

# Extension Edge

An educational publication of Purdue Extension—DeKalb County



Extension - DeKalb County

May/June 2024

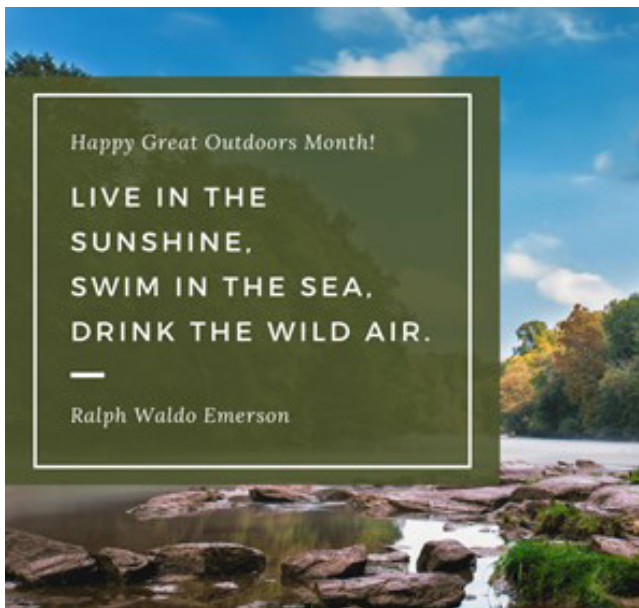
## NATIONAL GREAT OUTDOORS MONTH

National Great Outdoors Month in June reminds us to explore our nation's abundant wildlife refuges, parks, and natural beauty.

No matter our preferred mode of enjoying the great outdoors - hiking, biking, kayaking to name a few - nature is calling. Pursue the beauty and majesty of the big skies and open spaces the outdoors offers.

This month also raises awareness of the accessibility of the great outdoors. Depending on where we live, sometimes reaching nature is more difficult. Many cities create relaxing and vibrant green spaces with trails and paths designed for easy access by the community. However,

in some inner-city neighborhoods, access to parks or the ability to get outside the city to visit State or National Parks is difficult.



### HOW TO OBSERVE

Visit a State or National Park. Volunteer as a summer camp counselor. Take an outdoor photography class. Sign up for Northern lights tour. Get blisters where you've never had them before. Go deep sea diving. Learn how to identify birds and go birding. Share your enthusiasm for nature with a group of students and take them on a nature hike.

### In This Issue

|                           |   |
|---------------------------|---|
| Family Dysfunction .....  | 2 |
| Plant Sale .....          | 4 |
| EmpowHERed .....          | 5 |
| ANR Important Dates ..... | 5 |

|                                     |    |
|-------------------------------------|----|
| 4-H Livestock Important Dates ..... | 6  |
| Digital Art .....                   | 7  |
| Livestock News .....                | 8  |
| 4-H Important Dates.....            | 9  |
| Mini 4-H Dates.....                 | 11 |

|                                  |        |
|----------------------------------|--------|
| Tops in 4-H.....                 | 10     |
| Mental Health .....              | 11-16  |
| Homemakers Note .....            | 17     |
| Homemakers Important Dates ..... | 17     |
| Awards Sponsors .....            | insert |

# Overcome Family

# DYSFUNCTION with the 3 C's

By RENA STRIEGEL *Farm Journal*

Passing down a family farm from one generation to the next is as old as agriculture itself. It is both a dream and a responsibility. However, the path from one generation to the next is often fraught with challenges, conflicts and family dysfunction. Succession planning in the context of a family farm is more than just a business transition. It's a journey that involves several critical steps.

Successful succession planning must revolve around consensus, commitment and the consequences of the decisions made.

## Step 1: Consensus

Consensus is the cornerstone of any successful succession plan. In the context of a family farm, consensus means achieving a shared vision and understanding among all family members involved in the transition. Here are key considerations:

**Have Open and Honest Communication.** Family members must openly discuss their aspirations, expectations and concerns. Encouraging dialogue ensures that everyone's opinions are heard and respected. Though this can be challenging, as family dynamics have potential to lead to misunderstandings and miscommunications, it is a vital first step.

**Develop a Shared Vision.** The family should work together to create a shared vision for the future of the farm. It should encompass not only the economic goals but also the values, principles and long-term objectives the family wants to preserve and promote.

**Define Roles and Responsibilities.** Establishing clear roles and responsibilities is essential to avoid conflicts and confusion. Each family member's contributions and expectations should be outlined with their defined role in the farm's future. This clarity helps mitigate potential disputes later on.

**Seek Professional Guidance.** Family farm succession planning requires legal, financial and tax expertise. Engaging professionals, such as lawyers and financial advisers, can help navigate complexities and ensure the succession plan adheres to legal and tax requirements.

