

Homemakers F&CS



**Cooperative
Extension Service**

Owen County
265 Ellis Highway
Owenton, KY 40359
(502) 484-5703
Fax: (502) 484-5704

FAMILY & CONSUMER SCIENCES- EXTENSION HOMEMAKER NEWSLETTER

JANUARY 2024

Dear Owen County Homemakers,

It's a NEW year and this is the time when a lot of people start thinking about New Year's Resolutions, but for me this is a time to think about my New Year's "bucket list" of all of the things I want to do in the New Year. A few things I plan to put on my bucket list for this New Year include:

- Donate blood
- Learn a new language
- Volunteer at the local animal shelter
- Visit a new state park, and MORE!

What are some things you can think of to start creating your own "2024 Bucket List"? The fun part of creating a bucket list is that you can add as many or as few items as you like! I also have my boys make their own list and they have so much fun checking things off their list throughout the year!

This is a great time to challenge yourself to try new things! I hope you enjoy this time of the year with family and friends, or if you're snowed in, take time read a book, do a puzzle, or work on a diamond art painting! If you are interested in learning about what diamond art is, just ask!

Wishing you a Happy New Year!

Chelsea Young
Owen County
Extension Agent for Family & Consumer Sciences

Chelsea R. Young



**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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Disabilities
accommodated
with prior notification.



Homemaker Happenings

SANTA'S CASTLE



A BIG shoutout to the Memory Makers Club for decorating the Christmas Trees in preparation for Santa's Castle this year!



Thank you to ALL that helped with Santa's Castle this year, whether it be with donations, setup, during the event, as well as cleanup! It takes a lot of work and many volunteers to make this event possible, so THANK YOU! It was a great success and we raised over \$1,000 this year with over 250 children having shopped for Christmas!



Owen County Homemaker Officers

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



Homemaker Book List

Friends, Lovers, and the Big Terrible Things: A Memoir by *Matthew Perry* (2022)

In an extraordinary story that only he could tell—and in the heartfelt, hilarious, and warmly familiar way only he could tell it—Matthew Perry lays bare the fractured family that raised him (and left him to his own devices), the desire for recognition that drove him to fame, and the void inside him that could not be filled even by his greatest dreams coming true. But he also details the peace he's found in sobriety and how he feels about the ubiquity of *Friends*, sharing stories about his castmates and other stars he met along the way.

8 rules of Love: How to Find it, Keep it, and Let it Go by *Jay Shetty* (2023)

Nobody sits us down and teaches us how to love. So, we're often thrown into relationships with nothing but romance movies and pop culture to help us muddle through. Jay Shetty is a former monk, award-winning storyteller, author, and podcast host with the ability to make the timeless feel more timely and ancient wisdom seem so practical.

