS WINTER.
STAY TUNED.....**