## Step 2: Commitment

Consensus is essential, but commitment is the driving force behind a successful plan. Family members need to be committed to the agreed-upon plan and dedicated to its execution. Here are critical aspects of commitment in succession planning:

**Recognize Individual Goals.** While consensus is crucial, it is equally essential to acknowledge the individual goals and aspirations of each family member involved in the farm. Commitment should stem from a genuine desire to see these goals fulfilled.

**Set Timelines and Milestones.** Establishing a clear schedule of events helps the succession plan progress effectively. Family members should adhere to these timelines, keeping the process on track and avoiding procrastination. It is helpful to identify a succession planning coordinator in the family who is accountable

*Continued to page 3*

---

# Agriculture & Natural Resources

*Continued from page 2*

for keeping everyone engaged and on task.

**Be Flexible and Adaptable.** Commitment doesn't mean rigidity. Family farms are dynamic, and unexpected circumstances can arise. Family members must be willing to adapt and make adjustments to the plan as conditions change.

**Create a Family Code of Conduct.** A code of conduct should outline acceptable behavior, conflict resolution mechanisms and ethical standards within the family farm. This helps maintain commitment by fostering a healthy and respectful environment.

## **Step 3: Consequences**

Succession planning is not just about the present; it's about securing the future of the family farm. As such, family members must consider the consequences of their decisions carefully. The decisions made at this stage will have a profound impact on the future of the farm and the family. Here are some critical considerations:

**Financial Implications.** The financial consequences of a succession plan are significant. It is essential to understand the financial implications of the plan, including taxes, estate planning and the allocation of assets to prevent financial strain on the farm.

**Emotional and Interpersonal. Consequences.** Family dynamics and relationships can be heavily affected in this process. Family members should be prepared for potential conflicts, emotional strain and necessary conflict resolution. It's important to find healthy ways to address the emotional toll these decisions can take.

**Legacy Preservation.** The decisions made in succession planning will determine the legacy of the family farm. It's crucial for the farm's history, values and traditions to be preserved,

even as new generations take over. Balancing innovation with tradition is a delicate but necessary aspect of the plan.

**Evaluate Sustainability.** The successful transition of a family farm is not just about passing down property. It must also ensure the farm's sustainability for future generations. Decision makers should assess the ability of the next generation of leaders to work well together. This includes not only the ability to make decisions as a team but also the ability to plan for the future while preserving cash flow.

Family farm succession planning is a complex and emotionally charged process that requires careful consideration of consensus, commitment and consequences. Achieving consensus among family members, committing to the plan and understanding the potential consequences are vital to secure the future of the family farm.

Successful succession planning doesn't guarantee a smooth or conflict-free transition, but it does provide a structured framework for addressing challenges and disputes as they arise. By implementing strategies such as open and honest communication, clearly defined roles and responsibilities and a shared vision for the future, those involved are able to build a solid foundation for their succession plan. Family members' commitment to the plan ensures its execution, while flexibility and adaptability allow for adjustments.

Lastly, understanding the plan's financial, emotional and legacy consequences is essential. With thoughtful consideration, a family can navigate challenges and create a sustainable and prosperous future for their family farm, preserving its traditions and values. Succession planning is more than a business transition; it's your legacy in the making.



# MELANOMA AWARENESS MONTH

Check and protect your skin during Melanoma Awareness Month in May. The campaign brings to light the importance of skin protection and early detection. Spending longer days outside in the sun farming, gardening, or just enjoying the spring weather, it is a good time to remind everyone to wear sun protection and to get cancer screenings.

It's important to be pro-active. When in the sun, wear sunscreen or other skin protection including hats and long sleeves. Spend time in the shade and take an umbrella with you. The sun's rays can cause damage even on cloudy days. Re-apply sunscreen, too!



