

# EDGAR COUNTY HOME & COMMUNITY EDUCATION ASSOCIATION January/February 2023

## Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
January 10	1:30 p.m.	Bell Ridge	Karen Nuckols
January 26	7 p.m.	Chrisman Nite	Mary Forsythe & Harriett Graves
Chrisman Christian Church		Unit Leader – Jennie Strebing	
January 12	1 p.m.	Redmon Night	Sandy Randall
January 24	1:30 p.m.	Stratton	Pat Brazelton
February 14	1:30 p.m.	Bell Ridge	Trudy Arrasmith
February 25	6 p.m.	Chrisman Nite	Nancy Harper & Vickie Hollingsworth
Chrisman Christian Church – potluck meal		Unit leader – Mary Forsythe	
February 9	1 p.m.	Redmon Night	Marian Powers
February 28	1:30 p.m.	Stratton	Pat Brazelton

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### Private and Commercial Pesticide Applicator Testing

Wednesday, February 15            9 a.m. **AND** 1 p.m. Edgar County Extension Office 217-465-8585

Monday, March 20                    9 a.m. **AND** 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 call 217-465-8585 (Paris) or 217-826-5422 (Marshall) to register or register online at [go.illinois.edu/ILPSEP](http://go.illinois.edu/ILPSEP)

### 99<sup>th</sup> IAHCe Annual Conference - Pearls of Wisdom Strung Together

Tuesday, March 14 – Thursday, March 16, 2023            Registration deadline is January 31, 2023

Keller Convention Center, Effingham, IL

Find all of the conference information at:

<http://www.iahce.org/Newsletters/2022%20December%202023%20Conf%20Insert.pdf>

Email Rebecca at [schiver@illinois.edu](mailto:schiver@illinois.edu), if you would like a printed copy of the conference information.

### **COOKING FOR ONE OR TWO PROGRAM**

January 5, 2023      Paris Public Library      6-7 p.m.

Not as many gathered around your dinner table as there once were? Tired of eating leftovers? Is your “go-to” meal cold cereal because you just don’t want to cook? Learn how to repurpose leftovers into exciting makeovers. Let us do the math for you to make cutting down a recipe a piece of cake. And learn how to share more than fall leaves with your neighbors to make everyone’s lives easier and your diets more varied. No registration is required. Taught by Nutrition and Wellness Educator Mary Liz Wright.

### **INFLAMMATION AND ARTHRITIS PROGRAM**

February 2, 2023      Paris Public Library      6-7 p.m.

Arthritis is when one or more of your joints become inflamed, often leading to stiffness, soreness, and sometimes swelling. This disease affects the lives of more than 54 million adults in the US, with more than 21 million having osteoarthritis. Certain lifestyle changes could help improve your joint health, as well as help to prevent, relieve and manage its symptoms. During this workshop, we will provide an overview of the three most common types of arthritis and provide insight into the most common type of arthritis, osteoarthritis. Join us as we share how a healthy lifestyle can help improve your joint health and help you manage your osteoarthritis. Registration is not required. Taught by Nutrition and Wellness Educator Mary Liz Wright.

### **MARK YOUR CALENDAR FOR THIS MAJOR LESSON TRAINING:**

**HEARTY SOUPS**      Thursday, February 2, 2023      1:30 p.m.      Extension Office  
Mary Liz Wright, Nutrition and Wellness Educator, will share recipes and tips for creating hearty, health soups. Bring a friend.



### **Edgar County H.C.E. Board Members**

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Co-President – Kate Morecraft, 217-822-4956

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Cultural Enrichment/Community Issues – Dona Hoult, 217-822-2419

**University of Illinois Extension has many interesting and educational upcoming events. You can participate in several from your home computer. Find what is offered at [extension.illinois.edu/cce/events](http://extension.illinois.edu/cce/events)**

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](mailto:schiver@illinois.edu), or mail to Illinois Extension, 210 W. Washington St., Paris.

Please include your unit news and meeting dates, times, and hostesses. We also want to know about your unit's activities and successes. Pictures are welcome. The due date is the 20<sup>th</sup> 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. 800<sup>th</sup> 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.)*

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



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The January package lesson,  
**Golden Girls & Drum Majors March On,**  
has been printed & can be picked up at the Extension Office.

### **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](mailto:schiver@illinois.edu). Applications must be postmarked no later than April 1, 2023. If you know of an eligible candidate, please encourage them to apply.

### **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 will hold your newsletters until you return. The post office does not forward the newsletters. Instead, they are returned to us at a cost of .60 each. Thank you for helping us keep costs down.

### **VOLUNTEER!**

It's a new year. Why not start the year off right by keeping track of your volunteer hours now, rather than trying to gather them all at the end of the year? The **form can be found at** the end of the newsletter. **Please be sure to submit your 2022 volunteer hours by December 31, 2022** to Cindy Bruce at PO Box 75, Kansas, IL 61933. Remember, one of the greatest gifts you can give is your time.

## Aging Well - What is the Secret to Successful Aging?

Believe it or not, it has nothing to do with your income, being free from illness or a life free from disappointments. Living a healthy lifestyle, but also maintaining a positive attitude and friendships are just a few ways to age well.

We're all aging. From the time you are born, you start to age. Everyone on this earth is aging. The word "aging" is associated with positive words like wisdom, timeless, and experienced. But it also generates as many or more negative words and visuals. Why is there such a negative perception of aging or getting older? According to a study in 2015 by the Frame Works Institute regarding public misconceptions about aging, the majority of the participants equated aging with decline, loss, slowing and breaking down. Negativity for aging is heightened even more due to the media's portrayal of the process and those that are older.

But aging experts point out that older adults are living long, healthier lives than those before them. Older adults:

- Are more educated—84.4% completed a high school or higher degree
- Have higher incomes than in the past
- Own their own homes—77.9%
- Have kept up with technology—85% of Boomers and 62% of Silent have internet
- Are married—69.5%

### Age Discrimination

Many older adults experience what is called ageism, which, according to Dr. Robert Butler, is a "systematic stereotyping of and discrimination against people because they are old." Ageism can affect anyone—and younger adults can also experience ageism because they are treated differently due to their youth. But according to a study in 2016, there were many similarities found between all the adult generations. 95% of the participants believed they were still actively learning, and they reported that they laughed several times a day, got complimented often, exercised at least once a week or more, and they agreed that getting older was about staying vital, not about staying young!

So what can we all do to age successfully or positively? What are the attributes of those that seem to have aged well? Studies show six main characteristics in relation to positive aging.

- **Maintain a positive or optimistic attitude.** Extensive research has shown that optimism improves well-being and physical health, and that resilience and optimism are also associated with greater longevity. It is thought that positive people's thinking is more creative, integrative, flexible, and open. Feeling positive emotions can lead to the discovery of novel ideas, actions and social bonds and can buffer people against depression. Ways to fine-tune your optimism include:
  - Be around positive people and those that support you
  - Laugh and surround yourself with things that help relieve stress

- Practice positive self-talk and turn negative statements/thoughts into positive ones
- Try not to worry about the things you have no control over
- Develop a gratitude list
- **Be social.** Staying socially active can reduce stress, blood pressure, risk of developing depression, and the progression of declining health. It can improve cognitive function and physical fitness. It can also give meaning and order to our lives, help us maintain interest in others and improves resiliency. Ways to stay socially connected include:
  - Get involved in a cause or interest that is meaningful to you
  - Pursue a passion
  - Do something that you enjoy each day—have fun
  - Engage in a community of support (community or civic group, church, etc.)
  - Reach out to those who cannot get out much
- **Have purpose.** *People who live life with purpose look beyond themselves and find true joy in giving to others. The power of purpose enhances a person’s physical and psychological health, and promotes resilience, creativity, and productivity. Purpose is uplifting and motivating and contributes to better overall health. It goes beyond just making a person happy, but also brings them a true sense of fulfillment. Volunteering is a great way to build purpose into your social relationships. Ways to volunteer and get more involved in your community include:*
  - Reflect on your job or former job for ideas about what you might offer to others
  - Think of a skill you can teach. Can you teach youth this skill? Can you make items to donate for those in need?
  - Maybe you could work as a mentor or a tutor and volunteer at a school, hospital, or preschool program
  - If you appreciate nature and conservation, you could work at a nature preserve or park
  - Prepare or deliver meals for shut-ins or at a food bank
  - Contact local civic or volunteer organizations to learn of service opportunities
- **Eat well.** *Eating healthy and maintaining a healthy weight also affects the aging process in a positive way. Use the My Plate method. A heart healthy diet includes:*
  - Lean meat, poultry, fish, nuts—limit red meat
  - Whole grains
  - Veggies and fruits should take up half your plate
  - Low-fat dairy
  - Limit sugar and sodium
  - Alcohol in moderation
  - Plenty of water

- **Be Active.** *Staying physically active is important and experts recommend a minimum of 150 minutes of moderate intensity exercise each week. Not only is physical activity good for your body but studies have shown that regular aerobic activity contributed to faster reaction times, better concentration, and increased ability to focus and ignore distractions. It has also been shown to create significant increases in brain volume in older adults. To become physically active:*
  - Start out slow, and build your way up to three days a week, and beyond
  - Activities can be broken up into smaller amounts of time throughout the day
  - It doesn't have to be traditional exercise—gardening, yardwork, cleaning house, anything that gets you moving is acceptable
  - Do something you enjoy—you'll stay with it longer
  - Recruit an exercise buddy
- **Challenge yourself intellectually.** *Challenging your brain with new, interesting, and increasingly difficult tasks helps it stay healthy and helps maintain memory and cognitive function. To challenge yourself:*
  - Take up a new hobby
  - Learn a new language, game, or skill
  - Play games with friends
  - Engage in tricky word or number puzzles
  - Attend a local Wits Fitness brain exercise class

There are many people that did not achieve their most notable accomplishments until later in life—and those that continue, do amazing things at ages that can be inspirational to us all.

Here are just a few:

- Nelson Mandela won a Nobel Peace Prize at age 76.
- Ray Kroc started McDonalds at age 52.
- Ernestine Shepherd, the oldest female bodybuilder at age 73, began lifting weights at age 56.
- Betty Reid Soskin, oldest park service ranger at age 98, began her career at age 85.
- Benjamin Franklin signed the Declaration of Independence at age 70.
- Sister Madonna Buder was a triathlon athlete at age 90.

If we can see past the negative stereotypes and change our view of aging to one of looking forward to our later years rather than dreading them, we can lead more productive lives.

References:

- Jenkins, J. (2016) "Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age." PublicAffairs.
- Cohen, G.D. (2000) "The Creative Age: Awakening Human Potential in the Second Half of Life." New York: HarperCollins Publishers

Source: <https://extension.illinois.edu/health/aging-well>

## FEBRUARY 2023 MINOR LESSON

### AGING WELL – WHAT IS THE SECRET TO SUCCESSFUL AGING

A fall can be a life-altering event when it comes to health, well-being, and quality of life. Back in February, I had the pleasure of hearing Dr. Jake Sosnoff of the Illini Fall Prevention Clinic speak. He is such a wealth of knowledge that I wanted to share his knowledge with all of you. This month Dr. Sosnoff has written a gem of an article on falls. I hope you find it as interesting and engaging as I found him in person; now let us hear from Dr. Sosnoff.

Do you know what award-winning author Kurt Vonnegut, actress Ann B. Davis (who played Alice, the housekeeper in Brady Bunch) and Pope Benedict XVI have in common? They all suffered falls. Unfortunately, Mr. Vonnegut and Ms. Davis both passed away due to their injuries. No one would argue that Vonnegut, Davis, and Pope Benedict are in any way typical individuals, however, falls certainly are very common – especially for older adults.

Did you know that falls are the leading cause of accidental injury and death in seniors? Nationally, it is estimated that one out of three seniors over the age of 65 years old will fall in the next year, which will lead to over 750,000 emergency room visits due to fall related injury. The direct medical costs of falls are currently over \$30 billion per year. In addition to the physical injury, falls and fear of falling also lead seniors to avoid activities.

Despite all the negativity, there is a silver lining concerning falls. Decades of research makes it clear that they are not inevitable part of aging, but rather are highly preventable. When discussing fall prevention and determining what is the best approach, it is important to keep in mind that everyone has their own unique fall risk profile. Obviously, the best way to prevent falls is to reduce your own risk factors. What is appropriate for you may not be right for your neighbor or friend. Unfortunately, most of us are unaware of our own risk factors. Do you know your fall risk factors?

Do you find yourself having trouble getting out of a chair? Or do you feel unsteady when you close your eyes (or pull a shirt over your head)? Do you lose your balance when you stand on one foot? If you answered yes to any of these questions, then you are at an increased risk of falls.

