



# Illinois Extension

JANUARY 2022

## Connections Newsletter

The College of Agricultural, Consumer and Environmental Sciences

**Rock Island County**  
321 W 2nd Ave. Milan, IL  
(309) 756-9978  
Mon-Fri 8am - 4 pm  
(closed 12 - 12:30 pm)

**Henry/Stark Counties**  
358 Front St. Galva, IL  
(309) 932-3447  
Mon, Wed, Fri 8 am - 4 pm  
(closed 12 - 12:30 pm)

**Mercer County**  
910 13th St. Viola, IL  
(309) 871-5032  
Tues, Wed, Thur. 8 am - 4 pm  
(closed 12 - 12:30 pm)

Visit our website: [extension.illinois.edu/hmrs](http://extension.illinois.edu/hmrs)

# HAPPY NEW YEAR!

Wishing you the happiest of Holidays from all of us at  
University of Illinois Extension  
Holiday Hours: Our offices will be closed from  
December 24, 2021 - January 4, 2022

## Small change

*Michelle Crawford, IL Extension Community Health Educator*

Soon after we start the new year we hear the phrase “new year, new you”. Whether you are a fan of making new year’s resolutions or not, I think many would agree, making personal change is no easy task.

On January 1, you awoke to another day of navigating a global pandemic. As strongly as you may desire to leave grief, loss and uncertainty behind, the truth is these challenges continue in 2022. All this being said, the motivation for making positive changes in our own lives can feel even more daunting. As tempting as it may seem to make a promise to yourself to drastically change the way you eat, handle stress or generally take care of yourself, my advice is to apply the concept of **Kaizen**. This is a Japanese term meaning “continuous improvement.”

Kaizen is a business philosophy regarding continuous improvement in all operations. Like me, you may have heard the term applied to other areas of life as well. One of my self-care mentors applies the concept of Kaizen to making personal change. She refers to it as “small, continuous change.”

**To apply the concept of Kaizen to changes you may want to make in 2022, break down larger goals into small action steps.** What is one thing you can do today (or tomorrow) and continue to do on a regular basis that will help you achieve your goal? If you want to get more sleep, instead of trying to go to bed one whole hour earlier, start with 10-15 minutes. If you want to more plant based foods, start with one meal a day (or week) instead of swearing off meat altogether.

As you accomplish these small goals and experience success, you will be energized to make another small change, and then another. These small changes will eventually lead to you accomplishing your goal. You might even discover a “new” part of yourself.



## Sign-Up for the EAT.MOVE.SAVE. Healthy Text Program!

Choose ONE of three ways to sign up to get 1-2 text messages per week! Text message and data rates may apply. Text STOP to unsubscribe at any time.

Use a smartphone camera to scan and sign-up with an online form.



OR

If you live in Rock Island or Mercer County:  
Text "rockisland7" to (833) 369-2916

If you live in Henry or Stark Counties  
Text "henry7" to (833) 369-2916

**EAT.  
MOVE.  
SAVE.**

# 8 Dimensions of Wellness Series

February 7 to March 28

Register by Feb 6 to participate



## Holistic Health

*Kristin Bogdonas, nutrition and wellness educator*

Often, people believe their health revolves around our physical health, such as diet and exercise; yet, there's so much more to health. Wellness is multi-dimensional, including physical, financial, emotional, social, spiritual, environmental, vocational, and intellectual dimensions. These dimensions should work in harmony to help achieve optimal health and well-being.

Each Monday from February 7– March 28, you will receive an email with a new dimension of wellness to explore, a menu of activities to engage with, and a link to submit your completed activities. By the end of the series, you will have learned about all 8 dimensions and will have hopefully found more balance in your life. Don't worry about getting it perfect; just focus on becoming the best version of you in 2022.

Register between Jan 7 and Feb 6 at: [go.illinois.edu/8DimensionsOfWellness](https://go.illinois.edu/8DimensionsOfWellness)

### Vocational Wellness | February 7–13

Vocational wellness, also called occupational wellness, explores ways to incorporate and express your values and interests through your work, school, and career. This dimension invites you to look at balancing work and leisure time.

