

**Crawford County
Home & Community Education**
216 S. Cross Street
Robinson, IL 62454
618/546-1549

If you would like to submit anything for this newsletter,
please e-mail: hdennis@illinois.edu

HCE Newsletter

February 2020

- 2 Groundhog Day!**
- 4 HCE Board Meeting** 9 a.m. in the Extension office
- 7 Deadline** to drop off snacks, cookies, & candy for the care packages for Crawford County 1st responders.
- 10 1st Responders Project** assembling day, starts at 10 a.m.
- 14 Valentines Day**
- 17 Presidents' Day**
- 24 Mailbox Unit** will be assembling the March newsletter at 10 a.m. in the Extension Office. * Please call 546-1549, if that day or time doesn't work for you!

We strive to be an organization that honors and values our community and it's residents.

Check us out:

<https://extension.illinois.edu/cce/crawford-county-hce>



If you need a reasonable accommodation to attend any of the events listed in this newsletter, please call 618/546-1549.

Early requests are strongly encouraged to allow sufficient time for meeting your access needs.



Monthly HCE Board meeting will be Tuesday,
February 4 at 9 a.m. in the U of I Extension office.
Everyone is invited to attend!

Members Opinions

New Design for HCE Banner

Norma Loveless is spearheading a committee to come up with a new design for our HCE banner.

Some ideas:

- ⇒ Use outline shape of Crawford County
- ⇒ Showcase land marks and what Crawford County has to offer: Oil fields, Hershey, Marathon, Corn fields, Ethanol Plant, etc.
- ⇒ Our HCE logo

If you have any ideas or suggestions for our new banner, please call the Extension office (618/546-1549) and let us know!



Here's the OLD one. It still has our old name HEA on it.

First Responder Appreciation

For our February Community Outreach project, we will put together and distribute food gifts for the volunteer fire departments, County and village police and the EMTs.

These gift baskets will be delivered to Oblong, Robinson, and Palestine facilities.

We will meet in the Extension office on Monday, **February 10** at 10 a.m. to assemble the baskets. Your donations of homemade candies, cookies, popcorn, apples, little cakes, etc. should all be in baggies. Or you can purchase individual bags of candy, chips, pretzels, snack cakes, etc.

Please drop off your donations to the Extension office before February 10.

We look forward to this expression of our thanks to these volunteers and professionals who serve our communities. A card will be attached to each to let them know this gift is from Crawford County HCE.

Please consider donating items for this very worthy community project.



HCE Board Meeting — January 7, 2019

The meeting was called to order by President Bonnie Finn at 9:14 a.m. Thought for the day was "Never look down on anybody when you are helping them". Roll call "Did You Make a New Year's Resolution" was answered by Helen Brackett, Norma Loveless, Susan Allison, Hope Dennis, LaDonna Harris, Sandy Bryans, Bonnie Finn and Eva Enlow.

Norma Loveless read minutes from November 5th meeting. LaDonna Harris made the motion to approve the minutes, Sandy Bryans seconded the motion. All in favor, said I, none opposed. Motion carried.

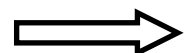
Sandy Bryans read Treasures Report with an ending balance of \$490.11. Susan Allison made the motion to accept and LaDonna Harris 2nd second the motion. All in favor, said I, none opposed. Motion carried.

No Bills turned in at this meeting. Bonnie Finn read "Thank You" cards from Heritage Home in Hutsonville, and from Hope Dennis. No officers or committee reports were given.

OLD BUSINESS

Morning Glories are in charge of plans for 1st Responders Appreciation community project. Asking for donations of: individual wrapped items, popcorn packages, crackers, jerky, candies, cookies, apples, etc. Ask that donations be dropped off at HCE by February 7. Homemade or store-bought items. Also, volunteers are needed to help assemble the gift baskets/buckets. Meet at the Extension office on Monday,

4 February 10 at 10 a.m.



NEW BUSINESS

Hope Dennis made motion for a Community Service project of sending birthday cards along with 4 quarters taped inside each card for Heritage residents. Norma Loveless 2nd the motion. All in favor, said I, none opposed. Motion carried.

RADA Kitchen knives and utensils are continuing to be sold out of the Extension office.

Registration for Annual Conference must be postmarked by January 31.

Try Hard Unit lost a valuable member to mailbox. The unit decided to hold their meetings immediately following the monthly board meetings the first Tuesday at 10:30 a.m. in the Extension Office to strive to get more members. Hopefully, members can come to the Board meeting and stay for the Try Hard Unit meeting.