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

NEWS FROM THE PRESIDENT

Dear Fellow Owen County Homemakers,

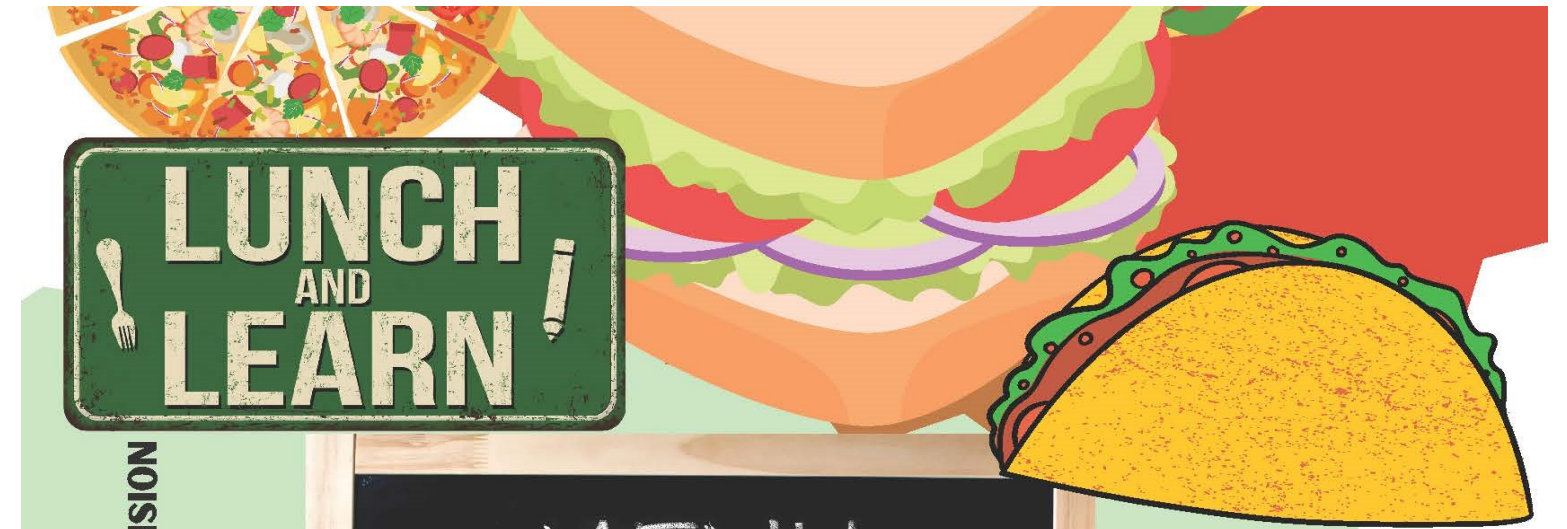
In case I haven't met you yet, I wanted to introduce myself. My name is Deborah Arnold. I've just recently accepted the position of Owen County Homemakers President.

My husband, Don, and I have moved to Owen County and built a home on the east side of the county. We live with our dog, Honey, and 13 chickens. We moved from Kenton County where I was active with Homemakers as well. My Homemaker Club was named "Never Finished Sewers" I love to quilt, sew clothing, crochet, knit, paint and recently have tried to teach myself to spin.

I'm in the process of trying to attend each Homemaker Club. I've got one club left to see, Memory Makers. It's been so nice to attend meetings and meet everyone in person. I've asked everyone to fill out a questionnaire, we received 33 questionnaires. We have accumulated the data and have new information and ideas for the future. I will be discussing the results with our council, and we will which to implement. Thank you so much for your participation. A couple of potential opportunities for 2024: Lunch & Learn, Mother's Day Tea, State Meeting & the County Fair. Please consider participating.

Happy New Year,

Deborah Arnold



**LUNCH
AND
LEARN**

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**



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



Save the Date

Mother's Day Tea

Saturday, May 11th

*More details to come

* If you would like to be on the planning committee to help plan this tea, please reach out to any of the Homemaker Officers or call the Extension Office at (502) 484-5703.

