

MAKE HEALTHY THE EASY CHOICE

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Happy New Year! You Made It to 2022!

Let's take a few minutes to reflect on 2021. Write down your "Top 10" highlights. List five disappointments. What were 3 game changers in your life? Now let's look forward to an abundant 2022. Choose 3 areas of your life that you want to focus on. Where do you want to see yourself at this time next year and how are you going to make it happen? Will you enroll in a class? Start an exercise program? Begin a new business? Seek out new people and new places? Check something off your bucket list? It's up to you. You can wish for it to happen, or you can take steps to make it happen.

One way to make your dreams or goals happen is to begin by writing an affirmation. In a blog on Powerful Affirmations, Michele Hays shares this:

Affirmations are positive, specific statements that help you visualize, and believe in, what you're affirming to yourself, helping you to make positive changes to your life. Typically, affirmations are written on a regular basis or repeated over and over again either aloud or in the mind. This may be done as a part of prayer, meditation, or while taking a walk or doing chores. Research finds affirmations work very well for some and not so well for others.

Try looking at positive affirmations this way - many of us do repetitive exercises to improve our body's physical health. Affirmations are like exercises for our mind, emotions and outlook on life. These positive repetitions can reprogram our thinking patterns so that, over time, we begin to think, and act, in a new way.

If you would like to give the power of affirmations a try, remember the five Ps:

- **Affirm in the present** - By keeping your affirmations in the present tense you will ensure your subconscious mind goes to work on them right away. You might start with "I am..."
- **Keep them positive** - By focusing your words on what you do want, you direct your subconscious mind to work on the positive results you desire. Keep words like no, don't, and can't out of your affirmations.
- **Keep them personal** - Remember, the only beliefs, attitudes, and behaviors you can change is your own!
- **Be precise** - The more accurately you can describe your desire the better. Envision the best! Describe all the details.
- **Be persistent** - Positive thoughts create positive actions, and positive actions create positive new habits. This does not happen overnight! Repeat your affirmations every chance you get until you reach your goal.

Not into writing your own, or looking for a little inspiration? For examples of positive affirmations check out author and long-time proponent of the use of affirmations, Louise Hay's website: <http://www.louisehay.com/affirmations/>.

Source: (<https://extension.illinois.edu/blogs/refill-your-cup-self-care/2017-04-25-power-affirmations>)

January/February 2022

TABLE OF CONTENTS

Happy New Year!	1
Self-Care Saturdays	2
The Art of Healthy Living Series	2
Virtual Dining with Diabetes	3
Childcare Provider Trainings	3
Building Block Party	3
Extension Homemaker Notes	4



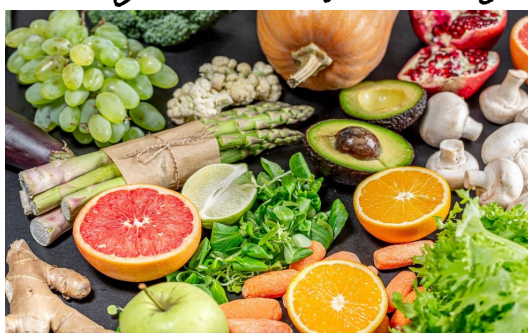
Self-Care Saturdays: Calm*Create*Connect

2022 Vision Board – Skip the New Year's resolutions and join Deb Arseneau as she leads you in activities to clarify your intentions and create a Vision Board. Visualization can be a powerful tool to help you overcome self-limiting habits such as procrastination, and to take the actions necessary to achieve your goals and dreams. Join the fun on Saturday, January 8 from 5-9 p.m. at the Beaver Township Community Center in Morocco. Bring some of your favorite magazines or catalogs (you will be cutting out pictures that speak to you) and scissors, we will have magazines, glue, stickers, washi tape and more for you to embellish your Vision Board. Snacks will be provided. Cost for the program is \$25.00 payable to Newton County Extension Education Fund. Please register by January 3 by calling the Extension Office at 219.285.8620 or emailing arseneau@purdue.edu for more information.



Finding a Healthy Balance – This Self-Care Saturday program will focus on finding a healthy balance. Stress builds over time and can impact our personal and work time. Deb Arseneau, HHS Educator, will lead a discussion and activities focused on self-care actions and time management. Participants will participate in creating homemade bath salts, bath bombs and sugar scrubs, with direction from Jennifer Arrenholz and Mary Kay Emmrich from the Newton County Public Library. Lunch and take-home goodies provided in the \$35.00 program fee. Join us on Saturday, February 5 from 9-12:00 p.m. at the Beaver Township Community Center in Morocco. Cost of the program is \$35.00 payable to Newton County Extension Education fund. Please call the Extension Office at 219.285.8620 x 2800 to register or email arseneau@purdue.edu.

