

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

Dear Owen County Homemakers,

February is here and I am so excited for all of the fun things that it brings including Valentine’s Day! February is also Heart Health Awareness Month, so this is a great reminder to take care of our hearts. Heart disease is the number one cause of illness and death for women and kills more than all forms of cancer combined. Two of the best ways to improve your heart health is to change your diet and to exercise. There are many symptoms to be paying attention for:

- Unexplained severe fatigue or trouble sleeping, especially for an extended period of time.
- Persistent indigestion like pain in the chest.
- Pain that worsens with activity but decreases with rest.
- Pain along with sweating, nausea, vomiting, or shortness of breath.
- Pain or dull aches under arms, jaw, neck, or back.

Everyone can help support heart disease prevention by wearing RED. It is a simple, powerful way to help raise awareness and show your support for the fight against heart disease by wearing RED on February 2nd for National Wear Red Day!

The next Lifeline Screening will be Tuesday, May 14th at the Extension Office. To register you MUST call 1-800-640-6307 or visit [LLSA.SOCIAL/HC](https://llsa.social/hc).

We have lots of fun activities coming up in the spring, so be on the lookout in the upcoming newsletters and, as always, call the Extension Office if you have any questions.

Sincerely,



Chelsea Young
Owen Co.
Extension Agent For Family & Consumer Sciences





Homemaker News

Cultural Arts and Heritage

Guidelines for Creative Writing Contests

General:

- Only one entry per person is allowed in each category
- Entries are open only to members of KEHA
- All entries must be original
- Entries should not contain words of profanity
- The KEHA Executive Board reserves the right to not print any entry due to content
- Entries should be typed, *however* legible hand written entries will be accepted if there is no way the entry can be typed
- Entries submitted in electronic format, preferably in Microsoft Word, are encouraged
- Each entry should be submitted for state judging with the completed Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form. This is found on KEHA Handbook page 39. (Contact the office if you need a copy.)
- Entries will not be returned; be sure to make a copy
- All entries are due by **March 1** to KEHA Cultural Arts Chairman:

Barbara Seiter, 8669 Valley Circle Drive, Florence, KY 41042 Phone: (859) 653-7655 Email: seiterbarbara@yahoo.com

Poetry:

- Entries are limited to 30 lines

Memoirs:

- Entry is limited to 2 pages, double spaced
- Entry is limited to one memory, written in first person
- Entry should have a particular focus or element that receives the most emphasis
- Entry should focus on a person, place, or animal which has a particular significance in the writer's life
- Entry should recreate for the reader incidents shared with the person, place, or animal
- Entry should reveal writer's knowledge of and feelings about the person, place, or animal
- Entry should make the person, place, or animal come alive for the reader
- Entry should share new insights gained when recalling the significance of the subject of the memoir

Short Story:

- Entry is limited to 3,000 words.
- Entry may be written in the first or third person
- Entry should contain:
 - a plot, rising action and a climax
 - a focused purpose
 - setting details woven into the text of the story, allowing the reader entry into the story
 - development of at least one character through the character's own words, thoughts, or actions and/or those of another character
 - a tightly woven plot limited to one main idea or purpose
 - a problematic conflict, developed as the story progresses
 - a resolution of that conflict
 - idea development through snapshots, thoughtshots, dialogue, description, etc

Homemaker Book List

Red at the Bone by Jacqueline Woodson (2019)

A powerful story of family, Woodson's novel examines how history, community and shared experiences form the life of a baby. Following a family through the generations from the Tulsa Race Riots, *Red at the Bone* also looks at the way the young look at life and make decisions that have far-reaching results.

A Place in the World: Finding the Meaning of Home by Frances Mayes (2022)

A personal testament of travels abroad and building a sense of home. Mayes' reflects on the many 'homes away from home' she has lived in during her travels across Italy, South America, France, and Mexico. This book examines how many characteristics of a home, including the ambience, culture, and camaraderie made along the way can stick with us throughout our own travels.

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

**Make plans to attend the
2024 KEHA State Meeting
at Sloan Convention Center
and Holiday Inn University Plaza**

Bowling Green, KY

May 7-9, 2024

Deadline to register is

Friday, MARCH 29th!