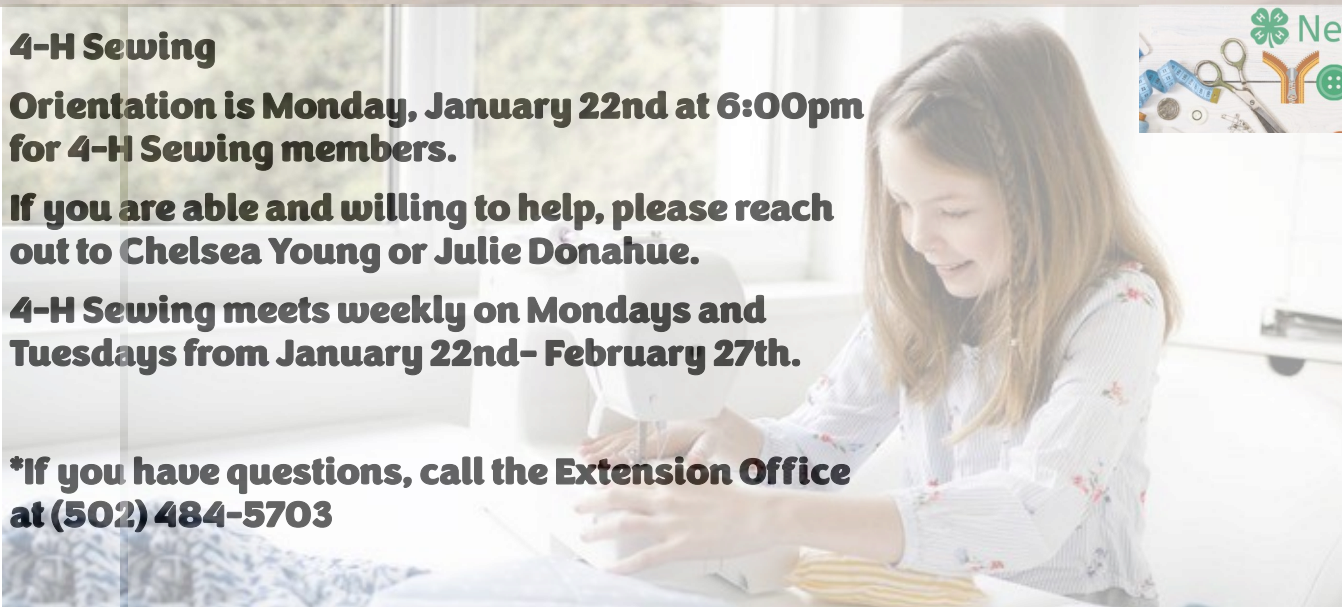
4-H Sewing

Orientation is Monday, January 22nd at 6:00pm for 4-H Sewing members.

If you are able and willing to help, please reach out to Chelsea Young or Julie Donahue.

4-H Sewing meets weekly on Mondays and Tuesdays from January 22nd- February 27th.

***If you have questions, call the Extension Office at (502) 484-5703**



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RADON

JANUARY 17, 2024

Justin Pittman

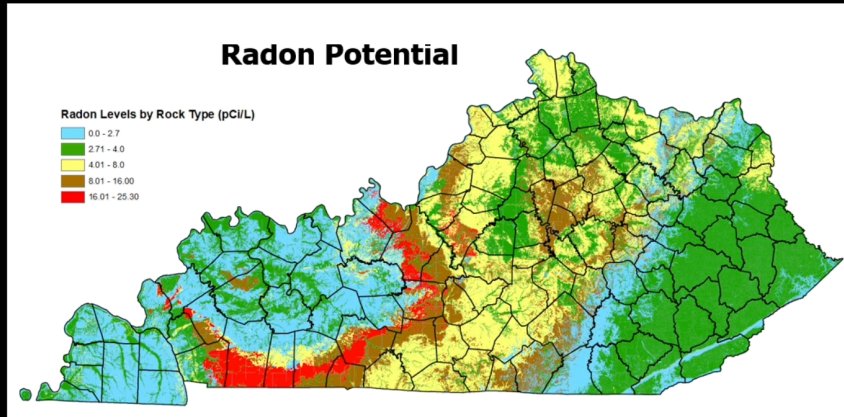
OWEN COUNTY EXTENSION OFFICE

CALL 502.484.5703 TO REGISTER

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



Lung Cancer





Jennifer Spriggs and Roberta Couch,
International Committee Co-chairs

 Cooperative
Extension Service

*The Northern Kentucky Area Extension Homemakers
International Committee presents:*

**Travel the World
without Leaving Your Kitchen**

Italy



MONDAY, February 26, 2024

6:00—8:00 p.m.

Virtually via Zoom

859-586-6101 or boone.ca.uky.edu to register

Deadline to register: February 19, 2024

Zoom link and needs for cook-along will be sent a week prior to the program

Cook-along as we explore the foods of Italy and learn about the country and areas in Northern Kentucky influenced by Italian immigrants. One lucky attendee who completes the challenge presented during the program, and returns a survey, will be chosen to receive a themed gift basket.



This is part of the KEHA "Healthy Eating Around the World" initiative.



Self-Care: Taking Care of Your Mental and Physical Health

Be joyful! The sensation of joy runs happiness throughout your body. There is evidence that positivity contributes to overall happiness. Now is the time to focus on YOU!

Self-Care Activities Include:

- take a walk outside
- talk to a friend
- listen to music (or perform it)
- sing and/or dance
- play with your pet
- watch a favorite movie
- listen to comedy shows-laugh!!