### Intellectual Wellness | February 14–20

Intellectual wellness involves many things that keep our brains active and our intellect expanding. In a broad sense, this dimension can involve looking at different perspectives of an issue and taking them into consideration. Through a number of activities—from learning about current events to organizing game nights in your home or community center—you can broaden your perspective and understand diverse points of view.

### Social Wellness | February 21–27

Social wellness encourages us to develop a sense of connection and belonging to our community, friends, and family. It helps you perform social roles effectively and comfortably and establish a meaningful support network.

### Emotional Wellness | February 28–March 6

Emotional wellness relates to an increased awareness, expression, and acceptance of a wide range of thoughts and feelings in yourself and others. Emotional wellness involves adjusting to emotional challenges, coping with stress, and enjoying life.

## 8 Dimensions of Wellness series continued:

### Spiritual Wellness | March 7–13

Spiritual wellness helps us develop meaning and purpose to life. Spirituality can be represented in many ways, with or without organized religion. Becoming spiritually well means participating in activities that are consistent with our values and beliefs.

### Environmental Wellness | March 14–20

Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings and preserves the areas where we live, learn, and work. Environmental wellness promotes interaction with both nature and your personal environment. It can include occupying spaces that support our well-being.

### Financial Wellness | March 21–27

Financial wellness is about meeting all financial needs and feeling secure in future financial situations. Financial well-being is also a highly personal state and how we feel about this state is emotional and individualized.

### Physical Wellness | March 28–April 3

Physical wellness relates to maintaining a healthy body and seeking care when needed. It involves listening to your body and adopting healthy daily habits and behaviors. Physical wellness includes eating a healthy and balanced diet, being physically active, getting adequate sleep, managing stress, getting regular medical check-ups, and abstaining from harmful behaviors. Striving for physical wellness will not only enrich your health, but will also help you maintain your quality of life.



# Plan ahead - Register now to attend these Upcoming Programs

## GARDENING IN THE AIR



### Gardening in the Air Sat., Feb 5

Gardening in the Air is a virtual nine-session series held seasonally and co-hosted by University of Illinois Extension and Iowa State University Extension. Experts from both institutions will present on a variety of timely gardening topics about fall gardening activities, pollinators, vegetables and herbs, and trees.

Sessions will be hosted on Zoom at with three sessions each at 9 a.m., 10:15 a.m. and 11:30 a.m. CDT. Participants may register for a single session or the entire series.

Register at [go.illinois.edu/GIAsignup2022](https://go.illinois.edu/GIAsignup2022)

#### Session times and topics:

##### Wildlife

- 9 AM: Native Shrubs and Wildlife Benefits
- 10:15 AM: Move Beyond the Lawn! Small Scale Prairie Restorations for Pollinators and Other Wildlife
- 11:30 AM: Taking Action for Native Bees

##### Houseplants

- 9 AM: Plant Propagation Techniques for the Home: Indoors & Out
- 10:15 AM: Diagnosing Indoor Plant Problems: Troubleshooting Common Issues with Houseplants
- 11:30 AM: Kokedama String Gardening

##### Spring Trends

- 9 AM: Trees that Pop in the Spring!
- 10:15 AM: Tree Pruning Tips
- 11:30 AM: 2022 Cool Kid in the Garden

Illinois Extension horticulture educators offer a variety of seasonal workshops. Here's what's coming up in January:

### FOUR SEASONS GARDENING WEBINAR: SPRING EPHEMERALS | JAN 25, 1:30 PM



These bulbs get their name because of their quick appearance in the environment in the early spring, flowering even before leaves have fully grown on deciduous trees. IL Extension Horticulture Educator Gemini Bhalsod will guide you through the interesting diversity of spring ephemerals and how to grow them in your yard.

Register online @ [go.illinois.edu/FourSeasonsWinter22](https://go.illinois.edu/FourSeasonsWinter22)

### Steps to Investing January 26 | Noon

If you have a strong financial foundation, and are ready to take the first steps into investing, this webinar is for you. Learn more advanced concepts that you can put into practice. NOTE: This webinar is meant to be educational and will not offer individual investing advice.