**You can find registration paperwork
at**

**[https://keha.ca.uky.edu/content/
state-meeting-information](https://keha.ca.uky.edu/content/state-meeting-information)**

**or call the office at (502) 484-5703
for a copy.**



Owen County Homemaker Officers

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





 Cooperative
Extension Service

Mother's Day Tea

Saturday, May 11th

2:00 pm

Owen County Extension Office

Cost: \$15

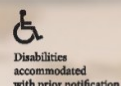
MUST register by Wednesday, May 1st
(502) 484-5703

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

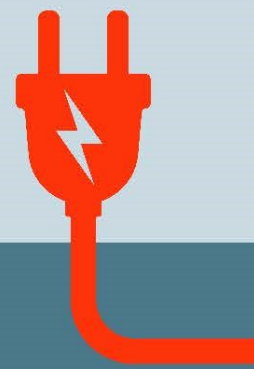
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Eat Safe Food after a Power Outage



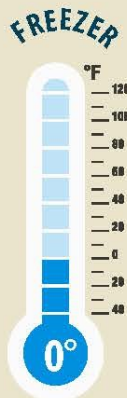
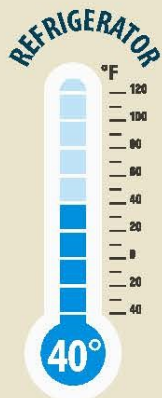
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.

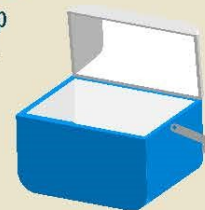


Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.



During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

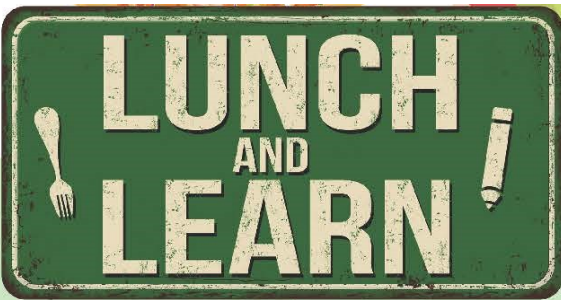
After

Never taste food to determine if it is safe to eat. **When in doubt, throw it out.**

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture**.
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40°F or below.



www.cdc.gov/foodsafety



OWEN COUNTY COOPERATIVE EXTENSION
265 ELLIS HIGHWAY




MENU

- ~~1. October 25: Getting your House in Order~~
- ~~2. November 15: Health & Wellness Screening~~
- ~~3. January 17: Radon~~
4. March 20: Emergency Preparedness
5. May 15: Energy Efficiency

11:30-NOON LUNCH

12:00-1:00 PM PRESENTATION



 Cooperative Extension Service

WE NEED YOUR IDEAS



Thank You!

WE ARE PLANNING NEXT YEAR'S TOPICS FOR LUNCH & LEARN'S. PLEASE TAKE THIS QUICK SURVEY TO HELP US PLAN TOPICS YOU ARE INTERESTED IN.

SCAN THE QR CODE
or visit

tinyurl.com/2425LunchLearn





Are you ready for a disaster?



EMERGENCY PREPAREDNESS



MARCH 20, 2024

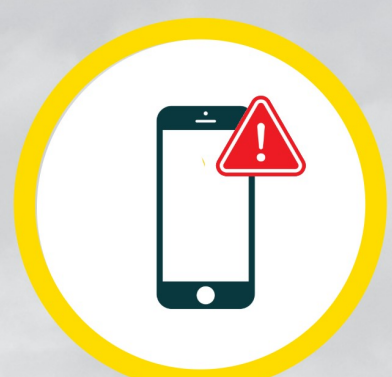
OWEN COUNTY EXTENSION OFFICE



MAKE A PLAN



BUILD A KIT



BE INFORMED

**CALL
502.484.5703
TO REGISTER**

Liz Evans
Boone County
Family & Consumer Sciences

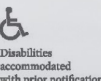
**LUNCH
11:30 AM-12:00 PM
PRESENTATION
12:00-1:00 PM**

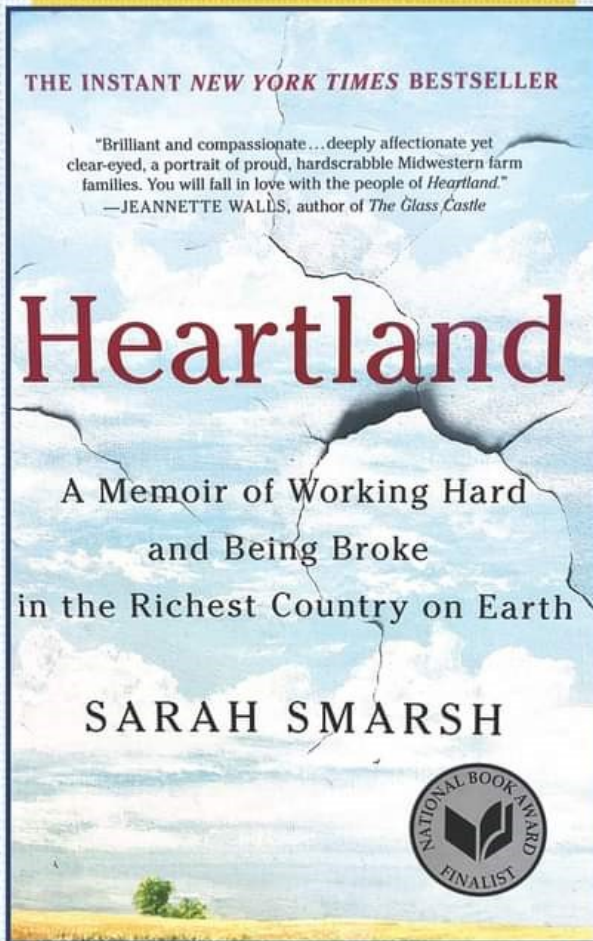
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506





WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country* on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

2024

Spring Preschool Day



FRIDAY, APRIL 12TH
10 AM-NOON

AGES 3-5

Do not have to be enrolled
in a preschool to attend.

SPACE IS LIMITED!! CALL TO REGISTER

502.484.5703

Owen County Cooperative Extension
265 Ellis Road

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ADULT

HEALTH BULLETIN



FEBRUARY 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 Extension Office
265 Ellis Road
Owenton, KY 40359

THIS MONTH'S TOPIC

WHEN AND WHERE TO GET MEDICAL CARE



The types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

Continued on the next page ➔



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Lexington, KY 40506



Disabilities accommodated with prior notification.

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.



➔ Continued from the previous page

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

REFERENCE:

<https://kidshealth.org/en/parents/emergencies.html>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

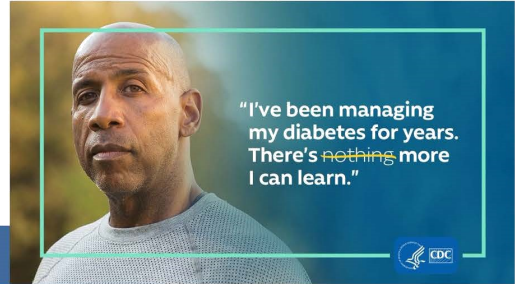
Designed by: Rusty Manseau

Stock images:

Adobe Stock



DIABETES Education



The more you know...

DIABETES BASICS

Thursday, March 7, 2024, 1:00-3:30 PM

Adults will learn about managing diabetes from Paula Bergen, RN, CDCES and Julie Shapero, RDN, LD, LDE and enjoy a taste of a diabetes-friendly recipe.

Boone County Extension Office
(Lutes Room)

6028 Camp Ernst Road, Burlington, KY 41005
(enter building across from flagpole)

(859) 586-6101 or boone.ca.uky.edu to register
Registration required.



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Disabilities accommodated with prior notification.





UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Cost
\$35

Checks Payable to:
Boone County Extension Homemakers

Sip and Paint

A fundraiser for the ovarian cancer program at
Markey Cancer Center

Boone County Extension Enrichment Center- Upper Level
1824 Patrick Drive Burlington, KY 41005

Saturday, April 27, 2024
1:00-4:00 p.m.

Call Owen County Extension Office for registration information
502.484.5703

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Stitch & Lounge

Beginner Sewing Series for ages 16 years and up

Gallatin County Extension Office
February 7th, 14th, 21st, 28th
6:00—8:30 p.m.

Materials you need to bring to the classes: sewing machine w/the manual, (if you do not have one, call Ronda Rex at the Extension Office), 3 yards of cotton, flannel, or fleece material (pre-washed). Elastic band, (1-inch wide, 2 yards)

Materials provided by the Extension Office: sewing supplies such as pins, thread, scissors, seam guides, etc., irons and ironing boards.

The Northern KY Area Master Clothing Volunteers will be at the Gallatin County Extension Office to teach basic sewing skills. Come join us and make your own pair of lounge pants.

Space is limited to 10. Registration is required by phoning the Gallatin County Extension Office at 859-567-5481.



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Cleaning & Maintenance 221 Featherweight Sewing Machine



\$60

MAKE CHECKS
PAYABLE TO
OWEN COUNTY
HOMEMAKERS

SPACE IS
LIMITED!

CALL TO
REGISTER
502.484.5703

LUNCH IS
PROVIDED TO
THOSE WHO
REGISTER!

SUPPLIES NEEDED:

- Small & Medium size straight blade screwdriver
- Flash light or small worklight
- Dental pick
- Paper towels
- Mat/Towel to place under machine
- Sewing machine oil *
- Motor Grease *
- White Lithium Grease *

*There will be supplies to use
and/or purchase in class.

Be sure to bring
your machine in
working
condition!