## 2024 DEKALB COUNTY

### MASTER GARDENER

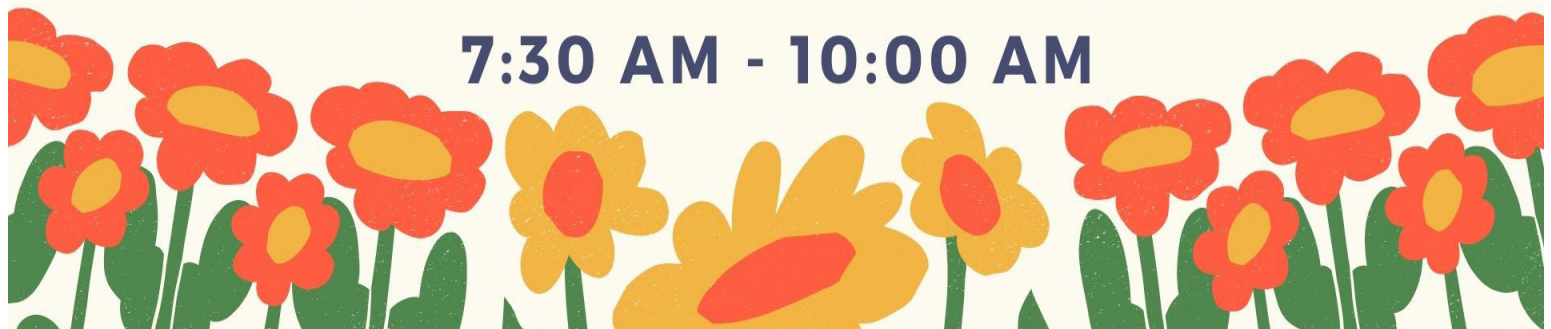
#### Plant Sale

Saturday, May 11, 2024

DeKalb County Fairgrounds Exhibit Hall

708 S Union Street, Auburn, IN

7:30 AM - 10:00 AM





# Agriculture & Natural Resources



## EmpowHERed Together

“I’m not going to limit myself just because people won’t accept the fact that I can do something else.”  
- Dolly Parton

Join Ladies from across Northeast Indiana for fun programs and networking throughout 2024!

**MAY 21 @ 6:30 PM**  
**SPRING MESH RIBBON WREATHS**

DeKalb County Office Building  
215 E 9th Street, Auburn, IN  
Cost: \$50

**JULY 12 @ 9 AM**  
**QUILT GARDEN DESIGNS**

Heritage Trail in Elkhart County  
Location: Das Dutchman  
Essenhaus Restaurant  
240 US-20, Middlebury, IN  
46540

**AUGUST 22 TBD**  
**CUT FLOWER GARDENS & ARRANGEMENTS**

Down Home Blooms  
Edon, OH



**TO REGISTER:**

Elysia Rodgers  
Purdue Extension  
DeKalb County  
(260) 925-2562  
eberry@purdue.edu

or  
Reba Wicker  
Purdue Extension  
Steuben County  
(260) 668-1000 ext 1400  
rwicker@purdue.edu

The Purdue University Cooperative Extension Service is an Affirmative Action, Equal Opportunity institution.

## UPCOMING EVENTS ANR IMPORTANT DATES 2024

|                  |  |
|------------------|--|
| <b>May 7</b>     | Annual DeKalb County Ag Day at Carnahan Farms 3386 County Road 57, Butler, IN; 9 AM—2 PM Public Welcome  |
| <b>May 11</b>    | DeKalb County Master Gardener Plant Sale, DeKalb County Fairgrounds Exhibit Hall, Auburn, IN; 7:30—10 AM |
| <b>May 21</b>    | 6:30 PM - EmpowHERed Together DIY Mesh Ribbon Wreath, County Office Building, Cost: \$50                 |
| <b>August 22</b> | TBD EmpowHERed Together Cut Flower Gardens & Arrangements, Down Homes Blooms, Edon, Ohio                 |

# Indiana 4-H Quality Livestock Care Program



All 4-H youth enrolled in a LIVESTOCK PROJECT (Beef, Dairy Beef, Dairy, Goat, Poultry, Rabbit, Sheep and Swine) must be QLC certified or have a YQCA online completion certificate.

If you choose to complete the YQCA option, you will register for the online course at <https://yqcaprogram.org/> Cost of the online YQCA course is \$12.

*After completing the course, you must email the 4-H Educator with your certificate to receive credit.*

If you prefer to take the QLC in person (Instructor-Led), the cost is \$3 per child and will be located at the Exhibit Hall (Fairgrounds); Registration is open now in 4-H Online!

## Quality Livestock Care training sessions are:

**Saturday, May 4, 9:00 a.m.**

**Saturday, August 10, 9:00 a.m.**

After attending the course or submitting a YQCA online training certificate, you will be marked complete in the DeKalb 4-H Hub (Fall Fair Checklist)

***\*This certification does NOT replace the workshop/worksheet requirement.***

## HANDBOOK INFORMATION

The 2024 DeKalb Co. 4-H Handbook is finished!

Every family will receive a printed copy of the Handbook this year. Make sure to watch your email and the Facebook page in the coming weeks for more information on how to claim your families Handbook. Until then the 2024 4-H Handbook can be accessed online.



## The world of art is changing.

Welcome to the Digital Age of Art! Artists of today are not only using the common mediums of paint or pencil, but also creating their works using computer software. Want to learn how? Register for Art in a Digital Age! Seats are limited to 10, so register today at <https://bit.ly/DigitalArtAge>! Deadline to register is May 1! Please contact Effie Campbell at [campb314@purdue.edu](mailto:campb314@purdue.edu) if you have any questions.



### ART IN A DIGITAL AGE

LEARN TO CREATE YOUR OWN DIGITAL PIECE OF ART!