Register at [go.illinois.edu/GetSavvy2021](https://go.illinois.edu/GetSavvy2021)

Presented by Natalie Daniels, DePaul University, Alan Sorcher, U.S. Securities and Exchange Commission, and Kathy Sweedler, University of Illinois Extension.

If you missed last year's Investing Basics session, we suggest watching the recording prior to attending. You can see it at: [go.illinois.edu/InvestingBasics](https://go.illinois.edu/InvestingBasics)



## I MADE THAT

### DIY AT HOME ACTIVITY KITS FOR YOUTH & FAMILIES!



Show Your  
 Some Love!

Register for your kit at:

[go.illinois.edu/IMadeThatFebruary](https://go.illinois.edu/IMadeThatFebruary)

University of Illinois Extension and 4-H have put together fun, interactive educational kits designed to inspire the inner chef and to celebrate American Heart Month this February!

Each kit is \$5 and includes:

- February "I Made That!" booklet
- Fun activities to keep your heart healthy
- Heart-healthy recipes
- Select ingredients for your recipes
- Chocolate exploration and taste-test!



Kits will be available for pick-up beginning February 7 at one of our Extension offices in Milan, Viola or Galva, IL.



## Become an Illinois Extension Master Gardener in 2022

**This winter, take your love of gardening to the next level by becoming a Master Gardener!**

Training is available through two options – self-paced or hybrid

### **The self-paced online course starts January 31, 2022.**

You get links to view recorded classes taught by University of Illinois Extension horticulture educators, a manual, reading materials, and quizzes to take at your own pace. There is a \$300 course fee. Register by Jan 24 to participate.

### **The hybrid course meets online at your pace AND on Tuesday mornings, Feb 15 to April 26.**

- It includes both online classes you can take anytime and live sessions on Tuesday mornings.
- Get links to view recorded classes taught by IL Extension horticulture educators.
- Have weekly live Q and A session with your teachers on Tuesdays from 9 - 10:30 am via Zoom.
- Meet with others in the training to do case study questions and activities (Tuesdays 10:30 am - Noon).

**The cost for the hybrid training is \$225.** (One scholarship is available to cover tuition - see details at registration link). Register by Feb 1 to participate.

### **Learn more and register at**

**[go.illinois.edu/MasterGardenerTrainingWinter2022](https://go.illinois.edu/MasterGardenerTrainingWinter2022)**

For more information, or if you need a reasonable accommodation to participate, contact Illinois Extension horticulture program coordinator Tracy Jo Mulliken at (309) 756-9978 or email her at [tmully@illinois.edu](mailto:tmully@illinois.edu)



**Join Illinois Extension in a new 4-H program to help nourish our neighbors!**



**4-H is looking for motivated, creative youth age 12-18 to serve as hunger ambassadors.**

### **Are you interested in...**



- Helping your community?
- Health, Nutrition, or Physical Activity?
- Working with your peers?

**Join the team.  
Change the world.**

### **To learn more visit:**

**[go.illinois.edu/HungerAmbassadorInterest](https://go.illinois.edu/HungerAmbassadorInterest)**

## 1000 HOURS OUTSIDE IN 2022 CHALLENGE



### **University of Illinois Extension is putting out a challenge for 2022 Spend More Time Outside!**

The benefits are numerous for your mind, body and soul. Read more about it in the latest issue of **The Outsider Newsletter @ [go.illinois.edu/OutsiderVol7](https://go.illinois.edu/OutsiderVol7)**

Research shows spending time in nature has health benefits including reducing the risk of childhood obesity, improving sleep, concentration and eyesight, and reducing symptoms of ADHD. The non-profit 1000 Hours Outside encourages people to match the quantity of screen time with equal time outdoors for approximately 1000 hours a year or about 2.75 hours per day. Give it a try and see how you feel!

**Download this tracker to keep track of your Outside hours@ [go.illinois.edu/OutsiderTracker](https://go.illinois.edu/OutsiderTracker)**