Consider making a “self-care kit” for a friend- doing things for others usually helps you feel better!

To help with everyday stress, consider making a “self-care kit” for yourself.

Self-Care Kit Includes:

- stress ball
- bath bomb
- journal
- affirmation cards
- rice-filled neck warmer
- scented candle
- chocolates
- your favorite item or activity that helps you feel better



Make Self-Care your 2023-2024 goal

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



Healthy Home, Body & Mind

January 17, 2024 (Snow Date January 18, 2024)

Boone County Enrichment Center

1824 Patrick Drive Burlington, KY 41005

Check in 12:00 | Program from 12:30-3:30

Please register through Boone County Extension Office by Jan. 5, 2024
Phone: (859) 586-6101 or Online: <https://boone.ca.uky.edu/online-registration>



BLADDER HEALTH

More than 50% of adults will experience urinary incontinence at some point in their lifetime. Learn the facts and how to get help.



LOVE EVERY BITE, EAT FOR LIFE

Learn the way aging affects nutrition and diet, and about choices that you can make to improve or maintain your health and well-being as you age.



RADON IN KENTUCKY

What is radon?
Where does it come from?
How can it affect you?



OSTEOPOROSIS

Learn the signs & symptoms of osteoporosis and how you can build strong & healthy bones.

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accommodated
with prior notification.

ADULT HEALTH BULLETIN



JANUARY 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 Hwy
Owenton, KY 40359
(502) 484-5703

THIS MONTH'S TOPIC:

ASK A PHARMACIST!



Using a pharmacist can increase your health and quality of life. Pharmacists are highly trained medical professionals. They are qualified to give advice on health issues and medicines. Pharmacists also ensure the safe supply and use of medicines by the public. Medicines prevent, treat, or manage many illnesses or conditions. They are the most common intervention in health care. The traditional role of pharmacists in the community has involved dispensing prescriptions that doctors issue. However, pharmacists can do more than that. Below are seven ways that a community pharmacist can help you be healthy:

Continued on the next page →



Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.

→ Continued from the previous page

- 1. Administer vaccines:** Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.
- 2. Help you quit smoking:** Pharmacists are trained to assist with smoking cessation. They can recommend medications to help with kicking a smoking habit. They can also provide ongoing support and holistic resources.
- 3. Offer advice regarding dietary supplements:** If you have visited a pharmacy, you know that vitamin and supplement aisles can be overwhelming. Your pharmacist can give recommendations and advice about supplement type, brand, and dosage.
- 4. Create a personalized medication calendar:** If you have multiple medications, things can get complicated. Your community pharmacist can help you develop a personalized calendar for your medications, so you know exactly when and how to take each one.
- 5. Educate you on medication interactions:** As your health-care team's medication expert, pharmacists can tell you exactly how your medications will react with each other. That way you can avoid any life-threatening issues. Pharmacists can offer alternatives when necessary.
- 6. Help you manage health conditions:** Pharmacists can help manage ongoing health conditions such as high blood pressure, chronic pain, asthma, and diabetes. Often, pharmacists can run basic tests such as blood glucose levels. They can assist with educating patients on how to reduce symptoms they experience because of ongoing health conditions.
- 7. Advise you on over-the-counter medications:** Not only are pharmacists experts in prescription medications, but they are also very knowledgeable when it comes



to over-the-counter (OTC) medicines. They help you to find the right OTC medication and can ensure it will not negatively interact with your prescription medications.

REFERENCES:

- <https://www.ncbi.nlm.nih.gov/books/NBK564913/>
- <https://pharmacyforme.org/2020/10/21/7-things-your-community-pharmacist-can-do-for-you>

**ADULT
HEALTH BULLETIN**

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





Cooperative Extension Service
Gallatin County
395 US Highway 42 West
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Warsaw, KY 41095-0805
(859) 567-5481
Fax: (859) 567-5432

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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Disabilities accommodated with prior notification.

Cleaning & Maintenance 221 Featherweight Sewing Machine



\$60

MAKE CHECKS
PAYABLE TO
OWEN COUNTY
HOMEMAKERS

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!

SPACE IS
LIMITED!