USE THE LINK OR GO TO [HTTPS://BIT.LY/DIGITALARTAGE](https://bit.ly/digitalartage)

708 S. UNION ST. AUBURN, IN 46706

SESSION 1 - JUNE 17 | 2 PM - 4 PM  
SESSION 2 - JUNE 19 | 2 PM - 4 PM  
SESSION 3 - JUNE 21 | 2 PM - 4 PM

BEST SUITED FOR GRADES 6-12.  
YOUTH MUST ATTEND ALL SESSIONS



## Interested in other 4-H Trips and Experiences?

Here are some other trips you may be interested in (to register, please contact Effie):

### **4-H Academy - Free for DeKalb County 4-H members!**

- June 12-14, Grades 9-12
- Stay in a dorm at Purdue University
- Features a wide variety of different career-based workshops to choose from and focus on during the trip
- **Due by - May 1**

### **4-H Round-Up - Free for DeKalb County 4-H members!**

- June 24-26, Grades 7-9

- Career Exploration Event
- Stay in a dorm at Purdue University
- **Registration due by May 1**

### **State 4-H Band and Chorus - Free for DeKalb County 4-H members!**

- Band (June 22-24), Chorus (June 22-27)
- Grades 9-12
- Perform at different 4-H events during the year
- **Registration due by May 1**

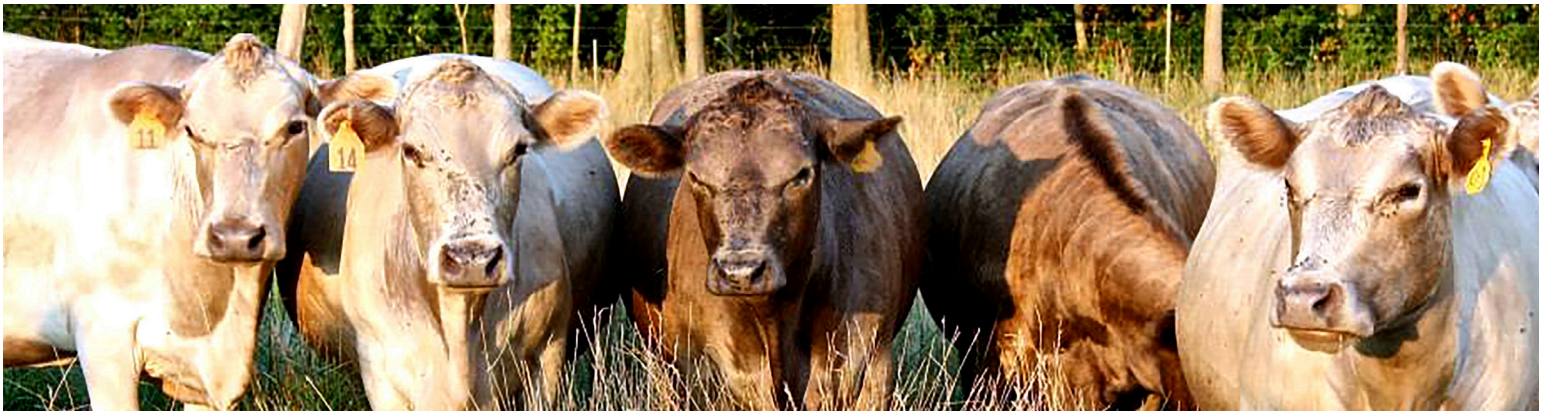


# Last Call for 4-H Enrollment

All 4-H members and adult volunteers must re-enroll annually. Go to the new [v2.4honline.com](http://v2.4honline.com) to re-enroll. The Extension Staff will be happy to assist you with your (re)enrollment process if needed!

**VOLUNTEERS—You also MUST register again to be active in 2024.**

**The Deadline to register and pay is May 15! Don't miss out!**



## LIVESTOCK NEWS

### MAY 15 DEADLINE

ALL Beef Steers, Registered & Unregistered Heifers, Dairy Steers, Horse & Pony, Draft Animals, and **STATE FAIR ELIGIBLE ANIMALS' MUST (excluding Poultry and Rabbit)** be entered into 4HOnline.

### **STATE FAIR DNA DEADLINE**

**DNA hair samples for all Beef, Dairy Cattle, Meat Goats, Sheep, and Swine must be submitted by May 15 to the Extension Office! DNA envelopes are available at the Extension Office.**