LaDonna reported the HCE banner needs updated. Norma Loveless volunteered but made no promises.

LaDonna Harris made a motion to adjourn the meeting and Sandy Bryans second the motion.

Meeting was adjourned at 10:34 a.m.

Attention Mailbox Unit

Members will be assembling the March newsletter in the Extension office on **February 24**, at 10 a.m.



**** Important Member Information ****

Your \$10 annual dues are now due for 2020.

We believe members who receive these monthly newsletters will find them informative & interesting. \$10 is a small amount to pay.

Crawford County HCE strives to keep this organization and its monthly newsletter as an asset to EVERYONE!

PLEASE take a moment & look at your address label on THIS newsletter to see if it's in YELLOW... if it is... your \$10 dues are dues!

Please send a check, payable to HCE to this address:

216 S. Cross Street
Robinson, IL 62454

Thank You ladies!

We use the annual dues money to do community projects, fun activities and educational programs!

Groundhog Day

We DO NOT want the groundhog to see its shadow so spring will arrive EARLY!



Do You have Extra Birthday Cards?

HCE is starting a NEW community service project for 2020 to brighten the days of the Heritage Home residents.

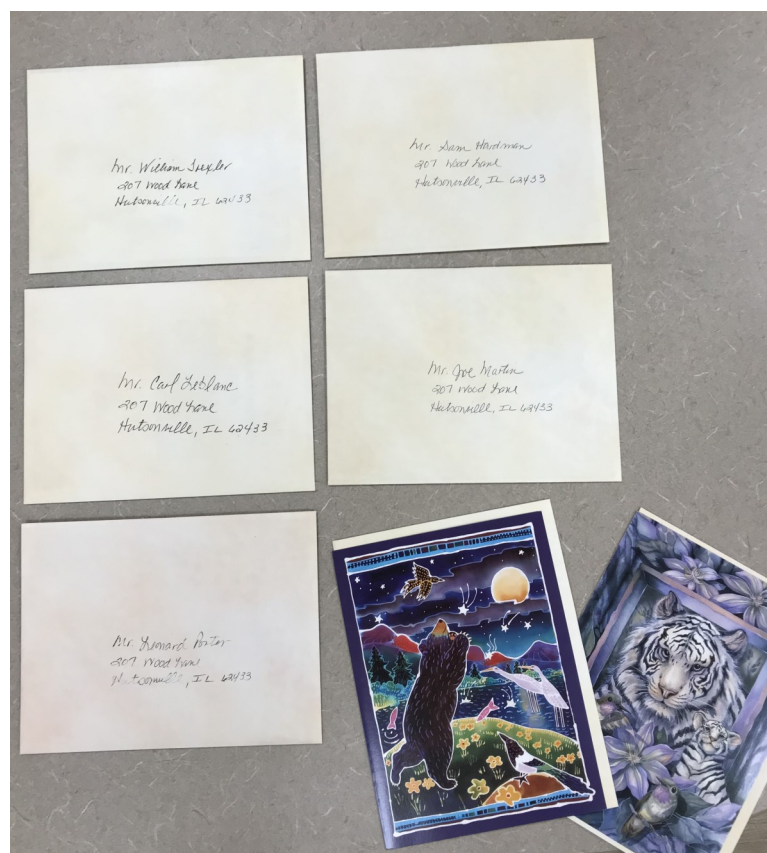
The staff at the home told us the residents do not get mail and they LOVE getting mail! With that in mind, the HCE Board voted to take birthday cards monthly to the residents.

We have the birth dates for all the residents, so every month, we will deliver birthday cards to those residents with birthdays along with 4 quarters taped inside the card for them to be able to get something from the vending machine!

If you have any extra birthday cards, please consider donating and dropping them off at the Extension office.

Here are the
five January
birthday cards!

Just think of
the smiles these
cards will get!!



Restless to Restful

Getting a good night's sleep can sometimes be quite a challenge. Between hectic schedules, phones that are constantly buzzing, and not to mention the added stress of the holiday season, the days of a peaceful eight hours of sleep can seem like a distant memory.

Sleep is not only important for mental clarity and energy, but it can also affect calorie consumption. A research study showed that not getting at least 7 hours of sleep a night led to an increased consumption of 385 calories more the day after.

5 Ways to Get a Better Night's Sleep:

Put all screens away. This includes phones, TVs and computers. The light emitting from these types of screens disrupts our body's natural production of melatonin which can make it harder to fall asleep.

Read a book. Engaging in a relaxing activity before bed can induce drowsiness. Even listening to an audiobook or a bedtime story podcast can help.

Stick to a regular sleeping schedule. Falling asleep and waking at the same time each day allows your body's natural wake/sleep cycles to be more in sync.

Drink a cup of tea. Enjoy a calming chamomile blend to relax before it's time for bed. Most herbal teas will work, just make sure the tea is caffeine-free.

Experiment with different aromas. Using essential oils such as a drop of lavender oil on your pillow can promote relaxation and sleep. Some have even had success taking a whiff of cinnamon, vanilla, or nutmeg before bed.

Try Hard Unit Meetings

If you get this newsletter as a Mailbox member and want to check out a Unit...the "Try Hard" Unit might just be what you are looking for!

It is an older group who meets on the 1st Tuesday of each month in the Extension office at 10:30 a.m. Come for the meeting, fellowship and comradery.

This group is low on members: Helen Brackett, Hope Dennis, Eva Enlow, Rhea Hayden, and Coreta Sparks.

Come out and join these ladies in February.

Meeting is: **Tuesday, February 4** at 10:30 a.m.

This meeting will be a meet & greet!
Everyone is welcome!!!

Happy Valentine's Day!



Volunteer Hours — 1485

Thank you so much for donating your time, energy and service to HCE and Crawford County!

GREAT JOB!!!



**American
Red Cross**

During the weeks of Christmas and New Year's, about 500 fewer blood drives were hosted by volunteer sponsor groups than required to meet patient needs. That's why the Red Cross is encouraging eligible donors to give now and help those sidelined by illness and trauma."

Crawford County Blood Drives

Flat Rock:

Monday, February 17: Flat Rock Community Center,
310 W. Second St., from 9 am to 1 pm

Oblong:

Tuesday, February 11: Oblong Municipal Building,
202 S. Range St., from 1 - 6 pm

Robinson:

Wednesday, February 19: Robinson Community Center,
300 Lincoln St., from 1 - 6 pm

Friday, February 28: Crawford Memorial Hospital,
1000 N. Allen St., from 1 - 6 pm

For more information, please visit **redcross.org**

Robinson Senior Center Events

Strong for Life exercise classes on Mondays,
Wednesdays & Fridays at 9:30 a.m.

Crafter's Club meets on Tuesdays at 9 a.m.

Playing cards on Fridays from noon to 3 p.m.

BINGO on the 4th Tuesday from 10:15-11:15

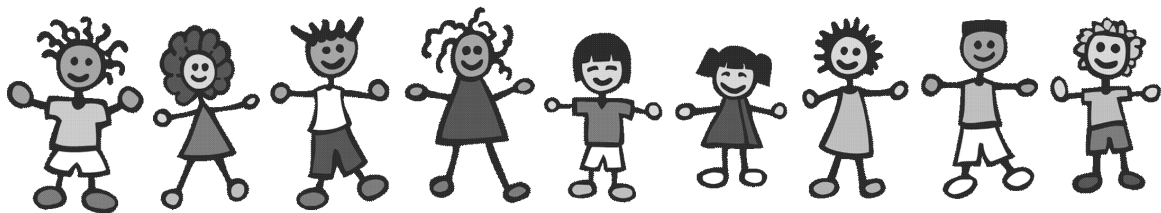
Morning Glories Make a Donation

Oblong's HCE Unit - the Morning Glories hold a fundraiser every fall where they prepare a meal for the participants of the Metal Meet held in Oblong every year.

With the money they raise, they are able to help several organizations and individuals.

Shown here are Norma Thonpson and Bonnie Finn delivering needed school supplies to the Oblong Elementary School.

The school made a request for notebooks, pencils, pens, paper, etc to have on hand for students to use.



Crawford County 4-H & Extension Foundation

Here is a way to help support YOUR local 4-H office without paying any extra money! The Crawford County 4 H and Extension Foundation has set up an account with AmazonSmile where a "portion" of your all your Amazon online purchases are donated back to the 4-H office. Instead of using the regular Amazon site, you simply use: smile.amazon.com.

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from over one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.



Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile smile.amazon.com, you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation to Crawford County 4 H and Extension Foundation.

Mailbox Members

A special thank you to the Mailbox Members who helped assemble the December/January newsletter.



Leo & Phyllis Adams along with Joyce Krause & Peggy Morecraft

The Sugar Trap

If there is one item to give up this new year it should be sweetened drinks. Words like hidden, sneaky, or empty calories are often associated with sugar-sweetened beverages because they are just that; they contain large amounts of calories from sugar with little to no nutritional value and they don't fill you up.