CALL TO
REGISTER
502.484.5703

LUNCH IS
PROVIDED TO
THOSE WHO
REGISTER!

APRIL 10, 2024
9AM-4PM

265 ELLIS HIGHWAY
OWENTON, KY 40359



Winter is a great time for families

The winter months are a great time to catch up on much-needed family time. Yes, it's cold. No, you cannot get outdoors as much, but around your home, you have plenty of indoor activities to do with your children that can create a meaningful family experience and many beautiful memories.

Spending time with parents is very important to a child's well-being. Studies have shown families who spend time together have happier, healthier children who do better in school. Family time promotes positive emotional health in children, which is linked to a greater likelihood of avoiding risky behaviors, such as drug use and a lower risk for depression.

The possibilities for meaningful indoor family time are as limitless as your imagination. Here are some ideas to get you thinking.

Story time: While you can and should spend time reading to your children, there is so much more you can do with story time. Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in creating a silly story. You can also take turns sharing your favorite family stories or memories.



Kitchen time: Especially around the holidays, you can spend a lot of family time cooking in the kitchen. Whip up something sweet to share for an after-dinner treat. Have your children help you prepare food items to be gifts for friends and family members. You'll also be teaching them valuable math and life skills.



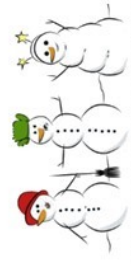
Dance party: Dancing to music is a great way to improve everyone's mood and get your hearts pumping when outside physical activities are limited. Let everyone have a turn selecting a song. Remember to keep the music age-appropriate, especially with younger children.



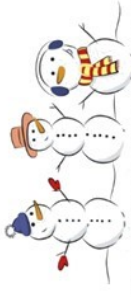
Scavenger hunts: The premise of this game is to give children a list of objects to go find and retrieve. It is simple to create and can be as long or short as you wish. Start by listing items commonly found in or around your home. Continue to add items to the list that require creativity and/or adventure, such as "buried treasure" which you can define however you chose.















More information on parenting and families is available at your Owen County Extension office.

Source: David Weisenhorn, senior specialist for parenting and child development education



JANUARY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 7	 1	2 Cotton Club 6 PM Extension Office	3 Pleasant Home 11 AM Extension Office	4	5	 6
7	8	9	10 SEW ALL DAY 9 AM Extension Office	11	12 Sweet Owen 11 AM Sweet Owen Store Memory Makers January 12th-14th Perry Park Contact Dawn Davis for more details	Memory Makers
14 Memory Makers	 15	16	17 Radon 11:30 AM-Noon Lunch Noon-1:00 PM Lesson Extension Office	18	19	 20
21	22 4-H Sewing Orientation 6 PM Extension Office	23	24 Lifeline Screening *must be registered* Extension Office	25	26	 27
28 	29 4-H Sewing 3-6 PM Craft Club 6 PM Extension Office	30 4-H Sewing 3-6 PM Extension Office	31 Crochet & Fellowship 9 AM Extension Office	1 February	2	3
4 	5 4-H Sewing 3-6 PM Extension Office 	6 4-H Sewing 3-6 PM Extension Office 	7 Homemaker Council 1 PM Extension Office 	8 	9 Preschool Day 10 AM-Noon Extension Office 	10 

10 Minute Bean Soup

Servings: 4 Serving Size: 1/4 of recipe

Recipe Cost: \$6.52 Cost per Serving: \$1.63

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ¼ cup onion, finely chopped
- 2 (15.8 ounce) cans of great northern beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with basil, garlic and oregano
- 1 (14 ounce) can low-sodium vegetable or chicken broth
- 4 cups kale, torn into small pieces
- 1 tablespoon lemon juice
- ½ cup grated Parmesan cheese



Directions:

1. In a medium saucepan, heat oil over medium heat and sauté garlic and onion for 3 minutes or until onion is tender.
2. Add beans, tomatoes and broth to saucepan. Stir and simmer for 5 minutes. Add kale and cook until tender, for about 2 minutes.
3. Mix in lemon juice and Parmesan cheese just before serving. Optional, garnish with finely chopped fresh basil or dried basil.