Importantly, there are simple exercises you can do at home to gain some muscle strength and improve your balance. Doing something as simple as standing when commercials are on the TV can lead to improvements in your steadiness. If you need something a little more challenging, there are numerous fitness facilities that offer classes focusing on fall prevention. Another option is the evidence based Matter of Balance program that is promoted by the East Central Illinois Area of Aging Agency.

Regardless of your balance, when is the last time you had your eyes checked or had someone make sure your shoes fit properly? Both uncorrected vision problems and poorly fitted shoes are both fall risk factors. As you spring clean your house, remove those pesky tripping hazards and general clutter. Perhaps the easiest fall prevention change you can make is to get a motion activated night light for the night time trips to the bathroom – it is easier to avoid hazards when we can see them.

Most of us would be glad to have something in common with an award-winning author, famous actress, or the Pope, but a few thoughtful changes can make sure that falls are not one of them. Source: <https://extension.illinois.edu/blogs/family-files/2017-05-30-make-fall-prevention-part-your-spring-cleaning>

### The Wonders of Water

Source: webmd.com

Water is one of the most basic elements of life but figuring out how much we out to drink hasn't always been so simple. Most of us grew up thinking we needed to drink eight glasses of water each day, in addition to any other drinks we might choose. However, the latest recommendations say that we no longer need to worry about drinking specific amounts of water. Instead, we can simply satisfy our thirst with any beverage. As it turns out, there really was no scientific evidence for the 64-ounce daily recommendation that was based on survey data of usual consumption. Of course, water – clean, refreshing, and calorie free- is an ideal beverage of choice but studies have shown that you can be just as hydrated with coffee, soft drinks, or even beer. And some folks swear by its weight loss powers, including Mireille Guiliano, author of the best-selling book *French Women Don't Get Fat*. To help make the facts about water crystal clear, WebMD asked experts for the skinny on just how much water we need, and whether drinking water can really help keep those extra calories at bay. How much is enough?

The IOM (Institute of Medicine) report makes requirements for general fluid intake recommendations based on survey data of 91 ounces (that's 11-plus cups a day) for women and 125 ounces (15-plus cups a day) for men. Remember, these guidelines are for total fluid intake, including fluid from all food and beverages. Approximately 80% of our water intake comes from drinking water and other beverages, and the other 20% comes from food. Assuming these percentages are accurate for most of us, the recommended amount of beverages, including water, would be approximately 9 cups for women and 12/5 cups for men. While 20% may seem like a lot of fluid to get from food, many common food items are mostly water. Here are some foods with high water content, according to the American Dietetic Association.

<b>Food</b>	<b>Percentage water</b>
Lettuce (1 ½ cup)	95%
Watermelon (1 ½ cup)	92%
Broccoli (1 ½ cup)	91%
Grapefruit (1 ½ cup)	91%
Milk (1 cup)	89%
Orange juice (¾ cup)	88%
Carrot (1 ½ cup)	87%
Yogurt (1 cup)	85%
Apple (1 medium)	84%



## Our Story

In July 1015, Kankakee county hired an advisor, Miss Eva Benefiel, a graduate of the University of Illinois, to develop a home improvement association. This was the first county to be organized in Illinois and only the second in the entire United States.

In the beginning, the idea of a Home Advisor was misunderstood. Instead of regarding Miss Benefiel as an educator, she was regarded as a sort of maid in the home. Eventually, with surely great patience and perseverance on her part, people recognized Miss Benefiel's true function. Mercer County organized in 1917, and thirteen more counties organized by 1919.

Some women organizing a county in 1918 rode horseback seven miles to board a train, which then took them fifteen more miles to Champaign, the county seat. On January 14, 1925, the first formal Annual Meeting was held, and officers were elected for one year.

Copies from IHBE (Illinois Home Bureau Federation) minutes of 1925: *The Illinois Home Bureau Federation came in to being in January, 1924 by the action of the State Conference consisting of the representatives of the various counties. As what these pioneering women did for the IAHCE women of today, we now are shaping what life will be for the next generation.*

## SAVE THE DATE

Plan now to attend the National Volunteer Outreach Network (NVON) Annual Conference  
July 18 – 20, 2023 at the Blennerhassett Hotel in Parkersburg, West Virginia.

Watch for complete details and the registration link at: <https://www.nvon.org/nvon-conference/>



The Chrisman Nite HCE donated canned food items at their November meeting.  
Hams, bread and milk were purchased by the unit.  
Several boxes of food were delivered to needy families in the Chrisman area.  
Roger and Vickie Hollingsworth and Nancy Harper made the delivery.  
Everyone appreciated the kind gesture.



The Chrisman Nite HCE met  
at the home  
of Nancy Harper  
for their December meeting with  
a catered meal in the evening.  
Christmas games  
were played along  
with singing Christmas carols.  
Entertainment  
was by the "Hark" group.  
A gift exchange was  
enjoyed by everyone attending.



## Don't Make New Year's Resolutions, Make S.M.A.R.T. Goals

The start of a new year is a good reminder to reflect on your priorities. New year, new you, right? But every year, millions of people make resolutions that are promptly forgotten by February.

Only 46% of people who make New Year's resolutions are successful, according to a 2002 study by the Journal of Clinical Psychology. So more than half of people who set a goal will fail.

Instead of vowing to do something you won't make good on, this year, set yourself up for success.

The key to following through on any goal, not just New Year's resolutions, starts with recognizing what matters most to you and setting achievable intentions. Caitlin Mellendorf, University of Illinois Extension Nutrition and Wellness Educator in DeWitt, Macon and Piatt Counties, said S.M.A.R.T. goals provide structure by being specific, measurable, achievable, relevant and time based.

"For example, a specific goal focuses on a single need or want," Mellendorf said. "It's not 'I want to be healthier,' but instead 'I want to drink more water.'"

To be measurable, the goal must include an exact number. Achievable and relevant goals are ones that you can reasonably follow through on considering your current wants, needs and life situation. And like measurability, a goal should include a time limit that allows room to check on your progress, make adjustments as needed and reset your intentions within a specific time frame.

A S.M.A.R.T physical activity resolution could then be "I will walk for 10 minutes during lunch on Wednesdays and Fridays for the next six weeks" instead of "I want to exercise more."

Some of the most common New Year's resolutions involve health. Every year, people set goals to quit smoking, lose weight or eat better. Nutrition related goals, specifically those related to weight management, should be approached gradually for long-term success.

For example, when snacking or portioning out meals, try putting on item back – one scoop of cereal, one cracker, one raisin – before you eat.

"Practice reducing calories slowly," Mellendorf said. "Reduce your normal portion sizes for food or drinks by a small amount. Buy small cans of soda or pour half as much juice as you normally would." One helpful strategy could be to complete a food diary or use an app to record what you're eating for six weeks to understand what you're eating.

When it comes to financial resolutions, the rules of S.M.A.R.T still apply. Instead of wanting to save more money, resolve to save \$1,000. Illinois Extension Consumer Economics Educator Kathy Sweedler recommends keeping it simple by picking one of your debts to pay down.

"Once you know which debt you want to focus on and you have a plan for how much you will pay each month" Sweedler said. "No more decisions just pay down the debt."

You can find more financial wellness information on the Plan Well, Retire Well blog at [extension.illinois.edu/blogs/plan-well-retire-well](http://extension.illinois.edu/blogs/plan-well-retire-well).

And if one of your resolutions was to learn something new or give back to your community, Illinois Extension has classes and volunteer opportunities available around the state. Extension offers in-person classes and webinars year-round covering a wide range of topics aimed at helping families and communities grow their skills in everything from nutrition to farm management to finances.

Consider volunteering by becoming a Master Gardener or Master Naturalist or starting a 4-H club.

University of Illinois Extension is the flagship outreach effort of the University of Illinois at Urbana-Champaign, offering educational programs to residents of all of Illinois' 102 counties and far beyond.

Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills and build a better future. Extension offers educational programs in five broad areas: energy and environmental stewardship, food safety and security, economic

development and workforce preparedness, family health, financial security and wellness and youth development. Find us on [Facebook](#) or [Twitter](#).

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**RETURN SERVICE REQUESTED**  
**January/February, 2023 HCE Newsletter**



**Aspire to Inspire**

University of Illinois Extension would like to wish you a happy & healthy 2023!  
Our office will be closed December 23, 2022 through January 2, 2023.