## 2024 4-H IMPORTANT DATES

|                       |  |
|-----------------------|--|
| <b>May 1</b>          | 4-H Camp applications and payment are due to the Extension Office!<br>Nevershirk Club Meeting, 6:15 pm - Butler Elementary School (1025 S. Broadway Butler, IN)  |
| <b>May 2</b>          | Franklin Busy Bees (Club meeting), 6:30 pm - DeKalb County Coon Club (7141 CR 4A Hamilton, IN 46742)<br>First Aid STEAM Workshop (basics of First Aid Class), 6:00-8:00 pm - County Office Building 215 E. 9th St. Auburn, IN  |
| <b>May 4</b>          | QLC in-person training, 9:00 am - Exhibit Hall   |
| <b>May 5</b>          | ATV Club Safety Ride (Mandatory, You have to complete the Safety Ride to be qualified for the Club and to Ride at any of the other scheduled events the rest of the year) <ul style="list-style-type: none"> <li>• 11:00 am - 12:30 pm (Horse Arena) - Families with last names starting with A-J</li> <li>• 12:30-2:00 pm (Horse Arena) - Families with last names starting with K-Z</li> </ul> State Sheep & Goat ID Day, 3:00-4:00 pm - Goat Barn<br>Jackson Blue Ribbons Community Service, 3:00-5:00 pm - Exhibit Hall 708 S. Union St. Auburn, IN<br>4-H Cloverleaves Club meeting, Time TBD - 5873 CR 427 Auburn, IN (Horseman's Association) |
| <b>May 6 &amp; 20</b> | Horse & Pony Club Meeting, 6:00 pm - Arena   |
| <b>May 9</b>          | 4-H Power Club Meeting, 7:00 pm 6127 SR 1, St Joe, IN Riverdale Elementary Gymnasium   |
| <b>May 12</b>         | Cut-Ups Club Meeting, 6:00 pm - Exhibit Hall   |
| <b>May 13</b>         | Mini's Club Meeting, 6:00 pm. - Exhibit Hall   |
| <b>May 15</b>         | DeKalb County 4-H Council Meeting, 7:00 pm -Exhibit Hall<br>May 15 Deadline <ul style="list-style-type: none"> <li>• 4-H Online Project Drop/Add Deadline</li> <li>• 4-H Online entry for Beef Steers, Registered and Unregistered Heifers, Dairy Steers, Horse &amp; Pony, Draft Animals, State Fair Animals</li> </ul>   |
| <b>May 16</b>         | Fairfield Farmers Club Meeting, 7:00 pm - 1311 County Rd 12 Corunna, IN  |
| <b>May 18</b>         | ATV Safety Ride, 12 noon - 3:00 pm - Horse Arena   |
| <b>May 19</b>         | Smithfield Busy Bees Club Meeting, 4:00 pm - Exhibit Hall  |



YOU COULD BE

## “TOPS IN 4-H”

and win a \$250 Award

...if you are a High School

Sophomore, Junior or Senior!

Application **deadline is June 10, 2024** in the Extension Office. See page 18 in the 2024 4-H Handbook (online) for rules and guidelines!



# CLOVER HUNT

Find the green & white 4-H clover logo hidden somewhere within this newsletter. To win the 2024 prize (Clover Wallet, 4-H Sticker, Hat, Gold Button, and Thermos cup), email Effie (campb314@purdue.edu) with the correct description of it's location and have the chance to win this month's prize. Winner will be announced on May 13. Contest open to Mini 4-H and regular 4-H members ONLY. Prize will be available for pick-up at the Extension Office once winner has been notified.



Sample only

## DeKalb 4-H Hub

Your go-to resource for everything Dekalb 4-H!



### WHAT IS ON THE HUB?

- FALL FAIR CHECKLIST- SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- SUMMER JUDGING CHECKLIST - SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- 10 YEAR MEMBER TO-DO LIST! (NEW FOR 2024)
- LIST OF IMPORTANT DATES/WORKSHOPS
- MONTHLY NEWSLETTER
- GENERAL RECORD SHEET
- 4-H HANDBOOK
- APPLICATIONS FOR EVENTS/TRIPS
- 4-H FAMILY GUIDE, 4-H PROJECT MAGAZINE
- INSTRUCTIONS FOR 4-H ONLINE AND FAIR ENTRY
- LIST OF IMPORTANT WEBSITES
- ALL LIVESTOCK WORKSHEETS!

# MINI 4-H

## Come on Down to the Farm Monday, May 13 @ 6:00 pm

at the Exhibit Hall (on the Fairgrounds)  
for our kick off night.

Make your way through farm themed  
activities at your own pace

BINGO, crafts, photo booth, and lots  
of other fun activities!

\*Project Manuals will be available at this meeting  
with payment of \$5 dues (per child)

**Future Meetings:** June 3, July 8, Aug. 12

**Mini Day Camp:** June 26 (9-3)

**Judging:** Sept. 14

We look forward to seeing you all!



USE THE LINK OR SCAN THE QR  
CODE WITH YOUR PHONE CAMERA  
[HTTPS://BIT.LY/DEKALB4HHUB](https://bit.ly/DeKalb4HHub)



## → WHERE TO START ←

### 4 THINGS LIKELY AFFECTING YOUR MENTAL HEALTH, AND 4 THINGS YOU CAN DO ABOUT IT

Relationships or the pressures of performing at work or school are things we all know can have an impact on mental health, but sometimes it's less obvious when the world around you is what's causing problems. Whether you realize it or not, one or maybe all of these four things are probably affecting your mental health in some way right now.

#### CURRENT EVENTS

Violent events impact people across the world. Maybe you have family in a conflict zone, are worried about increases in identity-based hate, or have no personal ties to a particular news event but are constantly seeing graphic images online. A 2022 study found that 73% of American adults reported being overwhelmed by the number of crises going on in the world.