APRIL 10, 2024
9AM-4PM

265 ELLIS HIGHWAY
OWENTON, KY 40359



The Basics of Chocolate



Gallatin County
395 US Hwy. 42 West
PO Box 805
Warsaw, KY 41095-0805
(859) 567-5481
Fax: (859) 567-5432
Gallatin.ca.uky.edu



February 8, 2024

1:30 - 3:00 pm
Gallatin County Extension Office

Learn the basics of chocolate and take a taste test to see which kind you like best. Included in the lesson is information on tempering chocolate. Registration is required by calling (859) 567-5481. Space is limited! Call today!

Instructor: Christy Eastwood
Carroll County Extension Agent for Family & Consumer Sciences

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Disabilities accommodated with prior notification.



Craftin' For The Community

Sat., April 20th starting at 9 AM

We will be collecting non-perishable food and personal care items along with blankets, towels, and pillows to assist with the growing homeless population in our community. All profits and donations will go to Meeting The Needs.

Table Spots Available:

6-foot table \$55

Share a table \$30

Payment must be received to hold your spot

**A Day of Self-Care and Fun!
Vendors, Classes, Chair
Massages, a Great Lunch,
and LOTS of Fellowship!**

Start the New Year with these four easy steps for a clean fridge

When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.







Follow these simple steps:

- Removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a suitable time to check dates on dairy products and condiments and replace them if necessary.
- Wash with hot, soapy water after removing any drawers or shelves. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe it down with a diluted bleach solution made from one tablespoon unscented bleach in 1 gallon of water.
- Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.
- Cleaning up spills as soon as they occur and keeping track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also good practice to wipe down door handles and control dispensers with a disinfecting wipe daily to remove bacteria left by hands.

For more information on food safety, contact the Owen County Extension Office.

Source: Annhall Norris, extension specialist, food preservation and food safety

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>4</p>	<p>5</p> <p>4-H Sewing 3-6 PM Extension Office</p>	<p>6</p> <p>4-H Sewing 3-6 PM Extension Office</p>	<p>7</p> <p>Pleasant Home 11 AM Homemaker Council 1 PM Extension Office</p>	<p>8</p>	<p>9</p>  <p>Sweet Owen 11 AM Sweet Owen Store</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>Sew & Go 12-3 PM 4-H Sewing 3-6 PM Extension Office</p>	<p>13</p> <p>Mardi Gras 4-H Sewing 3-6 PM Extension Office</p> 	<p>14</p> <p>SEW ALL DAY 9 AM Extension Office</p> 	<p>15</p>	<p>16</p> <p>Memory Makers February 16th-18th Perry Park Contact Dawn Davis for more details</p>	<p>17</p> <p>Memory Makers</p>
<p>18</p> <p>Memory Makers</p>	<p>19</p>  <p>4-H Sewing 12-6 PM Extension Office</p>	<p>20</p> <p>4-H Sewing 3-6 PM Cotton Club 6 PM Extension Office</p> 	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p> <p>4-H Sewing 3-6 PM Craft Club 6 PM Extension Office</p>	<p>27</p>	<p>28</p> <p>Crochet & Fellowship 9 AM Extension Office</p>	<p>29</p> 	<p>1</p> <p>MARCH EMPLOYEE APPRECIATION DAY</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>Sew & Go 12-3 PM 4-H Sewing 3-6 PM Extension Office</p>	<p>5</p> <p>SEW ALL DAY 9 AM Extension Office 4-H Sewing 3-6 PM</p>	<p>6</p> <p>Pleasant Home 11 AM Extension Office</p>	<p>7</p>	<p>8</p> <p>Sweet Owen 11 AM Sweet Owen Store</p>	<p>9</p>

Chicken & Dumpling Soup

Servings: 12 Serving Size: 1 cup

Recipe Cost: \$19.19 Cost per Serving: \$1.60



Ingredients:

- 2/3 cups cooked chicken, cubed
- 4 carrots
- 3 stalks of celery
- 3 medium potatoes
- ½ yellow onion
- 1 clove garlic
- 2 tablespoons olive oil
- 2 (32-ounce) boxes of low sodium chicken broth
- 2 cups frozen peas
- 1 (12-ounce) package frozen dumplings
- Salt and pepper, optional

Directions:

1. Chop vegetables into bite sized cubes; chop onion and garlic finely.
2. In a large soup pot, heat olive oil over medium-high heat and sauté the onion and garlic until tender.
3. Add the carrots, celery and potatoes and stir for a few minutes, being careful not to burn them.
4. Pour in the broth and bring to a boil. Add dumplings, a few at a time.
5. Turn down heat and simmer for about 15 minutes, stirring often, until the vegetables have softened.
6. Add chicken and raise heat to medium-low for 10 minutes.
7. Add frozen peas during the last five minutes. Add salt and pepper to taste.