The Art of Healthy Living Series



Join in for 12 weeks of healthy living topics including:

January 7 – Mindset & Goals

January 14 – Physical Activity across the Lifespan

January 21 – Eating Smart

January 28 – Train Your Brain

February 4 – Stress Management

February 11 – Financial Wellness

February 18 – Empower Me to Be Clutter Free

February 25 – Food Labeling: What's in there, anyway?

March 4 – Sleep On It: Why Sleep Matters

March 11 – Social Activity

March 18 – Taking Time for You

March 25 – Celebrate

Contact Deb Arseneau, HHS Educator in Newton County at 219.285.8620 x 2800

There's still time to register for this virtual 12-week series. Learn how to take care of yourself now to embrace life and grow gracefully with increased longevity. The programs will be offered via Zoom from 9-10 a.m. CST every Friday morning beginning January 7 through March 25. Register online at <https://cvent.me/K0Zx35> and pay the \$45 registration fee. After registration, you will receive the Zoom link. Sessions will be recorded, so if you are unable to watch live, you can view the recording at your own convenience.

Dining with Diabetes

Once again, the Area IX HHS Educators are offering a virtual Dining with Diabetes program. The program will be held on Thursday evenings, January 13, 20, 27 and February 3 from 5:30-7:30 p.m. (CST). Learn about cooking with less fat and sodium, managing portion control and meal planning. The registration deadline is January 6, 2022. Register online at <https://cvent.me/OmLP7x>. For questions call Sarah Kramer at 219.984.5115 or Deb Arseneau at 219.285.8620 x 2800.



Free Training Opportunity for Childcare Providers

The Newton County Childcare Coalition will be offering a series of trainings for childcare providers and early childhood educators on the second Saturday of January, February, March and April. All programs will be held at the Newton County Government Center. Registration begins at 8:30 a.m. with the program running from 9-11 a.m. Snacks and incentives will be provided at each session. Sessions will incorporate the I Am Moving I Am Learning Curriculum (IMIL). Please register by calling 219.285.8620 x 2800 or email arseneau@purdue.edu.

- **January 8- Moving with the Brain in Mind:** The development of the brain in a child's first five years of life clearly shapes the learning capacity they have for the rest of their life. Learn how the brain structure and functioning can be enhanced through movement and physical activity.
- **February 12 – IMIL Families & Building Block Party Training:** Help adults learn the importance of movement for young children and understand their role in modeling an active lifestyle. The session will discuss the importance of keeping movement activity for children playful, simple, creative and success-oriented. The importance of building block play will be incorporated into the training as well.
- **March 12 – IMIL Body Language:** The use of words and verbal cues can be very important to engaging and encouraging children to learn a wide variety of movement. This workshop shares strategies to help children "tell your muscles what to do" in motor skill development.
- **April 9 – HERO'S Story Time & IMIL Self Care for the Provider:** HERO'S Story time is a reading program dedicated to empowering children with assets that will enable them to succeed in school and in life. HERO'S is an acronym that stands for Helping Every child Reach Optimum Success. The books chosen for this program emphasize social-emotional skills to cultivate healthy relationships with peers, family and community. Self-care tips and relaxation strategies will be shared with providers as well.



Building Block Party at Roselawn Library

Playing with blocks is fun for children of all ages and promotes STEM learning activities. Research shows that block play can help children's social development, physical skills, and potentially their school readiness. Purdue Extension – Newton

County will be hosting a Building Block Party Monday, February 14 at the Roselawn Library from 10:00-11:00 AM. Please call the library at 219.345-2010 to reserve a spot. The program is free, but we need to know how many to plan for. Each child attending will also receive a free story book.

Newton County Extension Homemakers

Jots from Jane



Merry Christmas, Happy Holidays and Happy New Year!

Let's hope 2022 is a healthy and happy new year!

I'm not the type of person who makes New Year's resolutions because it seems if you drink that soda on New Year's Day you have broken that resolution. I like to make goals. For example: decrease the amount of diet soda or increase my water intake and the big one exercise more. That way I have all year to work on my goals.

This year I will be out of high school 50 years, where has the time gone. I graduated from Wilmington High School in Wilmington, IL. I only attended this school for three years and then shortly after graduation got married and moved away. I don't know if there have been any reunions in all those years but this year I'm wondering if someone will put together a celebration. Unfortunately, I could fall over a fellow classmate and not recognize them.

Mark your calendars for our next EH Council meeting on Thursday, January 27 at 1:30 p.m. at the Newton County Government Center. Hope to see you then!

The only other event on the horizon is the Spring District Meeting that we host on March 14th. Each club has an assigned committee but clubs are asked to bring breakfast items for the morning reception, things like coffee cake, muffins, donuts, bagels, etc. We will also have coffee, water and juice. We will be letting you know if anything else comes up.

Hopefully this good weather continues, but if not stay safe and if possible, stay off the roads.

Jane Kereven

P.S. We have about 50 lbs of nuts left so if you need any please call Nancy Jo Prue or Pat Boldman and they will hook you up.