#### LONELINESS

Recent survey data show that more than half of U.S. adults (58%) are lonely, with those who are low income, young adults, parents, part of an underrepresented racial group, or living with a mental health condition experiencing even higher rates of loneliness. Loneliness increases the risk of developing anxiety and depression, and has been associated with psychosis and dementia. A low level of social interaction was found to have an impact on lifespan equivalent to smoking nearly a pack of cigarettes a day or alcoholism, and was twice as harmful as being obese.

#### TECHNOLOGY

Having the internet at your fingertips can be a fantastic thing – you can learn, connect with healthcare providers, keep in touch with friends and family – but it isn't without its downfalls. Exposure to constant [bad] news coverage and contentious political campaigns can make anyone's mood sour and cause anxiety about what lies ahead. In fact, almost 60% of young people (ages 18-25) expressed considerable worry about the future of the planet. Social media can cause FOMO (fear of missing out), depression, and reduced self-esteem as a result of comparison. Furthermore, the lines between work and personal time are blurred by working from home and after-hours email notifications on your phone, increasing the likelihood of burnout.

#### SOCIAL DRIVERS

Social drivers (also called social determinants) of health are the conditions in which you live, work, learn, and play. These include economic status, education, your neighborhood, access to resources (nutritious food, health care, green space, transportation, etc.), and social inclusion, and can have a far-reaching impact on not just your physical health, but also your mental health. One social driver that seems to be on everyone's mind is the economy.

Research shows a strong connection between worrying about money and mental distress, and for many people, salaries can't seem to keep up with rising inflation and cost-of-living expenses. A 2023 Gallup poll found that 42% of Americans are worried that they don't have enough money to pay their normal monthly bills.



## WHAT CAN YOU DO IF THE WORLD IS WEIGHING ON YOU?

### FIND YOUR SUPPORT SYSTEM

Having people around you to support your mental and emotional health can make all the difference. Finding those who lift you up, provide a listening ear, and help you through stressful times can make all the difference for your mental health. There are many places to seek support, including friends and family, online support groups, or community spaces. Therapy and counseling can also provide you with an extra layer of support. Seeking out groups where you have similar interests, such as a book club, running group, crafting class, or spiritual community, can offer comfort and connection. Ultimately, you want a support system that suits your needs and provides a safe space for healing.

### SET TECH LIMITS/BOUNDARIES

You can create space for a healthier relationship with technology by setting boundaries. Do some research to figure out what works best for you to limit screen time. Some things to try are blocking social media use between certain hours, putting time limits on apps, checking your phone settings, or downloading a website/app blocker. Decide your reason for logging on before you do, and sign off when you've finished doing what you need to do.

### CHANGE WHAT YOU CAN

With the state of the world, life can feel overwhelming, and as if nothing you do will make a difference. The good news is there are some things you can do. Taking action and advocating for causes important to you can be therapeutic in its own way. Advocacy and action as a form of healing can be powerful. Knowing you are doing what you can to make a difference can give you hope for the future. Try getting involved in causes near you, join advocacy groups, get out and vote, do your part in helping the planet, or stay informed and speak up on topics that need support.

### FIND HEALTHY COPING SKILLS

It can be tempting to ignore your feelings or numb them with substances, but this doesn't help anyone in the long run. Invest some time into figuring out what works best to help you manage your feelings. You may have to try a bunch of things until you find something that works, but it will be worth it. Check out MHA's list of coping skills in our [Building Your Coping Toolbox article](#).

Sometimes trying to manage your mental health by yourself is too much. Seeking professional help shows strength and can provide you with the support you need to manage life's stressors. Talking to a counselor or therapist can help you identify what might be affecting your mental health and how to best cope.

If you're taking steps to help yourself but still feel like you're struggling, take a mental health test at [mhascreening.org](https://mhascreening.org), and check out MHA's book "Where to Start" for tips on how to take action.

In crisis? Help is available! Call or text 988 or chat at [988lifeline.org](https://988lifeline.org). You can also reach Crisis Text Line by texting HELLO to 741741.



## BE SEEN IN GREEN CHALLENGE MAY 1–MAY 31<sup>ST</sup>, 2024



### WEAR GREEN AND SUPPORT MENTAL HEALTH AWARENESS!

Did you know that 1 in 5 Americans will experience a diagnosable mental health condition this year? By joining the “Be Seen in Green” challenge during Mental Health Month this May, you’re not just wearing a color, you’re shining a light of hope and support on mental health for millions.

Aiming to educate Americans about mental health and mental health conditions, Mental Health Month was started in 1949 by Mental Health America. Over the years, we’ve engaged millions in our mission through media, events, resources, and screenings. This tradition continues with a vibrant display of solidarity: wearing green to symbolize our collective commitment to mental well-being.

#### Why wear green?

As the official color for mental health awareness, green represents renewal, hope, and vitality. Wearing green, whether it’s a complete outfit, a simple green awareness bracelet, or lighting up your building, symbolizes unwavering support for mental health. Participating in this challenge sends a powerful message: Mental health is important, and by joining together, we are advocating for and supporting mental health.