The Centers for Disease Control (CDC) states that frequently drinking sugar-sweetened beverages can lead to weight gain, but also increases the risk for certain diseases such as heart disease, kidney disease, and type 2 diabetes.

Sugar-sweetened beverages include soda, sweet tea, sports drinks, juice (that is not 100% juice), specialty coffee drinks, and any other beverage that has added sugar.

The good news is there are ways to limit and replace sugary drinks in your daily eating pattern.

Here are some tips to help get you started:

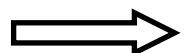
◆ **Substitute your favorite soda with a sparkling water.**

The carbonation is still there, but the sugar is not.

Always read the label to make sure it does not contain any added sugar.

◆ **Always drink water at meal time.** This will help you fill up on nutrient-dense calories from the food you are enjoying instead of the empty calories from sugary beverages.

◆ **Reduce your normal intake of sugary beverages.** If you drink one soda per day, aim to have only one or two per week instead. If your favorite drink is sweet tea, transition
14 to half and half first and then to unsweet tea.



- ◆ **Make it a group event.** Try giving up sugary beverages with a friend for one day and then one week. Talk about the reasons why you are giving up the sugary drinks and discover healthy alternatives together. Have a taste test with infused fruit/herb water and vote on a combination that everyone likes best.



Looking Ahead — March Lesson Mark Your calendars!

MaryLiz Wright, Extension Educator will give a lesson on Tuesday, **March 3** at 10 a.m. on "Dining Out Without Filling Out".

Description: What's your "usual?" You may be getting more fat, sodium, and calories than you bargained for. We'll show you how to spot sources of extra calories and find healthier menu items. Learn how to modify your favorites and fit restaurant dining into your healthy eating plan.

This program is free and open to the public.

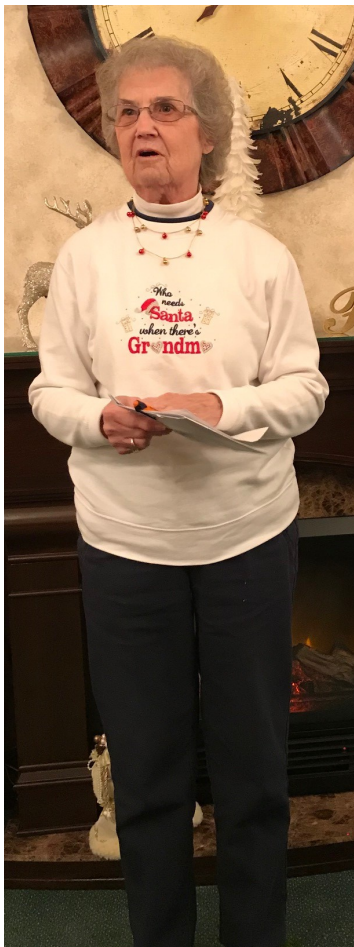
Everyone welcome!!!

Annual HCE Christmas Luncheon

It was a perfect winter day for the Christmas Luncheon at Lincoln Trail College. Judy Young, LTC's cook, made a delicious lunch and scrumptious dessert. It was bittersweet since this was Judy's last time cooking for us — she is retiring early 2020.

Attending the luncheon:

Debbie Borries, Marcia Elder, Cheryl Mefford, Susan Allison, Martha Holt, Jo Carter, Donna Newbold, Norma Thompson, Billie Bailey, Myrna McNair, Phyllis Adams, Marilyn Michl, Sandy Bryans, Rhea Hayden, Bonnie Finn, LaDonna Harris, Barb Miller, Marge Shipman, Coreta Sparks, Eva Enlow and Hope Dennis.



President, Bonnie Finn welcomed Everyone and Helen Brackett gave the blessing. All the tables were beautifully decorated.

Hutsonville Heritage Home

HCE members, from all across Crawford County, donated a large amount of items for the residents in Hutsonville. Two car loads!



Marcia Elder, Bonnie Finn, Helen Brackett & Hope Dennis



LaDonna Harris, Jo Carter & Marilyn Michl

**A HUGE thank
you to all our
members for
your kindness
and
generosity!**



This Year's Challenge: Random Act of Kindness

November & December was all about giving and generosity. Here in February, let's do something nice for someone without expecting anything in return. Go beyond holding a door open for someone to pass through, or letting a car merge in front of you on the highway. Brighten someone else's day by performing a random act of kindness.



Some ideas to get you started:

- ✓ Bring a *healthy* treat to work to share with your coworkers, such as fresh fruit or flowers for the office.
- ✓ Pay for the person behind you in line at a coffee shop, movie theater, gas station, etc.
- ✓ Leave a sticky note with a nice message on someone's desk or car.
- ✓ Volunteer for an afternoon at a soup kitchen.
- ✓ Write a letter to a friend and send it by snail mail.
- ✓ Give your mail carrier or garbage/recycling collector a nice thank you note.
- ✓ Put money in a stranger's expired parking meter.
- ✓ Cook a surprise dinner for your family or friends.
- ✓ Throw out any trash you see on the ground instead of stepping over it.
- ✓ Give at least three people a complement.
- ✓ Shovel the snow out of your neighbor's driveway and sidewalk.
- ✓ Deliver "get well soon" cards to a nearby children's hospital.
- ✓ Store an extra umbrella in your car and give it to someone walking in the rain.

Impact of Substance Abuse — February Lesson

What comes to mind when you think about substance abuse? You might have a personal story to tell or just have seen a television show with someone who is abusing a substance. Substance abuse affects more than 24.6 million Americans, or 9.4% of total adult population. As a result, family members are highly impacted through the actions and behaviors of the family member using. Substance abuse and addiction know no class boundaries. You can be rich, poor, run your own company or be on welfare and still become a substance abuser.

Substance Abuse: Is the misuse of alcohol, tobacco, illegal drugs, prescription drugs, and other substances (paint thinners or aerosol gasses) that change how the mind and body work. It is possible to abuse substances without becoming physically, emotionally, or psychologically dependent on them, but continued use does tend to make people dependent. Dependency on some substances happens very quickly and is difficult to reverse.

Substance Use Disorder: Substance use disorders (SUDs) are seen as the recurrent use of alcohol or drugs that result in problems such as being unable to control use of the substance, failing to meet work, home or school obligations, having poor health, and spending an increased amount of time acquiring, using or recovering from the effects of the substance.

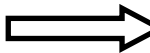
The top 5 most commonly abused substances in the US in order are: Alcohol, Marijuana, Cocaine, Heroin, and Fentanyl.

Signs and Symptoms for Alcohol:

- ◆ Experiencing temporary blackouts or short-term memory loss
- ◆ Exhibiting signs of irritability and extreme mood swings
- ◆ Making excuses for drinking such as to relax, deal with stress or feel normal
- ◆ Choosing drinking over other responsibilities and obligations
- ◆ Becoming isolated and distant from friends and family members
- ◆ Drinking alone or in secrecy
- ◆ Feeling hungover when not drinking
- ◆ Changing appearance and group of acquaintances you hang out with
- ◆ Infections caused by a weakened immune system
- ◆ Increased risk of mouth, esophagus, liver, throat, and breast cancer
- ◆ Addiction

Overmedication:

- ◆ Sleepiness or drowsiness
- ◆ Difficulty being awakened from sleep
- ◆ Slow heartbeat or low blood pressure
- ◆ Shallow breathing □ Extremely small "pinpoint" pupils
- ◆ Mental confusion, slurred speech, or intoxicated behavior

Signs of Marijuana Abuse: Bloodshot eyes, Increased appetite, Lack of motivation, Weight gain, Nervous or paranoid behavior, Impaired coordination, Slowed reaction time, Memory Loss, Slowed or poor coordination, Feeling
22 "high" or euphoria, Anxiety, Lack of motivation, 
Dry Mouth

Opioids — include prescription medications used to treat pain such as morphine, codeine, methadone, oxycodone, hydrocodone, fentanyl, hydromorphone, buprenorphine, as well as illegal drugs such as heroin and illicit potent opioids such as fentanyl analogs (e.g., carfentanyl).

Do you know the signs of opioid abuse?

- Unsuccessful efforts to control substance use: An individual may want to quit but, doesn't
- Takes a substance longer and not as prescribed
- Investing time in obtaining a substance
- Craving or increased urge to use the substance: Even if there is a negative consequence still dismisses any concerns
- Repeated failure to fulfill obligations at home, work, or school
- Withdrawal from social or recreational activities
- Potential substance use in hazardous situations
- Increase in tolerance levels
- Withdrawal symptoms are evident: Diarrhea, sweating, and moodiness, when o drugs wear off
- Weight loss
- Frequent flu-like symptoms
- Decreased libido
- Lack of hygiene
- Changes in exercise habits
- Isolation from family or friends
- Stealing from family, friends or businesses
- New financial difficulties

**We have the complete lesson in the Extension office,
if you would like a copy!**