

# April 2024



## FAMILY & CONSUMER SCIENCES- EXTENSION HOMEMAKER NEWSLETTER

Dear Owen County Homemakers,

Spring is officially here and in full swing! This is such an exciting time watching everything bloom and enjoying the sun staying out a little longer, however, this is also seasonal allergy season and for some this can be a miserable time of the year. One of the most common causes of allergies during the spring is high pollen counts. To attempt to reduce your exposure to pollen, monitor your local pollen counts and take necessary precautions when you can. A few things you can do to protect yourself include the following:

- Close your windows in your home.
- Stay inside on dry, windy days.
- Change your clothes and shower after being outside to remove pollen.
- Do not hang laundry outside.
- Avoid being outdoors in the morning, when pollen counts are the highest.
- Use air conditioning to cool your house or vehicle.
- Vacuum your floors often.

Seasonal allergies can develop at any time during your life and are not necessarily something you are born with. Stay safe during this spring season and enjoy the little things! For me, a couple of the little things are coaching t-ball and watching my oldest play baseball!

*Chelsea R. Young*

Chelsea Young

Family & Consumer Sciences Agent  
Owen County



Cooperative  
Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.





# Homemaker News

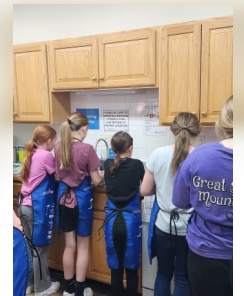


## SEW ALL DAY

*\*These days are open to ALL Owen County Homemakers! You are welcome to join and sew, craft, and fellowship! The next Sew All Day is Monday, April 15th starting at 9:00AM ending at 4:00PM.*



Congratulations to Donna Pryor for completing her FIRST quilt! She is a member of the Sew & Go, Memory Makers, Crochet & Fellowship, and Craft Clubs!



***Thank you to everyone that helped make Recipes for Life this year a huge success!***



Donna Gomez's daughter Andi donated items for the Craftin' for the Community event on April 20th. Andi is a HS Senior attending iLead Academy in Carrollton. She collected all items for a school project! We are very grateful for her leadership in this project!

All donations will go to Meeting The Needs to assist with the growing homeless population in our community. If you have any donations, you may bring them to the Extension Office.

Items being collected: non-perishable food, personal care items, towels, blankets, and pillows.

*\*If you are interested in joining the event on Saturday, April 20th, see the enclosed flyer and registration form for more details.*



# Homemaker Book List

Lessons in Chemistry *by Bonnie Garmus* (2022)

Set in the early 1960's. Once a female chemist in the male dominated Hastings Research Institute, Elizabeth Zott is now faced with the challenge of being a single mother and the host of the cooking show Supper at Six. Although reluctant at first, Elizabeth finds herself an American sensation, providing her with a stage where her voice can be heard. Using her newfound influence, she begins challenging the status quo by empowering women and not only showing them how to cook, but also their worth.

Tuesday with Morrie: An Old Man, A Young Man, and Life's Greatest Lesson *by Mitch Albom* (1997)

A story of learning how to live through the knowledge of an approaching death. A professor and his student share one last lesson in learning what it truly means to live and love. Morrie Schwartz was diagnosed with Lou Gehrig's disease in 1994, and through his diagnosis he realized that the world continued regardless of his personal tragedy. In his final year, Morrie provided lessons on how to not carry self-pity, and how to embrace love and connection to others.

\* These books can be found at the Owen County Public Library.



Read any good books lately?! The State Homemaker Council is collecting book suggestions to add to the **2024-2025 KEHA Booklist** - - and would love your input!

Any books you'd like to suggest should be from the **popular press** rather than a textbook or research/reference book and should have been **published within the last three years**.

Qualtrics Link to enter your book submission: **DEADLINE to enter is APRIL 30<sup>th</sup>.**

[https://uky.az1.qualtrics.com/jfe/form/SV\\_9YtS76F4dfITNWe](https://uky.az1.qualtrics.com/jfe/form/SV_9YtS76F4dfITNWe)

In Qualtrics, be prepared to include the:

- Book Title
- Author
- Category (from the list below)
- Year Published (within the last 3 years – except for 'Classics / Old Favorites')
- Brief Description (3 or 4 sentences)

KEHA Book List categories are:

- Arts
- Biography
- Family and Consumer Sciences
- Fiction
- History
- Kentucky (any KY connection...author, history, foods, etc.)
- Religion
- Travel
- Classics and Old Favorites (may be older than 3 years)



## Owen County Homemaker Officers

Deborah Arnold	President
Donna Bryant	Vice President
Joyce York	Secretary
Beverly Kincaid	Treasurer



# CANNING 101

Come join us for an informational session on getting started with food preservation.

**Krista Perry**

**Henry County Family & Consumer Sciences Agent**

**Monday, April 22nd**  
**5 PM**

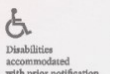
**Owen County Cooperative  
Extension Service**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



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with prior notification.





