

Homemakers F&CS



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



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

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

APRIL 2023

Thoughts from Ronda...

Hello All,

A lot is going on here at the Extension Office. If you were able to attend our Charcuterie Board Class, I certainly appreciate having you and I hope you had as much fun as I did. And that you learned something new. That is my goal with each new event or task I complete or person I encounter, is to learn at least one new thing.

There are other great classes coming up and if you are not registered, please call our office to do so. Food for Thought Class is on April 14th followed by the Morocco Class on April 17th. In May, both the Glass Art and CPR/AED Informational Class will be offered. Please see the flyers for each class enclosed in this newsletter. We hope to see you at each!



I am coming up on a year of being back at the Gallatin County Cooperative Extension Service as the Agent for Family & Consumer Sciences Education. It has been a super busy time for me and I am loving every minute of it. I want to take this time to thank a very special person for making my transition a smooth one.

She is amazing at her work and an even more amazing person! Mary Jane Day was able to capture a photo of us while working one day and I wanted to share with everyone. This photo says it all.

Thank you Cindy! I am truly blessed!

Ronda Rex
Ronda Rex

Co. Extension Agent for Family & Consumer Sciences

Upcoming Dates to Remember for April

April 6 —9:00 am-4:00 pm—The Embroidery Club will meet at the Extension Office.

April 9—Happy Easter!

April 11—9:00-4:00—The Quilt Club will meet at the Extension Office.



April 11—6:00 pm—The Back to Basics Homemakers will meet at the Extension Office.

April 11—6:30 pm—The Napoleon Homemakers meet at Zalla Lodge.

April 12—10:30 am—The Cross County Homemakers will meet at the Extension Office.

April 14—1:00 pm— “Food for Thought” - at the Extension Office (see enclosed flyer)

April 17—1:00 pm— “Morocco” International Day Program—at the Extension Office (see enclosed flyer)

April 21—7:00 pm—The Scrapbooking Club will meet at the Extension Office.

April 26—Administrative Professionals Day



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Disabilities
accommodated
with prior notification.

State Cultural Arts Contest

The State KEHA Meeting is May 9-11 at Crowne Plaza in Louisville. The Northern Ky. Cultural Arts winners that will be going to state meeting need to be brought to the Extension Office on or before May 4th. Those entries from Gallatin County going to the State Meeting are:

- Doreen Main—Glass Snowflake
- Chelsea Young—Tinkerbell Diamond Art
- Bonnie Weigel—America Afghan
- Sue Keller—Table Runner
- Sharon Volker—Scarecrow
- Linda Kahmann—1930 Scrappy Quilt
- Shirley Chipman—3 Shades of Blue Quilt
- Tina Noel—Party Theme Scrapbooking Card
- Sandy Stockdill—Tulip Quilt

If you have any questions, give me a call at (859) 567-5481.

Recipe of the Month

Rainbow Pasta Salad

Ingredients:

- 8 oz. small whole-wheat pasta (shells, mini bowties, elbow Macaroni, rotini, etc.)
- 6 oz. (or 4 cups, packed) fresh baby spinach leaves, roughly Chopped
- 2 cups sliced strawberries
- 1 can (15 oz.) mandarin oranges in 100% juice or water, Drained
- 1 can (10 oz.) pineapple tidbits in 100% juice, drained with Juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad Dressing

| | |
|--------------------------|-----------------------------|
| 1/4 cup olive oil | 1/3 cup apple cider vinegar |
| Reserved pineapple juice | 1/2 tsp. onion powder |
| 1/2 tsp. black pepper | 1/2 tsp. salt |

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.
3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours

Note: Add grilled chicken to make this an entrée salad.

Makes 7 servings

Serving Size: 1 1/2 cups

Cost per recipe: \$12.87

Cost per serving: \$1.84

Nutrition facts per serving: 250 calories; 39g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



Dementia Workshop: Planning and Caregiving

Greater Cincinnati Alzheimer's Association
serving northern Kentucky, southeast Indiana, and southern Ohio counties

Boone County Cooperative Extension



ALZHEIMER'S IS NOT NORMAL AGING

Hear from a number of professionals sharing up-to-date information about dementia and Alzheimer's disease.

PRESENTATIONS INCLUDE:

- **"Using a Multi-Sensory Approach when Communicating with People Living with Dementia"** Elizabeth Rhodus, PhD, MS, OTR/L, Assistant Professor, Sanders-Brown Center on Aging
- **"Polypharmacy: How Many Medications are Too Many?"** by Mark Huffmyer, PharmD, BCGP, BCACP, CACP, MSCS, Assistant Adjunct Professor, UK College of Pharmacy
- **"New Advances in Alzheimer's Treatment"** by Camren Harris, Alzheimer's Association Research Champion
- **"Navigating Senior Care Options: In Home and Community Living"** by Mark and Rachel Healy, CDP, Senior Care Authority
- **"Advanced Medical Directives, Hospice, and Palliative Care"** by Dr. Denisha Rawlings, Bluegrass Care Navigators

FRIDAY, APRIL 28, 2023

8:30—9:00 Registration
9:15—Morning Sessions begin
Noon—Lunch
1:00—Afternoon Sessions begin
3:30—Adjourn

Boone County Cooperative
Extension Enrichment
Center (Lower Level)
1824 Patrick Drive
Burlington, KY 41005

Register at (859) 586-6101 or
bit.ly/41U0cDx

Lunch provided for those
registered by 4/20/2023

Food and lunch sponsors include:
Boone County Cooperative Extension
and St. Charles Community



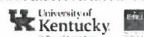
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Homemaker Happenings



Marie Allison and Ronda Rex delivering much needed supplies & snacks to the Fisher House recently.



The Back to Basics Club celebrated St. Patrick's Day with pistachio pie, blueberry bread and clover shaped cookies. Connie Davis won the door prize!



