



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)

Prevent your risk for diabetes before it's too late

Susan Glassman, Nutrition and Wellness Educator,

Six in ten people gained weight during the pandemic, according to an American Psychological Association study. The risk of developing pre-diabetes and Type 2 diabetes may increase with extra weight.

Learn to manage risks in two free online workshops by University of Illinois Extension. The first workshop at noon Oct. 20 identifies risk factors for pre-diabetes and type 2 diabetes.

"Your time is now" says Mary Liz Wright, Extension educator and workshop instructor. "Develop a new and healthy taste of life, because it matters."

The second workshop begins at noon Nov. 10 and debunks myths surrounding diabetes.

"By learning to identify risk factors for pre-diabetes, you can make simple wellness strategies now to prevent, reverse, or delay type 2 diabetes," says Susan Glassman, Illinois Extension nutrition and wellness educator.

Both workshops include short cooking demonstrations for easy ways to prepare healthier meals.

"Together, we'll learn how to revise your favorite recipes to decrease your health risks," Wright says



Free Diabetes Webinars

Identifying Signs to Prevent Diabetes Oct 20, Noon

Are you at risk for developing diabetes? Acknowledging possible signs and symptoms of pre-diabetes can help you make important life changes today. Join University of Illinois Extension nutrition and wellness educator Mary Liz Wright to learn to identify risk factors for pre-diabetes and type 2 diabetes. Your time is now; empower yourself to change your future and reduce your risk for diabetes. Develop a new and healthy taste of life because it matters.

Register at go.illinois.edu/IdentifyingSigns.

Wellness Strategies to Prevent Diabetes Nov 10, Noon

Let's bust the myths surrounding diabetes and work on skill power! Recognize the importance of reducing your risk through simple-to-do wellness strategies and develop personal goals to living a heartier lifestyle. Learn how to swap bad recipes for healthy ones, enjoy great tastes, and live life to the fullest. Presenter: Susan Glassman, Nutrition and Wellness Extension Educator.

Register at go.illinois.edu/WellnessStrategies.

Keep plants, pollinators happy with fall Gardening in the Air series, Sat. Oct 9, 9 am - 12:30 pm

With the weather getting colder and the coming of fall, it's important to know how to put your garden to rest and plan for the next growing season.

Learn how to support pollinators, grow vegetables and herbs in any size garden, and find and plant trees for long-term success in Gardening in the Air, a webinar series offered by University of Illinois Extension and Iowa State University Extension.

"After the success of Gardening in the Air's two programs, we're excited to bring it back for a session focused on fall gardening," says Bruce Black, event coordinator and Illinois Extension horticulture educator Bruce Black.

Experts from both institutions will present on a wide variety of timely gardening topics with online sessions on October 9 at 9 a.m., 10:15 a.m., and 11:30 a.m. CST.

- Pollinators: 9-10 a.m. Pollinators, Plants and People; 10:15-11:15 a.m. Planning for Pollinators this Fall; 11:30 a.m.-12:30 p.m. Pollinator Gardening.
- Vegetables and Herbs: 9-10 a.m. Big or Small: Cover Crops for All; 10:15-11:15 a.m. Backyard Greenhouse Basics; 11:30 a.m.-12:30 p.m. Harvesting and Preserving Herbs
- Trees: 9-10 a.m. New and Alternative Shade Trees for the Home Landscape; 10:15-11:15 a.m. Planting and Growing Healthy Shade Trees; 11:30 a.m.-12:30 p.m. Trees and Shrubs for Pollinators

Sessions are free, but a donation is appreciated. Access links and handouts will be provided upon registration. Register for one class or the whole series in advance at go.illinois.edu/GIAsignup.

If reasonable accommodation is needed to participate, or for more information, contact Bruce Black at brucejb@illinois.edu. Early requests are strongly encouraged to allow sufficient time for meeting access needs.

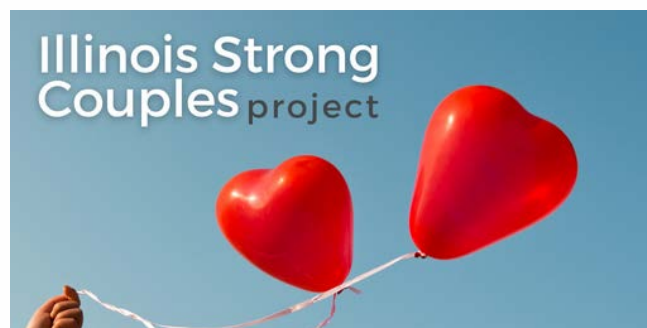


ILLINOIS STRONG COUPLES PROJECT: RELATIONSHIP EDUCATION

Maintaining a strong relationship with your spouse or romantic partner can be a challenge. And when you need help, getting trustworthy and effective relationship support can be just as challenging. University of Illinois Extension is here to help with that.

With the launch of the Illinois Strong Couples project, free online help for relationships throughout the state is now just a click away. So whether you are wanting to build greater intimacy and connection, communicate more effectively with your partner, or protect your marriage from divorce, this program is here for you.

Illinois couples who are married, engaged, or have been living together for at least six months can enroll. The self-paced, six-session program is entirely online and uses the scientifically-proven ePREP platform. The program is free to qualifying Illinois couples and includes support from trained program coaches affiliated with University of Illinois Extension. Discover if the Illinois Strong Couples program is the right fit for your relationship.



A free online relationship program to help Illinois couples build a stronger relationship. Sign up at publish.illinois.edu/strongcouples

Autumn: A Great Time to Focus on Trees

Autumn - when all of the hard work of tending crops is rewarded with a harvest - it's also a perfect time to plant...trees!

The extra few months of the fall help trees become more established in preparation for next summer's hot, dry weather.

Incorporating trees into our landscape, if properly placed, can provide a multitude of benefits. Trees planted along the perimeter of buildings and pastures can provide comforting shade in the warm summer months and help slow windspeeds in the winter to reduce windchill. Slowing the wind can also help mitigate snow drifting around buildings and driveways.

Summer shade and winter windbreaks also increase energy efficiency by moderating temperature extremes. Finally, trees planted near livestock dwellings that influence air flow can help to disperse and dilute odor and enhance overall aesthetics. These same benefits can be achieved by planting trees near our homes and community buildings.

For more information about what trees to plant, visit the University of Illinois Extension page or contact Illinois Extension horticulture educator Emily Swihart at (309) 756-9978 or email eswihart@illinois.edu.



Upcoming Tree Workshops:

**Living Legends:
A Walk Through the Trees
of Chippiannock Cemetery,
Tues. Oct 5th at 1 pm**

Chippiannock Cemetery in Rock Island, Ill. is known as the final resting place of many significant historic figures of the Quad Cities region, but did you know it is also a magnificent arboretum? The cemetery is home to many wonderful and interesting tree species. Join Illinois Extension horticulture educator Emily Swihart to explore this sacred place through the lens of the trees that call it home.
Sign up at go.illinois.edu/TreeWalk

**Planting and Caring for Trees Webinar; Tues.
Oct 26 at 1 pm**

Autumn is a time when we are doing last minute landscape maintenance in preparation for a long winter's rest. Emily Swihart, horticulture educator, will provide great tips to help you care for all of your trees, new or established, and share with you things to consider if you are planning to plant new trees.
Sign up at go.illinois.edu/TreeCare

**Four Seasons of Gardening: The Nuts & Boles
of Tree Identification, Oct 19, 1:30 p.m.**

Gain confidence in your tree ID abilities and learn how to recognize tree species based on the size, shape, and appearance of tree parts and their scientific names. Register at go.illinois.edu/fourseasons

Sign up for these helpful and take charge of your health!

Find Food IL Map

Visit the site at:
go.illinois.edu/ILFoodMap



To help Illinois residents and families meet their basic food needs, University of Illinois Extension launched a new Illinois community food map that allows individuals to search by Illinois zip code for all food resources in that area.

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

Check out these upcoming workshops

Five Flavors: How the Palate Changes, 10 am River Valley District Library, Port Byron, IL

How does our palate change through our life cycle? Learn about the five senses, the process of aging, and the connection between smell and taste. Learn about the psychology of taste and how to enhance the flavor of your meals. Join IL Extension nutrition and wellness educator, Kristin Bogdonas, for this in-person program. Handouts will be provided. The cost is \$3 and includes recipe samples.

Register at go.illinois.edu/FiveFlavors



Keys for Embracing Aging

October 7, 10 am | Taking Time for You!

In today's busy world, you juggle multiple priorities and responsibilities and likely make time for others before making time for yourself. But you are important too. Taking time for you is to take care of you, which makes you a better family member, friend, co-worker, caregiver, or leader. Even if it is just for 10 minutes a day, a time out is good for your mind, body, and soul.

Register at go.illinois.edu/KeysforAging

Virtual Poverty Simulation | Oct 19 @ 1:30 PM

Join us for an online simulation to help understand the difficulties people living in poverty face. Through an online simulation, you will work with a group and have the chance to make the difficult decisions that face people in poverty every day. Learn to better understand their reality versus yours. This simulation is brought to you free of charge by University of Illinois Extension, the Child Abuse Council/AOK Network, The Moline Foundation, Moline Public Library, and River Bend Foodbank.

Register at go.illinois.edu/PovertySimulationOct19

Socio-Economic Differences Workshop, Oct. 26 | @ 1:30 PM

People who live in poverty make decisions based on their culture--what they value and what rules they live by. Learn to better understand their reality versus yours. If you didn't grow up in poverty—you don't understand it. No matter how well intended you might be, the values and hidden rules that people in poverty live can be baffling to the other groups.

Register at go.illinois.edu/SocioEconomicsWorkshop



Autumn Health Picks

As the upcoming fall weather approaches, it's important to gain an understanding of common health diagnoses and practices. Dive deeper into specific health conditions in this free online series offered Wednesdays at noon.

Register at go.illinois.edu/HealthPicksAutumn

October 6 | Tinnitus and the Brain

Have you ever left a concert or other loud event with some ringing in your ears? It is estimated that nearly 50 million Americans live with persistent ear ringing—better known as tinnitus. While there are some ways to reduce tinnitus-related distress, there is no cure. Rafay Khan, B.Sc., discusses what we know about tinnitus, what we would like to, the difficulties in studying it, and how we can help those who suffer from it.

October 13 | Sugar and Fat: Friend or Foe?

How often do you hear about someone promoting a low-sugar or low-fat diet that claims to cure all of your health problems? Too often. The truth is, not all sugars and fats are created equal. To achieve optimal health, we need the right kinds of both. Join Ru Liu, M.S., R.D. to learn about the different kinds of sugars and fats, and how low-sugar and low-fat diets affect our bodies.

October 20 | TBI Prevention and Recovery: What everyone should know

Each year, an estimated 1.5 million Americans suffer a traumatic brain injury (TBI). Fortunately, many TBIs are predictable and preventable. Join Evan Anderson, B.S., to learn about common causes of this neurological disease, the steps you and your loved ones can take to reduce your risk of suffering a TBI, and the remarkable ways the brain compensates and adapts following a traumatic brain injury.

October 27 | Domestic and Intimate Partner Violence in Research and the Law

How much do we know about domestic or intimate partner violence? These types of violence are a public health issue and have individual and societal costs. According to recent data from the CDC, approximately 1 in 4 women and nearly 1 in 10 men experience sexual, physical, and/or stalking by an intimate partner during their lifetime. Join So Young Park, J.D., M.P.P., to learn how to legally and theoretically identify and understand different types of violence, and what research tells us about its impact on families.

If you need a reasonable accommodation to participate in one of our programs, contact (309) 756-9978.



LEARN By Doing!



JOIN 4-H!

4-H welcomes all youth ages 8 to 18 to learn by doing! In 4-H youth get to choose to explore projects that interest them in more than 150 areas! From rockets to cooking, robotics to horticulture, sewing, visual arts, livestock, dog obedience, shooting sports and more! 4-H Community Clubs welcome new members to join them for monthly meetings, fun activities, special events, community service projects, and leadership opportunities. Awards, scholarships, friendships, and more await you in 4-H!

Illinois 4-H is part of University of Illinois Extension. Our unit serves the counties of Henry, Mercer, Rock Island and Stark. You can join one of our many community clubs and be part of our 4-H family! Find out more at go.illinois.edu/4Hlearnbydoing.

We also have some fun programs coming up that are open to all youth. Sign up for a workshop to learn more and explore the world of 4-H today!

UPCOMING OPPORTUNITIES:

Check out these fun opportunities that are open to all. See other side for details and to register!



Blast off with a 4-H Rockets Workshop!



Inspire your inner chef with "I Made That!" at home Cooking & Activity Kits



Practice design at a cookie decorating class



Build target skills in archery, and shotgun



Learn to make jam in a food preservation class



Develop engineering skills at Lego Robotics



Explore nature and the secret life of trees!

CONTACT US

Rock Island County 4-H
321 W 2nd Ave. Milan, IL 61264
(309) 756-9978

Mercer County 4-H
910 13th Street, Viola, IL 61486
(309) 513-3100

Henry & Stark Counties 4-H
358 Front Street, Galva, IL 61434
(309) 932-3447



UPCOMING 4-H WORKSHOPS

in Henry, Mercer, Rock Island & Stark Counties

Rockets Workshop, Oct 13 & 20, Zoom

Take your knowledge of space to new heights! Explore the forces of flight and build your own rocket to launch! Sign up for a rocket kit to pick up at our 4-H offices in Milan, Galva or Viola, IL. Attend a Zoom meeting led by science teacher Kent Buckrop to learn about rockets and engineering. Then, assemble your rocket at home! We'll have a Zoom check in with the instructor to offer any last-minute advice on your assembly. Then we'll get together in person to test your rocket's power!

Dates & Registration Details:

Cost: \$20 person (includes rocket and engines!)

- **Intro to Rockets- Zoom class Wed. Oct 13, 6:30 pm**
- **Rocket building Zoom check-in Wed. Oct 20, 6:30 pm**
- **Rocket Launches will be held in each of our four counties.**

(Dates and locations of launches will be sent to class participants)

Register by October 11 @ go.illinois.edu/Rockets

I Made That! at Home Cooking & Activity Kit

University of Illinois Extension and 4-H have designed fall-themed cooking education kits to inspire the inner chef. The November kit is all about apples, using holiday spices, spreading kindness, and practicing gratitude. Each kit includes the "I Made That!" booklet, fall-themed recipes, pomander ball supplies, a gratitude journal, and select recipe ingredients to get you started. Order your kit by October 27 and they will be ready to pick up at one of our Extension office in Milan, Viola, or Galva, IL the first week in November.

Cost: \$5.

Register by Oct 27 @go.illinois.edu/IMadeThatNovember

Register for all programs on our website:
go.illinois.edu/4Hlearnbydoing
or call (309) 756-9978.

4-H SPIN - SPECIAL INTEREST - CLUBS

4-H also offers Special Interest Clubs. Enroll in 4-H to participate in any number of these throughout the year.

Upcoming SPIN Clubs!

4-H Lego Robotics. Oct 28, Moline, IL

Robots are everywhere in everyday life. Learn to design, build, and program robots in this exciting and hands-on club. Also find out important information about the 4-H State Robotics competition.

Join us for our kick-off meeting on Thurs. Oct 28 at 6 pm at the Butterworth Education Center, Moline, IL.

Cost: Free for 4-H members

(\$20 yearly 4-H enrollment fee for new members)

Registration link: go.illinois.edu/4-HLegoRobots

Tree Explorations, Oct 11, Aledo, IL

Trees play an important part in our daily lives - from producing the air we breathe to providing homes for wildlife. We also use parts of trees for food, fuel, and timber. Youth in grades K - 5th are invited to join Illinois Extension horticulture educator Emily Swihart to explore the secret life of trees. Learn about tree growth through tree cookies which they will also decorate and take home. This free program will take place at the Mercer County YMCA, Aledo, IL

Date: Mon. Oct 11, 11 am - Noon

Place: Mercer County YMCA, Aledo, IL

Cost: Free

Register @ go.illinois.edu/TreeExplorations

Canning Jam Workshop Oct 11, 16, or 18

Your own tasty jar of jam awaits in this workshop where you will get hands-on experience using a steam canner for high-acid foods. Learn how to safely preserve food at home and where to find tested recipes for future canning projects. Class size is limited to ensure everyone gets experience with each step of the process.

Cost is \$5 (includes jar of jam to take home!)

Dates and Cities (locations will be confirmed at registration)

- Mon. Oct 11 from 5-7pm (Milan, IL)
- Sat. Oct 16 from 1-3 pm (Aledo, IL)
- Oct 18 from 5-7pm (Kewanee, IL)

Register @ go.illinois.edu/4HCanningClass

Cookie Decorating - Nov 3, Milan, IL

Presenters Kyle Lloyd & Annette Doonan will share their love of baking and decorating cookies in an interactive demonstration of basic techniques of frosting yummy sugar cookies. Learn about different types of frosting, the tools of the trade and the art of decorating. The best part is - you can eat and enjoy your edible art!

Date: Wed. Nov 3, 5:30 - 7 pm

Cost: \$5 person (includes your own decorating kit!)

Place: Rock Island County Extension, Milan, IL.

Register @ go.illinois.edu/4-HCookieDecorating

4-H Shotgun Club, Thursdays, Colona, IL

For ages 10 to 18. Boost your shooting skills as you get to practice each week. You'll also learn firearm safety and responsible handling and use. Meets Thursdays at 5 pm at the Bi-State Sportsman Association Inc. Colona, IL. Equipment and ammunition provided by grants from 4-H, NRA, United Way, Midway USA, and many QCA Outdoor Organizations.

Cost: \$50 materials fee for first 6 weeks (reduced fee after)

(\$20 4-H enrollment fee for new members)

Registration link: go.illinois.edu/4-HShotgunColona

4-H Archery, Fridays, Moline, IL

For ages 8 to 18. Become a master archer as you get to practice target shooting each week! Learn firearm safety and responsible handling and use. Meets Fridays at 6:30 pm at the YSSA Range & Academy, Moline IL. Equipment is provided by Youth Shooting Sports Association, and grants from the 4-H, NRA, & USA Archery.

Cost: \$20 material fee due for each 6-week session.

(\$20 4-H enrollment fee for new members)

Registration link: go.illinois.edu/4-HArcheryMoline



Baked Pumpkin Oatmeal Bars

What better way to enjoy pumpkin than in a chewy breakfast bar? This is a fiber-filled option for those chilly fall mornings. It incorporates all of your breakfast essentials that'll keep you feeling satisfied until lunch.

Ingredients:

- 2 cups rolled oats
- 1/2 tsp cinnamon
- 1/2 tsp pumpkin pie spice
- 1 1/3 cups pumpkin puree
- 1/3 cup milk of choice
- 1/3 cup honey or maple syrup
- 1/4 cup peanut or almond butter
- 1 tsp vanilla extract
- Optional: 1/2 cup chopped nuts, shelled pumpkin seeds or mini chocolate chips

Instructions:

1. Preheat oven to 375 degrees and spray an 8X8 inch pan with cooking oil.
2. In a medium-sized bowl, mix all ingredients together until thoroughly blended.
3. Pour batter into pan and level the surface with a spatula.
4. Bake for 25 minutes. Remove from heat and allow to cool before cutting.



DIY Pumpkin Puree (oven method)

Cook pumpkin: Remove ends and cut pumpkin in half. Scrape away stringy mass and seeds. Cut each half into smaller segments so you have 6-8 chunks. Place onto a baking sheet and bake at 350°F for 45 minutes or until fork tender.

Puree pumpkin: When the pumpkin is cool enough to handle, remove the peel using a small sharp knife and your fingers. Put the peeled pumpkin in a food processor and blend until smooth. Add a tablespoon of water if needed. Pumpkin puree can be used right away or frozen for later use.

Use within 6 months for best quality.



10 TIPS TO STAY Active At Home

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& ENVIRONMENTAL SCIENCES

For many of us, exercise routines have been put on hold due to temporary social distancing recommendations and new schedules that have us home more than usual. Get creative by adding physical activity into our daily lives at home. Several of the tips below also encourage activity with family and can be great as brain breaks for children and adults.

Regular physical activity can have long-term health benefits including relieving stress, improving sleep, reducing fat, controlling weight, and preventing chronic diseases. Get moving and have fun with it!

- 1. Dance Breaks:** Put on some music and just dance. Dance by yourself. Dance with your kids. Dance with your family. This activity doesn't require any special equipment.
- 2. Social Media Group Fitness:** Several fitness instructors offer free online fitness and dance classes. You can also search on social media photo and video platforms for at home workouts.
- 3. Fitness Apps:** Wearable fitness devices and mobile apps are a great reminder to move. Some apps and devices allow goal setting for number of steps or calories burned. Reminders throughout the day sent right to your phone or wearable device can help you move more.
- 4. Take a walk:** A walk around the neighborhood is a great way to get moving by yourself or with your family.
- 5. Parents vs. Kids Fitness Challenge:** Challenge your kids to a fun fitness contest. See who can do the most jumping jacks, who can do the most pushups, or who can hold a plank the longest.
- 6. Go for a bike ride:** A quick bike ride around the neighborhood is a great way to get moving. Bring the whole family along to get everyone moving.
- 7. Play sports with your kids:** This is a great opportunity to get in the game with your kids. Instead of watching them play a game of basketball, soccer, jump rope, or tag, get in the game.
- 8. Yard work:** This can be a great time to get some things done outdoors. Weeding, trimming bushes, raking leaves, or prepping your garden for growing season can be great exercise. Relax, unplug, and tap into nature.
- 9. Take the stairs at home:** Try going up and down the stairs more to get in some extra physical activity.
- 10. Have a cleaning party:** Cleaning can be a great form of exercise. Put on your favorite music and get going. This can be a great way to get your family moving too!



FIND MORE COVID-19 RESOURCES @ go.illinois.edu/ExtensionCOVID19

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.

