

**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

March 2020

- 3 HCE Board Meeting 9 a.m.** in the Extension office
MaryLiz Wright's program was cancelled due to conflict
- 8 Daylight Savings Time** begins at 2 a.m.
- 17 St. Patrick's Day**
- 20 Earth Day**
- 25 Try Hard Unit** will be assembling the April newsletter at 10 a.m. in the Extension Office.
** Please call 546-1549, if that time doesn't work for you!

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

No MATTER
how long the winter,
SPRING
is sure to FOLLOW.



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,
March 3 at 9 a.m. in the U of I Extension office.
Everyone is invited to attend!

Members Opinions

Rose Penrod “HCE Member of the Month”

A HUGE shout out to Rose Penrod, who turned 100 years old a couple of months ago. When she sent in her annual dues, she also sent a lovely card along with extra money! Saying use this donation to help with all the great things HCE is Doing in Crawford County!

THANKS ROSE!!!!



**** 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 due!

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 various community projects, fun activities and educational programs!



HCE Board Meeting — February 4, 2020

The meeting was called to order by President, Bonnie Finn at 9:06 a.m. Thought for the day was the "Collect for Club Women" poem, recited by everyone in attendance.

Roll call was answered by: Helen Brackett, Norma Loveless, Susan Allison, Hope Dennis, LaDonna Harris, Sandy Bryans, Bonnie Finn and Margaret Inboden.

Norma Loveless read minutes from January 7 meeting. Sandy Bryans made the motion to approve the minutes, LaDonna Harris seconded the motion. Motion carried.

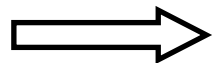
Sandy Bryans read Treasures Report with an ending balance for January as \$964.27. Money Market Account, \$3433.38. Hope Dennis made a motion to accept and Susan Allison second the motion. Motion carried. There were no bills.

Discussed honoring a "Member of the Month" to recognize special members who go beyond the call of duty. Example: Rose Penrod (100 yrs old) sent in her dues money in a Christmas card along with a cash donation! **Way to go, Rose!** The board voted to send a signed thank you card. Sandy Bryans made the motion, LaDonna Harris 2nd the motion. Motion carried. A card was passed around to sign for Rose Penrod, our 1st honoree!

OLD NEWS

Morning Glories are planning the 1st Responders Appreciation Day. They are asking for donations of individually wrapped items - popcorn, crackers, jerky, chips, candies, cookies, apples, etc. Need donations by 2/7 OR early on the 10th. Also, asking for volunteers to help assemble the gift baskets at the Extension office on February 10 at 10 a.m.

Norma Loveless, LaDonna Harris and Margaret Inboden are the committee working on a new banner to represent Crawford County HCE.



continued —

NEW BUSINESS

LaDonna Harris made a motion to donate \$400 to U of I Extension for all they do to help HCE (facility, paper, postage, etc.). It costs around \$40 to mail our newsletter monthly. Sandy Bryans 2nd motion. Motion carried.

We need money to continue with our various community projects, so instead of doing various fundraisers (bake sales, chicken noodle dinners, etc.) - we want to ask members to consider donating money (any amount would be appreciated, even \$10 each would greatly help!)) either at HCE Office or at your monthly local meetings.

LaDonna Harris reported the Sunbeams are organizing a Bingo event for Friday, April 24 at 1 p.m. Members are encouraged to bring a guest and everyone bring white elephant gifts.

Sandy Bryans made motion to adjourn the meeting and Norma Loveless second the motion. Meeting ended at 10:34 a.m. Next meeting is March 3, 2020. All members are welcome to attend these meetings.

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

**All members are invited to attend
the monthly board meetings!**

Attention Try Hard Unit

Members will be assembling the April newsletter in the Extension office on **March 25**, at 10 a.m.



Nutrition Program at LTC

MaryLiz Wright, U of I nutrition & wellness educator will give a free program at Lincoln Trail College on **Wednesday, March 11** in the LTC Library.

Please registering by calling LTC directly at 618/544-8657. You will learn about the research behind super foods and what makes them "super", along with information on vegetarian diets.

March Lesson — Cancelled

MaryLiz Wright, U of I nutrition & wellness educator needs to reschedule our March 3 lesson. Stay tuned for the new date & time.

Unit Meetings in March

Morning Glories: Monday, March 9 at 6:30 p.m.

Oblong Municipal Building (2nd Monday)

Try Hards: Tuesday, March 3 at 10:30 a.m.

U of I Extension office (1st Tuesday)

S.E. LaMotte: Wednesday, March 11 at 1:30 p.m.

Harper House, Palestine (2nd Wednesday)

Sunbeams: Thursday, March 19 at 1:30 p.m.

1st Christian Church, across from Oblong Post Office (3rd Thursday)



Crawford County HCE Banner

The new HCE banner is coming along nicely thanks to Norma Loveless and Margaret Inboden!

Norma designed the county outline along with the area focal points.

Margaret quilted the colorful border.

THANKS LADIES!!!!



1st Responders Appreciation Project

February 10, 2020

Wow! We had so many treats & goodies donated from our members for our community service project. All 13 appreciation baskets were stuffed full.

Baskets were delivered to first responders in Oblong, Robinson, Palestine, Hutsonville, Prairie Licking, and Flat Rock these included fire, rescue, and law enforcement.



Helping assemble baskets were:

Coretta Sparks, Margaret Inboden, Martha Holt, Marilyn Sheridan, Norma Thompson, LaDonna Harris, Susan Allison, Helen Brackett & Carolyn Coleman

8 Wonderful blessings to our local heroes!!!!



Thanks to all
the ladies who
brought in
goodies!
We captured
Evea when she
was dropping
off!

Pictured at
right is
firefighter
David Runyon,
at the
Robinson Fire
Department

**Community
service is so
Important in our
local area!**





**American
Red Cross**

Crawford County Blood Drives

Did you know nearly one-quarter of the blood supply is utilized by patients fighting cancer? That's more blood than for patients fighting any other disease, but there aren't enough people donating blood regularly to meet the need.

To raise awareness of this issue and to encourage the public to help, the American Red Cross and the American Cancer Society are working together to encourage people to *Give Blood to Give Time*.

Hutsonville:

Friday, March 13: Hutsonville High School,
500 W. Clover St., from 2 to 6 pm

Palestine:

Wednesday, April 1: Palestine High School,
102 N. Main St., from 12:30 to 5:30 pm

Robinson:

Tuesday, March 17: Lincoln Trail College,
300 Lincoln St., from 10 am to 2 pm

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

Your HELP is needed!

Bottle Caps to Benches

U of I Extension, 4-Hers and HCE members are all encouraged to collect plastic caps and lids to be made into a bench for a community project.

Types of caps needed for the Bench Project:

Caps: (sorted, washed & dry)

Medicine Bottle Caps (minus cardboard inserts)

Drink Bottle Caps

Milk Jug Caps

Flip-top caps (ie: Ketchup, Mustard, Creamer tops)

Detergent Caps Spout caps

Hair Spray Caps

Spray Paint Caps

Toothpaste Tube Caps

Ointment Tube Caps

Deodorant Caps



Lids: (sorted, washed & clean)

Cottage Cheese Container Lids

Cool Whip Container Lids

Mayonnaise Jar Lids

Coffee Can Lids

Yogurt Lids

Cream Cheese Container Lids

Peanut Butter Container Lids

Butter Container Lids

Ice Cream Bucket Lids



Quick Breakfast: Healthy Muffin Pan Quiche

There are numerous variations for muffin pan quiches. It originated from the Mini Mushroom and Sausage Quiche recipe but it has expanded to include different vegetable combinations and more often than not — it is chosen for a vegetarian option (try to avoid processed meats as much as possible).

It even got to the point of no longer following a recipe, just throwing together a combo of egg whites and whole eggs, a little milk, and then any and all vegetables you have on hand until the muffin cups were full.

These mini muffin pan quiches could not be easier. Make a large batch on Sunday and use for the week. They are also easy to freeze and save for later - just wrap each up in saran wrap, place in a freezer bag, and call it a day.

When you're ready to enjoy, just unwrap and microwave until warmed through. This is the go-to breakfast when company comes to town or when someone has a baby (or illness, or death in the family) and they need a healthy and easy breakfast.

Play around with the recipe and make it your own!

Muffin Pan Vegetable Quiche

5 eggs
3 egg whites
8 ounces mushrooms, sliced
1 cup fresh spinach
1 cup 1% or skim milk
1/4 cup shredded cheese
1/4 cup sliced scallions (optional)



Position a rack in the center of the oven; preheat to 325°F degrees. Coat a nonstick muffin tin generously with cooking spray or line with foil baking cups.

Whisk eggs, egg whites, and milk in a medium bowl.

Divide egg mixture evenly among the prepared muffin cups. Sprinkle the vegetables and cheese into each cup.

Bake until the tops are just beginning to brown, 25 minutes. Let cool for 5 minutes. Flip the quiches out of pan and let cool completely.

Tip: Can use any preferred vegetable combination. Try red peppers, broccoli, or tomatoes.

Nutrition Information:

Serves: 12

Serving Size: 2 quiches

Using skim milk: Calories: 121; Total Fat: 5g; Saturated Fat: 2g; Cholesterol: 160 mg; Sodium: 189 mg; Potassium: 162 mg; Total Carbohydrate: 4g; Dietary Fiber: 1 g; Sugar: 3g; Protein: 14g.

Try Hard Meeting

The Try Hard Unit met for the first time on their new date. Refreshments of cookies and cheese and crackers were served. It was a small group but they are hoping to get more members to the March 3 unit meeting.

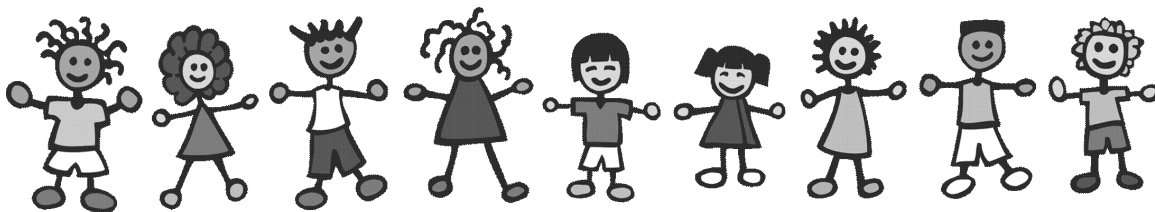
This unit is open to everyone. They meet in the U of I Extension office on the first Tuesday of the month at 10:30 a.m. Please consider joining this group of lovely ladies.

Members: Helen Brackett, Hope Dennis, Eva Enlow, Rhea Hayden, and Coreta Sparks.



Coreta Sparks, Helen Brackett, and Hope Dennis

**The MORE, the MERRIER —
Come join the FUN!**



Quilts of Valor Sewing Sessions

Organizers of the local Quilts of Valor will have sewing sessions the second weekend of the month at First Baptist Church, 301 S. Jefferson, Robinson.

Sessions will be Fridays from 1—8:30 p.m. and Saturdays from 8:30 a.m.—1 p.m. Plans are to use leftover fabrics to learn new scrap blocks and create more quilts for presentation to veterans Nov. 8.

Everyone may participate. Those attending will need their own machines and basic sewing supplies. Participants may come and go as they please.

Sessions will be March 13-14, none in April, May 8-9, June 12-13, July 10-11, none in August, Sept. 11-12, Oct. 9-10, with presentation Nov. 8.

Crawford County HCE has helped “Quilts of Valor” many times over the years. Maybe some of our members who like to help out on the dates listed.

RADA Knives

A large assortment of knives and other kitchen utensils are available for purchase.

Please consider buying RADA products for Christmas presents and stocking stuffers.

They are on display at the U of I Extension office.

This is extremely helpful to HCE as this is one of our money-making endeavors.

Challenge: Discover Your Passion

Your challenge this month is to find a physical activity that makes you happy. Biking, swimming, gardening, walking, swing dancing, pickleball, and water aerobics are fun options to try.

You are more likely to continue being physically active if you enjoy what you are doing.

Check out your local gym, Lincoln trail College pool, senior centers, parks and recreation facilities that may offer classes such as yoga, swimming, Pilates, and Zumba.

YouTube and your local library are also good resources for exercise videos to try in the comfort of your own home. In addition to YouTube, there are numerous smartphone apps (free and paid) such as Aaptiv, Nike+ Training Club, and more than can get you moving your body.

Experiment with different options this month and share your experiences in your unit meeting to encourage others.

Senior License Plate Discount

A license plate discount is available for senior citizens and the disabled. Applications can be found online at Illinois Department on Aging OR by calling or visiting the Crawford County Senior Center at 618/544-8811. The Crawford Senior Center is located in the lower level of the Robinson Community Center.

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.

We sent the February cards and just think of the smiles these cards will get.

**Thank you to all the ladies who have
already donated birthday cards!**

**Daylight Savings Time
begins Sunday, March 8
at 2 a.m.**



Morning Glories assembly February Newsletter



Carolyn Coleman, Norma Thompson, Bonnie Finn, and Martha Holt working on the newsletter.

Looking Ahead: APRIL Nutrition Program at LTC

MaryLiz Wright, U of I nutrition & wellness educator will give a free program at Lincoln Trail College on **Tuesday, April 14** in the LTC Library.

Please registering by calling LTC directly at 618/544-8657

The topic is eggs.

Robinson Senior Center Events

Come out and join the F-U-N!

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

Strong for Life II

We are starting a new excise group on Tuesday and
Thursday at 9:30. We will be using the video by *Strong
for Life - Stretch & Strength*.

This will be a slightly more advance class then the Monday,
Wednesday, and Friday classes.

Looking Ahead — Mark Your Calendars!

Art & Craft Show

March 19, 2020. Robinson Senior Center will be hosting
an Art & Craft Show on **March 19**. Local Artist will be
displaying their talents. Frank Binder will display his oil
paintings; he will be giving a short talk and will be available
for questions about oil painting. Richard Sutfin will be
showing his carved figures an be available for questions.
If would like to display your art & craft talents please
contact Cathy Holley at 544-8811. Open to seniors 60 and
over. Not responsible for lost, stolen or damages items.