 Cooperative  
Extension Service

# Mother's Day Tea

**Saturday, May 11th**

**2:00 pm**

**Owen County Extension Office**

**Cost: \$15**

**MUST register by Wednesday, May 1st  
(502) 484-5703**



4-H Sewing members will be the entertainment at the Mother's Day Tea as they showcase their completed projects in the Fashion Revue.





# Energy Efficiency

May 15, 2024

Owen County Extension Office



**OWEN Electric**

Jude Canchola



**CALL 502.484.5703  
TO REGISTER**

**LUNCH**

**11:30 AM-12:00 PM**

**PRESENTATION**

**12:00-1:00 PM**

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Lexington, KY 40506







# ADULT HEALTH BULLETIN



**APRIL 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Owen County Cooperative Extension Office  
265 Ellis Road  
Owenton, KY 40359  
(502) 484-5703

## THIS MONTH'S TOPIC

# WALK AROUND THE CLOCK



**A**pril 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

### Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page 



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# Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

## → Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

## Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

## Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

### REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

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**ADULT**  
**HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock





# BECOME A SMOOTHIE- MAKING PRO WITH THESE SIMPLE, NUTRITIONAL STEPS

Smoothies are a convenient way to add nutrients to your diet, adding variety to what and how you eat. Smoothies are simple because you combine all the ingredients into one spot, then blend and enjoy.

With a little practice and these tips listed, you can become a smoothie-making pro.

- Add over-ripened fruits and vegetables. Over time, this can reduce food waste and save food dollars in your home.
- Consider buying single-serving blenders. These are typically less expensive than a true blender. You can also buy blenders secondhand or refurbished, generally discounted around the holiday season. If you do not have a blender, make smoothies in a food processor or with an immersion blender instead.
- Enjoy smoothies right after you prepare them. When you have leftovers, you can drink smoothies within 24 hours if you store them in an airtight container in the refrigerator. You can also pour leftovers into an ice tray with a toothpick or a popsicle tray to freeze and enjoy later.
- Smoothies are a healthy way to supplement meals. They are an easier way to take in calories when eating a meal may be difficult. This is an important consideration during sickness, if someone is managing a chronic condition, or needs to gain weight.
- Smoothies offer variety. You can easily change smoothies to your liking. The next time you make one, try adding a new ingredient or removing one you may not have liked.
- Store-bought smoothie options can be more convenient, but not typically healthier. These options are generally more expensive, high in added sugar and less nutritious than homemade. At home, you can add what you want and simultaneously save food dollars.
- You may have heard of “juicing.” When you juice a fruit or vegetable, you remove fiber and most micronutrients. This is what makes a smoothie a more nutritious option. Smoothies include fiber, vitamins, minerals, antioxidants and phytochemicals you only get when you eat the entire fruit or vegetable.
- With the right ingredients, smoothies can be a balanced meal. Add multiple food groups to your smoothie to meet nutrient needs. For example, a smoothie made with yogurt, strawberries, a banana, spinach and oats provide nutrients from the dairy, fruit, vegetable and grain food groups.
- Smoothies are an easy clean up. To make clean up a breeze, fill the blender or food processor halfway up with water, add a dash of dish soap, and blend. It’s that simple. For other creative ideas for adding nutritious foods to the diet, look for upcoming programs and classes at your local Owen County Extension Office.



# April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b> Pleasant Home 11 AM Extension Office	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Sew & Go 12 PM Extension Office	<b>9</b>	<b>10</b> Featherweight Cleaning & Maintenance 9 AM Extension Office	<b>11</b>	<b>12</b> Spring Preschool Day 10 AM Extension Office Sweet Owen 11 AM Sweet Owen Store	<b>13</b>
<b>14</b>	<b>15</b> SEW ALL DAY 9 AM Extension Office	<b>16</b> Cotton Club 6 PM Extension Office	<b>17</b> Homemaker Council Meeting 1 PM Extension Office	<b>18</b>	<b>19</b> Craftin' for the Community Setup Extension Office	<b>20</b> Craftin' for the Community 9 AM Extension Office
<b>21</b>	<b>22</b> Canning 101 5 PM Extension Office	<b>23</b>	<b>24</b> Crochet & Fellowship 9 AM Extension Office Area Homemakers Meeting 1 PM Extension Office	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Homemaker Craft Club 6 PM TBA	<b>30</b>	<b>1</b> <i>May</i> Pleasant Home 11 AM Extension Office	<b>2</b>	<b>3</b>	<b>4</b>





# Cucumber, Corn, & Bean Salsa



## Ingredients:

- 2-3 large cucumbers
- 2 tomatoes
- 1 yellow bell pepper
- 1 small red onion
- 1/4 cup chopped fresh cilantro
- 1/2 cup black beans
- 1/2 cup fresh whole kernel corn, cooked
- 1 ounce package dry ranch dressing mix
- 1/8 cup cider vinegar
- 2 tablespoons sugar, optional

## Directions:

1. Wash all vegetables. Finely chop cucumbers, tomatoes, pepper, and onion.
2. Drain and rinse beans and add to chopped vegetables. Add corn. If using canned corn instead of fresh, drain off liquid prior to adding vegetables.
3. In a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour dressing over vegetables and mix well.
4. Serve immediately or refrigerate until chilled.

### Nutrition Facts per serving: