

**EDGAR COUNTY
HOME & COMMUNITY EDUCATION ASSOCIATION
January/February 2025
University of Illinois Extension, Edgar County 217-465-8585**

Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Host</u>
January 14	1:30 p.m.	Bell Ridge	Kate Morecraft
January 23	7 p.m.	Chrisman Nite Unit leader – Mary Marvin	Chrisman Christian Church Mary Forsythe & Beth Dailey
January 9	1 p.m.	Redmon Night Location: Step Station	Mary Ann Sullivan
January 28	1:30 p.m.	Stratton	Pat Brazelton
February 11	1:30 p.m.	Bell Ridge	Nancy Hansel
February 27	6 p.m. Potluck meal at the home of Gail Pruitt	Chrisman Nite	Gail Pruitt & Trudy Brinkley Unit leader – Mary Forsythe
February 13	1 p.m.	Redmon Night Location: Step Station	Cindy Muchow
February 25	1:30 p.m.	Stratton	Pat Brazelton

**Questions about items in this newsletter? Don't hesitate to contact the Extension Office at 217-465-8585 or Rebecca at schiver@illinois.edu
Extension website: extension.illinois.edu/cce**

Private and Commercial Pesticide Applicator Testing

Friday, February 7 9 a.m. & 1 p.m. Edgar County Extension Office 217-465-8585
(Snow date – February 28)

Friday, February 14 9 a.m. & 1 p.m. Clark County Extension Office 217-826-5422

These events are for testing only. No cellphones allowed. Please bring a calculator. Please note that pre-registration is REQUIRED. Please register online at agr.illinois.gov/pesticides/in-person-testing.html



From Your HCE Co-Presidents

WELCOME 2025

Here's to a **great new HCE year!!**

The Board is planning a **CABIN FEVER DAY** on Tuesday, February 11, 2025! It will be held at the 4-H Building from 10 a.m. – 2 p.m., with a light lunch. Notify your unit president if you will be attending and we ask that the **presidents** please notify us by **February 6th**. I'm sure we will be ready to break out by that time! In April we will be holding our Annual Meeting. More information on that later.

Again, **WELCOME to 2025!**

Co-Presidents:

Pat Brazelton & Kate Morecraft

2024 Friendship Project Fund Edgar County Totals

<u>Unit</u>	<u>Total</u>
Bell Ridge	\$22.10
Chrisman Nite	25.70
Redmon Nite	20.00
Stratton	11.50
Sustaining	20.05
International Night	<u>12.65</u>
	\$112.00



Thank you for the donations in a timely manner. Edgar County will be listed in the state conference booklet.

Save the Date - 101st IAHCE Annual Conference

Tuesday, March 11 – Thursday, March 13, 2025

Keller Convention Center, Effingham, IL

Complete information will be available in the March/April HCE Newsletter

CABIN FEVER DAY

Tuesday, February 11, 2025

10 a.m. – 2 p.m.

Edgar County 4-H Fairgrounds

Crafts, Lunch, Fellowship

Mark your calendar and plan to join us!

Please RSVP to your unit's president who will let the HCE Board know of your intention to attend!

Winter is here.....

Please remember that bad weather can happen overnight, and it could cancel some HCE and Extension events. When in doubt, before leaving your house, please call the Extension Office at 217-465-8585 to see if programs have been cancelled or rescheduled! You can also check the University of Illinois Extension – *Clark, Crawford, Edgar Counties* Facebook page for up-to-date information.

Edgar County H.C.E. Board Members

Co-President – Pat Brazelton, 217-822-6183
Co-President – Kate Morecraft, 217-822-4956
First Vice – Paula Coombes, 217-822-4058
Second Vice – Becky Step, 217-264-6855
Secretary/CVH – Cindy Bruce, 217-948-1021
Treasurer – Carole Halloran, 217-251-2384
International /Public Relations – Trudy Arrasmith
217-822-7262

pbraze33@gmail.com
silly1kate@me.com
prcoombes@wildblue.net
rstep1954@gmail.com
cndlu347@gmail.com
jchalloran.itj@gmail.com
tarrasm57@gmail.com

If you have something to place in the newsletter to share with the membership, please send it to Rebecca at the Extension Office, schiver@illinois.edu, or mail to Illinois Extension, 210 W. Washington St., Paris.

Please include your unit news and meeting dates, times, and hosts. We also want to know about your unit's activities and successes. Pictures are welcome. The due date is the 20th of the month before publication. The newsletter is printed bi-monthly. Thank you for helping Edgar County HCE.

All memberships of \$12 should be sent to Carole Halloran, 13556 N. 800th St., Paris, IL 61944. Thank you for your help in keeping the membership and officers list correct. (For memberships running from January until May 1, only \$6 should be collected.)



MARK YOUR CALENDAR FOR THIS MAJOR LESSON TRAINING:

Food Rescue: Waste Not/Want Not! Thursday, February 6, 2025 1:30 p.m.
Edgar County Extension Office Mary Liz Wright, Nutrition and Wellness Educator
Don't throw it out! Learn to use the whole thing – root to stalk, bone to brother. Feed your family well on what others might throw away! Bring a friend. This is training for the March Major Lesson. If you are unable to make this training, you can attend the same training at the Paris Public Library on **February 19 at 5 p.m.**

Join Mary Liz at the Paris Public Library

Mary Liz Wright, Extension Nutrition and Wellness Educator, will present the program, **Boost Your Immunity**, on Monday, January 13 at 5 p.m. at the Paris Public Library. Healthy behaviors can have a major impact on whether or not you get sick. Learn how to boost your immune system and the science behind why it works.
Don't forget that Mary Liz is available to speak to groups on this topic in January and the Food Rescue: Waste Not/Want Not! Program in February. To schedule a program for your group, contact Mary Liz at maryliz@illinois.edu or 217-826-5422.

ATTENTION UNIT TREASURERS: Unit dues are due to the county treasurer by May 1.

HCE SCHOLARSHIP

Don't forget that Edgar County HCE provides a \$500 scholarship to any student beginning their second year of an associate degree or their third year of a bachelor's degree in a program related to Family and Consumer Sciences. Applications are available at the Illinois Extension Office in Paris or by emailing schiver@illinois.edu. Applications must be postmarked no later than April 1, 2025. If you know of an eligible candidate, please encourage them to apply.

Edgar County HCE Board Meeting – November 4, 2024

ECHCE BOARD MEETING

DIAMONDS ARE FOREVER AND SO IS IAHCE 1924-2025

The ECHCE Board met on November 4, 2024 at Pat Brazelton's home at 1 pm.

Kate Morecraft led the Pledge of Allegiance and the Homemakers Aim.

Anything you need put in the January/February Newsletter must be to Rebecca by December 18.

Roll call was read by Cindy Bruce with Trudy Arrasmith absent.

Cindy read the minutes from the October meeting, and they are on file.

Carole Halloran said we have \$9,020.33 in the regular account and \$3,126.35 in the premier account.

All STATE reports must be in by January 5. Whatever you don't get for December you can turn in next year.

Our craft day making jean pockets was a good day. Clark County brought a cake for dessert. We also had pizza, salad, and veggie tray. A good time for all.

Natural Disaster Preparedness with Mary Liz was a good informative day. Then we had officer training afterwards.

Carole, Paula, Cindy, Pat and Kate all went to the mini-district meeting in the Macon County Office.

We had lunch then we split up into groups for discussions.

Our next meeting will be December 3, 2024. Kate will let us know what time and where we will meet.

Secretary

Cindy Bruce

Edgar County HCE Board Meeting – December 3, 2024

The ECHCE board met December 3, 2024 at Monical's Pizza for lunch. We then went to Pat Brazelton's home for the meeting. The Pledge of Allegiance and the Homemakers Aim were said.

All board members were present, and the minutes were read and are on file. Carole said we have \$9,056.33 in the regular account and \$3,126.37 in the premier account.

The Friendship Project Fund is completed, and the report of Carole and Becky were done and have been sent to state.

Carole made a motion not to change by-laws for the state dues increase. Paula 2nd the motion.

Motion passed.

Cindy made a motion to give \$50.00 to the Community Nurse and Welfare Association. Carole 2nd the motion. Motion passed.

We are not sending the county of the year report to state. We are to start a sheet or book in January telling what we do each month.

On February 11 we will have Cabin Fever Day from 10 am to 2 pm at the 4-H Building.

All state reports must be in to state by JANUARY 5, 2025!!!!

Our next meeting is January 7, 2025 at Pat Brazelton's home at 1 pm.

HAPPY NEW YEAR TO ALL!!!

Cindy Bruce, Secretary

Attention Snowbirds!

If any HCE member is going south for the winter or going out of town for an extended time, please let us know. We would like to have your new address in which to mail your HCE newsletter or we would be glad to hold your newsletters until you return. The post office does not forward the newsletters. Instead, they are returned to us at a cost of \$0.73 each. Thank you for helping us keep costs down.

Financial New Year's resolutions

January 2025 Minor Lesson

Source: Jamie Mahlandt, Extension Financial Educator



With the start of the new year, many people set some goals or resolutions for the year. When it comes to New Year's resolutions, do you think about your financial goals? With the recent increase in the cost of living, it may be time to consider your financial well-being for the year. Setting financial

goals is a starting point for planning your financial future. Think about the last year and decide if your financial choices were in line with your personal values and priorities or if you need to make some changes to work towards your goals. Some goals to consider for the year may be managing any outstanding debts, creating or adjusting your saving goals, or creating a spending plan to follow for the year that fits your values and lifestyle.

Debt management

Do you have some debts carrying over from last year that you need to focus on paying? For those with student loans, the payments have likely resumed and need to be accounted for in your spending plan for the year. If you have multiple outstanding debts, you may want to use a debt-calculating tool to decide what repayment strategy will work best for you. Utah State University Extension provides a free debt organization tool (extension.usu.edu/powerpay) to help you decide the best way to pay down your debt. Are you planning on any large purchases or expenses in the coming year that may require borrowing money? Before committing, compare interest rates and terms available. This may also be a good time to work towards improving your credit score. Some tips from the Consumer Financial Protection Bureau are to pay your loans on time, try to keep credit balances low and avoid maxing out, create a history of good credit over time, only apply for credit you need, and check your credit report for accuracy.

Saving goals

With the increasing prices, many have resorted to using their savings to cover the inflationary costs. Have you been using your savings to cover the increased cost of your expenses last year? Focusing on replenishing your savings or starting a savings account may benefit your overall financial wellness this year. If you have a hard time setting money aside, consider an automatic deduction that goes directly to a savings account. Having emergency savings on hand may prevent the need to utilize

your credit to borrow in the case of an unexpected expense. Some budget categories may need to be changed to show the current costs that may have risen over the last year.

Occasional expenses

Over the last year, did you have any surprises or unexpected expenses throughout the year? If you did, will you be planning for these expenses in the next year? Be sure to include any seasonal or occasional expenses in your spending plan, so you are prepared. Plan ahead for birthdays and holidays where you purchase gifts. Think about setting aside money for expenses that only occur once or twice a year, like property taxes. Try to budget for all expenses throughout the year, so that you are prepared when the bills or expenses are due to be paid.

Take some time to reflect on what you learned about your finances over the last year. If you see positive ways to change how you earn, spend, or save your money, start making a plan for the year. Take a mindful approach to your finances and start setting some goals. Stay focused on improving your financial wellness throughout the year.

How to Make Homemade Seed Cards

February 2025 Minor Lesson

Source: Ken Johnson, Extension Horticulture Educator

There are many different stories as to how we came to celebrate St. Valentine. Some



stories say Valentine was a priest that secretly wed young couples. Others say he helped Christians escape prisons before being imprisoned himself. Before being put to death, he wrote a love letter and signed it “From your Valentine,” which is still used to this day.

Regardless of how St. Valentine came to be, Valentine’s Day is a day for celebrating love. A variety of different gifts are given on Valentine’s Day. Among the most popular are plants and cards. If you (or your kids) are looking to do something a little different this year, combine these two popular gifts into one and make a seed paper card.

What you’ll need

- Shredded paper (most kinds of paper will do, make sure it’s not glossy)
- Food coloring (optional)
- Bowl of water

- Blender or food processor
- Strainer
- Old towels
- Seeds – can be flowers, herbs, or even small vegetables
- Cookie cutters (optional)
- Paint, crayons, markers, etc. to decorate your card (optional)

How to make your seed card

1. Shred your paper into small pieces. This paper can be new or scrap paper. Once shredded, place it in your bowl of water to soak for about an hour.
2. Place your soaked paper in your blender or food processor. Then fill your container halfway up with the water you soaked your paper in. Blend until you get a mushy pulp; if it's not blending well, add more water. If you're using white paper and want to add some color, now's the time to add food coloring.
3. Remove your pulp and place it in a strainer to get rid of *some* of the excess moisture. If you get rid of too much water, it may be difficult to spread your pulp, so don't go overboard.
4. Place towels on a flat surface and place pulp on top of towels. Remove your pulp from the strainer and spread it out over towels. If you're having a hard time getting your paper as thin as you would like, use a rolling pin.
5. Once you have your pulp spread to your desired thickness (the thicker it is, the longer it will take to dry), sprinkle your seeds on top and gently press them into the surface.
6. Leave your paper to dry for at least 24 hours.
7. Once your paper is dry, it's time to decorate! You can use your cards as is, or you can use cookie cutters to trace shapes and then cut them out. Once you have your cards ready to be decorated, flip them over (seed side will now face down) and channel your, or your kids, inner artist and decorate those cards.



Planting your card

Once your cards are decorated, they're ready to be handed out and planted. When it's time to plant the card, it can be planted whole or shredded to cover a larger area. Lay the paper on the soil or potting-mix seed side up and cover it with soil. Water as needed, and soon you'll have sprouts emerging.

Whether it is for a special celebration or 'just because,' seed cards can be made and shared any time of the year. This is also a good use for any flower seeds you may collect from your garden in the fall.



COMING SOON....

An Edgar County HCE Facebook page. Be sure to like the page & comment when you see it.

Winners of the Cultural Arts Show Held During 2024 HCE Week

Quilted machine piece & machine quilted by HCE member

Dona Hoult quilt

Artwork acrylic

Trudy Arrasmith witch – painted

Paper crafts

Trudy Arrasmith notecards

Artwork acrylic

Gertrude Wilson painted bull

Recycled

Gertrude Wilson garden decoration solar light/dishes

Holiday theme

Gertrude Wilson ball with lights

Wearable art

Marge Houghland bee vest

Sewing

Gail Pruitt Hattie Claire doll



What We Offer

- Individual Counseling
- Family & Group Counseling
- Nursing Education & Monitoring
- Other Structured & Therapeutic Exercises



745 E. Court St. | Paris, IL 61944
 Monday through Friday
 8:00 am – 4:30 pm
 (217) 466-4170

MyHorizonHealth.org/seniorcare



Helping Older Adults With Life's Challenges



While seniors have many physical health needs, it would be a mistake to overlook their mental health. We take a holistic approach to care for seniors, taking the time to address a patient's physical, mental, and emotional needs.

Senior Care is a voluntary behavioral health service for patients with traditional Medicare part B (ages 65 and older), as well as Medicare disability patients. The goal is to contribute to healthier emotional lives of seniors in our area. The intensive outpatient program provides support for seniors who are experiencing depression, grief, anxiety, loneliness, caregiver stress, and other emotional/psychiatric conditions.



Patients can refer themselves to the program, or can be referred by a healthcare provider, the Senior Center, churches, friends, family members, etc.

Your first visit to Senior Care will consist of a physical and mental health evaluation, medical history review, and discussion of treatment options going forward.

Our Team

Our team of healthcare professionals and dedicated staff is committed to providing high-quality, comprehensive care.



Ronald Johnson MD
Psychiatrist/Medical Director

Dr. Johnson attended medical school at Southern Illinois University and has been in practice for more than 20 years. He is currently in charge of nine other programs like Senior Care throughout Illinois.

Program Manager

Provides administrative oversight of the program and staff. Manages the patient referral process and marketing efforts. Provides community education and serves as a primary therapist as needed.

Therapists

Provide individual and group counseling, comprehensive psychosocial assessments, and treatment planning. Coordinate patient care with physicians, psychiatrists, family members, and others.

Registered Nurse

Takes patient vital signs and coordinates medical care. Provides medical education and develops treatment plans.

Registered Medical Assistant

Monitors the program's quality and addresses transportation needs. Assists with marketing efforts, outreach, and engagement.

Unit Clerk

Manages daily operations and coordinates patient scheduling and transportation.

Our Vision for Senior Care

To help patients find a level of comfort and peace with the past, and a sense of purpose and hope for the future.

What Outcomes Are Expected?

The Senior Care program seeks to improve seniors' outlook on life. It also helps seniors better care for themselves and follow their primary care provider's directions toward better overall health.





Heart Healthy Foods



Using the alphabet, make alliterations (same letters) for grocery shopping for heart healthy foods. Example: Alex and Andy purchased amazing apples.

WORKOUT 1

- A: _____ and _____ purchased _____ .
- B: _____ and _____ purchased _____ .
- C: _____ and _____ purchased _____ .
- D: _____ and _____ purchased _____ .
- E: _____ and _____ purchased _____ .
- F: _____ and _____ purchased _____ .
- G: _____ and _____ purchased _____ .
- H: _____ and _____ purchased _____ .
- I: _____ and _____ purchased _____ .
- J: _____ and _____ purchased _____ .
- K: _____ and _____ purchased _____ .
- L: _____ and _____ purchased _____ .
- M: _____ and _____ purchased _____ .
- N: _____ and _____ purchased _____ .
- O: _____ and _____ purchased _____ .
- P: _____ and _____ purchased _____ .
- Q: _____ and _____ purchased _____ .
- R: _____ and _____ purchased _____ .
- S: _____ and _____ purchased _____ .
- T: _____ and _____ purchased _____ .
- U: _____ and _____ purchased _____ .
- V: _____ and _____ purchased _____ .
- W: _____ and _____ purchased _____ .
- X: _____ and _____ purchased _____ .
- Y: _____ and _____ purchased _____ .
- Z: _____ and _____ purchased _____ .



Safety Principles for Volunteer Organizers of Food Events

Selling and serving food remains a popular fundraising activity for community groups. Any time your group sells food, certain procedures need to be followed to ensure that the food is wholesome, safe, and at low risk for causing food-borne illness. Serve it Safely addresses these issues in a fun and interactive workshop!

January 7, 2025 | 5:30-7:30 p.m.
Clark County Extension Office | Marshall, IL

\$5 per organization

Register at go.illinois.edu/serveitsafely
or call 217-826-5422.



COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES | University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, please contact the event coordinator at maryliz@illinois.edu. Early requests are strongly encouraged to allow sufficient time to meet your needs.

Diabetes 101

Cooking Smart for Better Health

January 14
5:30 p.m.

Clark County Extension Office

\$5 per person

Register at

go.illinois.edu/diabetes101

Illinois Extension, Edgar County (HCE)
210 W. Washington St.
Paris, IL 61944

U.S. Paris, IL 61944
Permit 308
Non-Profit Organization

RETURN SERVICE REQUESTED
January/February, 2025 HCE Newsletter



University of Illinois Extension would like to wish you a happy & healthy 2025!
Our office will be closed December 24, 2024 through January 1, 2025 for the holidays.
We will also be closed in observance of Martin Luther King, Jr. Day on
January 20, 2025.