**If you don't want to walk in alone, please call a friend
to tag along. I'm am sure you will know someone there.**

How to Eat Healthy on a Budget

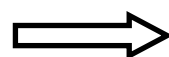
1. **Shop your pantry first.** This may sound unnecessary, but this has been one of the greatest hacks for any budget. Not only will this save money by using items that you have on hand, but it also reduces food waste. Having a mental inventory of your pantry will make planning meals less overwhelming since this week's meals are tailored to what you already have in the pantry.

2. **Look for deals or coupons before making a grocery list.** Are chicken thighs on sale this week? Then think about preparing a dish using chicken thighs instead of chicken breasts. When it comes to fresh produce, save more money by shopping for items that are in season.

3. **Plan meals for the week.** Write out a meal (or three!) for each day of the week. Try googling the ingredients that you have on hand for recipes if you need some inspiration. Check out: [The Kitchn](#) for weekly meal plans or try [Eat Smart, Move More, Weigh Less](#) for healthy recipes. Set realistic goals with how many new recipes you may want to try each week. Remember, not all of your meals need to be picture-perfect. It's fine to plan simple meals if you know a particular day will be busier than the rest of the week. Once you have all of the ingredients for each recipe, compile a grocery list.

4. **Skip brand names and shop generic.** You need to realize that many of the brand name items that you are buying have a generic counterpart that tasted very similar.

20 Then start shopping for some generic items.



You will find you don't need to buy the brand name items all the time. There are some grocery stores such as Aldi and Trader Joe's that only sell their own brand and you may save even more by shopping there.

5. Stock up on a few convenient freezer items. There will be nights where it feels much easier to get take-out.

This is where items such as a bag of frozen brown rice and vegetables makes for an easy meal after a long day without spending extra money on take-out. One idea for a busy weeknight meals that is pulled straight from the freezer is the Build Your Own Burrito Bowl recipe, which uses frozen brown rice, canned black beans, frozen already-cooked chicken or beef strips or leftover meat, frozen bag of onions and peppers for seasoning and maybe frozen or canned corn. These frozen items might seem expensive but you will get several meals out of each bag. Or you can cut and freeze your own onions and peppers. And you can make one large pot of brown rice and eat it all week. Top your burrito bowl with lettuce and sour cream.

All in all, these are helpful tips to keep your budget on track while still eating healthy. You will not have to compromise your healthy eating goals because of your budget. While these tips do take time and a little bit of creativity, it will be worth it to have a week's worth of healthy meals AND have an answer to the question "What are we having for dinner?".

Inflammation and Arthritis — March Lesson

Inflammation Inflammation is part of the body's immune response to injury or infection. When most people think of inflammation, they think in terms of external signs such as redness, swelling, or bruising. However, inflammation is much more complex. In fact, inflammation plays a role in almost every illness and chronic disease. This includes asthma, autoimmune diseases, heart disease, cancer, diabetes, arthritis, periodontitis, inflammatory bowel disease and Alzheimer's disease.

There are two types of inflammation, acute and chronic:
Acute Inflammation

⇒ Onset: Rapid

⇒ Duration: Generally short-lived

Signs/Symptoms

- Heat
- Pain
- Loss of function
- Redness
- Swelling

Chronic Inflammation

⇒ Onset: Gradual

⇒ Duration: Long-term response

Signs/Symptoms

- Pain
- Fatigue
- Gastrointestinal issues

22 • Frequent infections

Arthritis 101

Arthritis is a general term used to describe inflammation of one or more joints. Arthritis doesn't only affect the joint, it also affects the surrounding tissues. There are more than a 100 different types of arthritis. Arthritis can develop at any age, and can affect anyone. However, arthritis is more common in women and occurs more frequently with age.

The most common types of arthritis are osteoarthritis (OA), rheumatoid arthritis (RA), and psoriatic arthritis (PsA).

Rheumatoid arthritis (RA) Affects the lining of your joints, causing painful swelling and can result in bone erosion and joint deformity.

Psoriatic arthritis (PsA) This condition is a combination of psoriasis along with arthritis. Psoriasis is a skin disorder that causes skin cells to multiply up to 10 times faster than normal. This leads to a build-up of skin cells causing bumpy red patches covered in white scales.

Understanding Osteoarthritis The most common form of arthritis affecting over 30 million adults. OA is a disease of the joint associated with the breakdown of the cartilage within the joint. Although OA commonly occurs in our weight-bearing joints, such as our hips, knees and spine, it can occur in other locations. OA is also known by other names such as degenerative joint disease, degenerative arthritis and wear and tear arthritis.

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