#### Our objective

This year, we aim to have 300 individuals to take on this challenge and raise vital dollars for Mental Health America. Mental Health America relies on these funds to advance its mission through education, direct services, research, policy, and advocacy. By participating, you’ll help fuel our vision of a world in which all people and communities have equitable opportunities for mental well-being and are able to flourish and live with purpose and meaning. Every dollar raised helps to ensure that our work never stops and that our resources remain accessible to everyone, everywhere.



## JOIN THE “BE SEEN IN GREEN” CHALLENGE

No matter where you do it, whether virtually or in person, with your friends, classmates, colleagues, or on your own, you will love the “Be Seen in Green” challenge and enjoy earning special MHA prizes. Here’s how to participate:

1. **Sign up:** Register to participate in the “Be Seen in Green” challenge. You can join as an individual or create a team with friends, family, or colleagues.
2. **Pick a date:** While we encourage participation on May 16, 2024 (Mental Health Action Day), feel free to host your event on any day in May that suits you.
3. **Set your goal/plan your fundraising:** Every dollar counts. Whether it’s running a 5K, organizing a bake sale, or wearing green, set a personal or team fundraising goal. Our suggested fundraising goal is \$100 per individual.
4. **Spread the word:** Use our fundraising and Mental Health Month toolkit resources to share your participation and reach out to friends, family, and coworkers via social media, email, and more.
5. **Celebrate your achievement:** Complete the challenge, earn your prize, and join us for a virtual celebration, sharing the impact of your efforts!

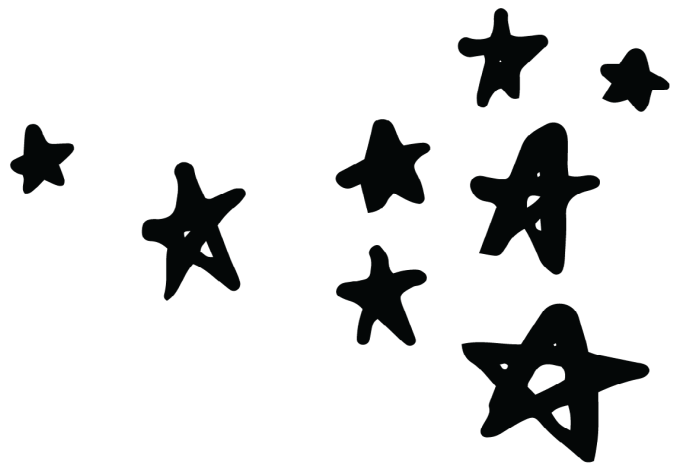
## BOOST YOUR IMPACT AND UNLOCK REWARDS!

Celebrate your participation and achievements with our tiered rewards, along with contest awards for categories such as Best “Be Seen in Green” Workplace/School, Most Creative “Be Seen in Green” Outfit, and more.

Get started today by registering at [mhanational.org/mental-health-month/fundraise](https://mhanational.org/mental-health-month/fundraise) and downloading your fundraising toolkit for more information.

## FIVE FUNDRAISER IDEAS TO GET YOU STARTED

- **Run, walk, or bike in green:** Grab your running shoes and ask for donations to support your efforts. Ask your friends, family, and colleagues to support your efforts by donating to your fundraising page.
- **Green gratitude grams:** Offer to send personalized notes or digital messages of gratitude, encouragement, or humor in exchange for donations.
- **Dress up in green:** Create a green outfit or wear an awareness ribbon all month long! Whether it’s dyeing your hair green for reaching a fundraising milestone or hosting a “Best Dressed” competition, creativity is your ally. Ask your family and friends to donate to your “Be Seen In Green” campaign.
- **Bake/cook it green:** Host a green-themed bake sale and ask for contributions for your mental health awareness creations.
- **Plan to go live in green on Facebook or other platforms:** Do you have a special talent or expertise? Get creative and incorporate green into your stream. You can do things like paint your nails green and teach manicure tips, while encouraging donations to your fundraising page.



## → WHERE TO START ←

### WHAT TO SAY WHEN SOMEONE TELLS YOU THEY'RE FINE, BUT THEY'RE NOT

*Fine. Okay. Alright.* We've all had someone tell us they were one of those things and known that it couldn't be further from the truth. Maybe it was the look on their face, the tone of their voice, or their body language that gave them away – or maybe you've noticed that they have been acting differently lately. Distress can show up in many ways.

Whether someone thinks they are doing a good job of masking their emotions, or they are obviously being sarcastic when they say that they're alright, it's normal to want to help in some way. While what you say will likely be different depending on how well you know the person, here are some ideas for things to say to create an environment that encourages someone to open up about what they're going through.

- "Are you sure? If you want to talk, let me know."
- "It seems like something is bothering you. I'm here to listen if you want to share."
- "I've been 'fine' before – I'm here if you want to talk about it."
- "Do you want to (get coffee/go to lunch/grab a bite/take a walk) later? I feel like we have a lot to catch up on."
- "That wasn't very convincing – I'm here if you want to chat."



## SOMEONE IS OPENING UP TO YOU. NOW WHAT?

### DO...

- Listen. Really listening means actively paying attention to the person who is speaking and resisting the urge to talk about personal experiences unless asked. This is hard for everyone, but practice helps!
- Ask if they've thought about what they might need to feel better. If they haven't, offer to support, listen, and talk it out with them. If they have, support them in following through with their needs.
- Make sure to keep things confidential, unless it is life threatening.
- Normalize. Assure the person you're talking to that having a mental health concern is common, and there are lots of resources to help them feel better.
- Prepare to follow up. It takes courage for someone to speak up about what is bothering them. Exchange contact information (if you don't have it already) and touch base in a few days to see how the person is feeling and if there is anything you can do to help. You may want to research some resources like websites, hotlines, text lines, and community organizations so you can be prepared to offer them if it seems appropriate.

### DON'T...

- Tell them, "You shouldn't think that way." It can be difficult to have conversations about mental health concerns, and they may have worried about it for some time before talking to you.
- Use the word "crazy."
- Tell someone what they SHOULD do; instead, ask what they want you to help them with.
- Assume that they want your advice. Many times, people just want someone else to listen to them and help them feel less alone.
- Make comparisons. Telling someone "it could be worse" minimizes their experience and invalidates their feelings.
- Take on trying to fix all the person's problems. Offer help where appropriate, but don't get into a trap of trying to solve the problem, especially if it seems like a professional should be involved.

Visit [mhanational.org](https://mhanational.org) for additional information and resources about how to support someone who is struggling with their mental health.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat at [988lifeline.org](https://988lifeline.org). You can also reach Crisis Text Line by texting HELLO to 741741.



Good Day Ladies!

I hope Spring is here. Daffodils are a strong flower and can handle anything. It would be nice to be more like a daffodil.

We had great classes and wonderful attendance this past month. If there is something you would like to craft, please let me know.

Achievement Night is May 1st at 5:30 at the Exhibit Hall. I hope you are all signed up and ready for a fun time! I hope you all have your table runner and cultural arts ready for judging.

The next Sew Day is May 14th from 9am until 3pm. Please bring a dish to share.

The next Council Meeting will be May 9th at 6pm at the County Office Building. I would love to see all of the presidents there.

Now, get out there and play in the dirt!

County President  
Martha Close

Happiness is not by chance,  
but by choice.  
Let's all choose to be HAPPY.



## HOMEMAKERS 2024 IMPORTANT DATES

|  |   |
|--|---|
| <b>May 1</b>   | <b>Achievement Night &amp; Cultural Arts Judging</b> - 5:30 p.m. Exhibit Hall |
| <b>May 9</b>   | <b>EH Council</b> - 6 p.m. COB (lower level)                                  |
| <b>May 14</b>  | <b>Sew Day</b> - 9 a.m. - 3 p.m., COB (lower Level) Bring a dish to share     |
| <b>May 23</b>  | <b>Misc Craft</b> - Cost TBD, 6 p.m., COB (lower level)                       |
| <b>May 27</b>  | <b>Memorial Day</b> - Extension Office Closed                                 |
| <b>June 11</b>   | <b>Sew Day</b> - 9 a.m. - 3 p.m., COB (lower Level) Bring a dish to share     |
| <b>June 11</b>   | Home and Family Conference  |
| *COB - Lower Level of County Office Bldg., 215 E. 9th St., Auburn. |   |

*Mother's Day is May 12th*

**STAFF:**

*Elysia Rodgers*  
eberry@purdue.edu

*Angela Sorg*  
asorg18@purdue.edu

*Fe Campbell*  
campb314@purdue.edu

*Brenda Cureton*  
bcureton@purdue.edu

*Heather Waldon*  
waldenh@purdue.edu



**PURDUE**  
UNIVERSITY

Extension - DeKalb County

**PURDUE BROADBAND TEAM**

***NEXT 60 DAYS***

***SPEED TEST BLITZ***

**COMPLETE AT LEAST**

**3**

**SPEED TESTS ON  
DIFFERENT DAYS AT  
DIFFERENT TIMES**

*throughout the day & night  
from your address*

Take screenshots & make sure you're not connecting  
through cellular data!

**VISIT: [HTTPS://CONNECTINGINDIANA.COM/](https://connectingindiana.com/)**

Purdue University Cooperative Extension Service is an Affirmative Action, Equal Access/Equal Opportunity Institution.

Extension - DeKalb County



**DEADLINE**

**4-H Add/Drop**

**MAY 15**

**RETURN SERVICE REQUESTED**

County Office Building  
215 East 9th Street—Ste. 300  
Auburn, IN 46706

Non-Profit Org  
U S Postage Paid  
Auburn in 46706  
Permit No. 80