Charcuterie Board Fun!

The class had so much fun learning techniques and preparing their very own charcuterie board on Friday, March 10th. Martha Yount, Regional Specialist for Food and Nutrition, Southeastern Ky, was on hand with many tips and tricks to make entertaining friends and family fun with this hands-on class. The best part was getting to eat our creations! Special thanks to Dan Berkshire for making the cutting boards for the class!



Fun Time Quilters enjoying some quality time together during their trip together to Paducah. They enjoyed several activities together focusing that focused on quilting which included a visit to the Quilt Museum.

Be sure to send us your pictures of club activities! You can email those to Ronda at: rrex@uky.edu or Cindy at: cindy.sullivan@uky.edu



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Food for Thought

April 14th—1:00 pm

At the Gallatin Co. Extension Office



Sherri Hoffman, Registered Dietitian and Community Health Educator for Anthem Blue Cross and Blue Shield Medicaid, will be at the Gallatin County Cooperative Extension Service to talk about Food for Thought.

Sherri will focus on eating nutrient-dense foods to promote brain health and the brain/gut connection. A quick and easy recipe will be demonstrated during the class.

Please register for this free informational class by calling the Extension Office at (859) 567-5481 by Monday, April 10th.

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MOROCCO

International Day Program

April 17, 2023—1:00 pm at the Gallatin Co. Extension Office



Join us as we welcome Lindie Huffman and Kenna Knight, Pendleton County Extension Agents, as they share their travels to Morocco. A light Moroccan snack will be shared.



Call the Extension Office at (859) 567-5481 to register before April 12th!



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On Food Preparation

1. Have breakfast any time of day. Eggs supply good quality protein. Serve some whole grain French toast with fresh fruit and milk.
2. Bring on the beans. Use in salads, soups, or sides. Canned or dried beans add color and flavor to meals.
3. Plan several meatless meals a week. Try Mexican dishes with beans and cheese, pasta with a savory sauce, grilled cheese sandwiches, or a quiche.
4. Prepare one-dish meals such as casseroles, wraps, and pizza. Add a salad and enjoy.
5. Serve entrée salads. Use a variety of greens, rich in flavor and vitamins. Top with leftover chicken, flavored tuna, or grilled fish.
6. Don't buy junk food snacks. Keep fresh fruit, yogurt, or cheese on hand for healthy snacks.
7. Give up convenience foods; learn to cook from scratch. Start with basic ingredients or baking mixes. Other than bread, try not to buy readymade baked goods.
8. Make large amounts of recipes that freeze well such as spaghetti sauce, chili, and soups. Label, date, and freeze them for later use.
9. When you buy lettuce, separate the leaves and wash and dry with a clean towel. Store in an airtight container or large storage bag.

10. Make your own special flavored coffees. Try adding vanilla or hot chocolate mix.
11. Make your own pizza at home. Use pizza mix for an affordable crust. Add sauce and toppings for pizza at about one-third the cost.
12. Buy cheaper cuts of meat. They require longer, moist cooking methods. Use in stew or a slow cooker.
13. Buy a whole chicken and cut it up yourself.
14. Downsize your drinks. Keep milk and juice on hand. Make lemonade or tea. Limit soft drinks. Fill a reusable water bottle to carry with you.
15. Do not throw away or waste food. Cook what is needed for a meal. If there are leftovers, store them safely and use creatively at another meal.
16. Freeze small amounts of leftover vegetables and their liquids to put in soups.
17. Puree your own baby food.
18. Use leftover meats for sandwiches instead of buying packaged sandwich meats.
19. Stretch ground meat with bread crumbs, oatmeal, or tomato sauce.
20. Save bread ends and crusts. Toast them in the oven and crush to make bread crumbs. Store in the freezer.
21. Prepare popcorn the old fashioned way. Microwave popcorn is expensive.
22. Prepare oven meals often, cooking several dishes in the oven at once.

Source: Kentucky Extension Specialists and Associates for Family and Consumer Sciences

August 2008

For more information contact your county Extension office or visit our online Moneywise site at:

<http://ces.ca.uky.edu/moneywise/>

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Your Name: _____
 Your County: _____
 Your Phone: _____
 Your E-mail: _____

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Cooperative Extension Service
 Boone County
 6028 Camp Ernst Road—P.O. Box 876
 Burlington, KY 41005-0876
 (859) 586-6101
 Fax: (859) 586-6107
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Northern Kentucky Extension Homemakers Association International Committee Challenge

The area international committee chairs (Jennifer Spriggs and Roberta Couch) are encouraging you to learn more about the diversity of our area. Complete and return this questionnaire to be entered in a random drawing for one of four Visa gift cards.

1. What percentage of the population in Boone County is American Indian or Alaska Native? _____
2. What percentage of the population in Campbell County is Black or African American? _____
3. What percentage of the population in Carroll County is White? _____
4. What percentage of the population in Gallatin County is Hispanic or Latinx Origin? _____
5. What percentage of the population in Grant County is Asian? _____
6. What percentage of the population in Kenton County is Two or More Races? _____
7. What percentage of the population in Owen County is Native Hawaii or Pacific Islander? _____
8. What percentage of the population in Pendleton County is Black or African American? _____
9. What are the three national or international affiliates for the Kentucky Extension Homemakers Association?

10. To what programs at the state Homemaker level do the "Coins for Change" (now known as "Women in Action and formerly known as "Pennies for Friendship") collected at the county level go?

11. What cities in Kentucky can you think of that share the name of a city in a foreign country?

**Return the completed form on or before May 31, 2023 to:
 NKEHA Area International Committee, c/o Boone County Cooperative
 Extension Service, P.O. Box 876, Burlington, KY 41005**

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Glass Art

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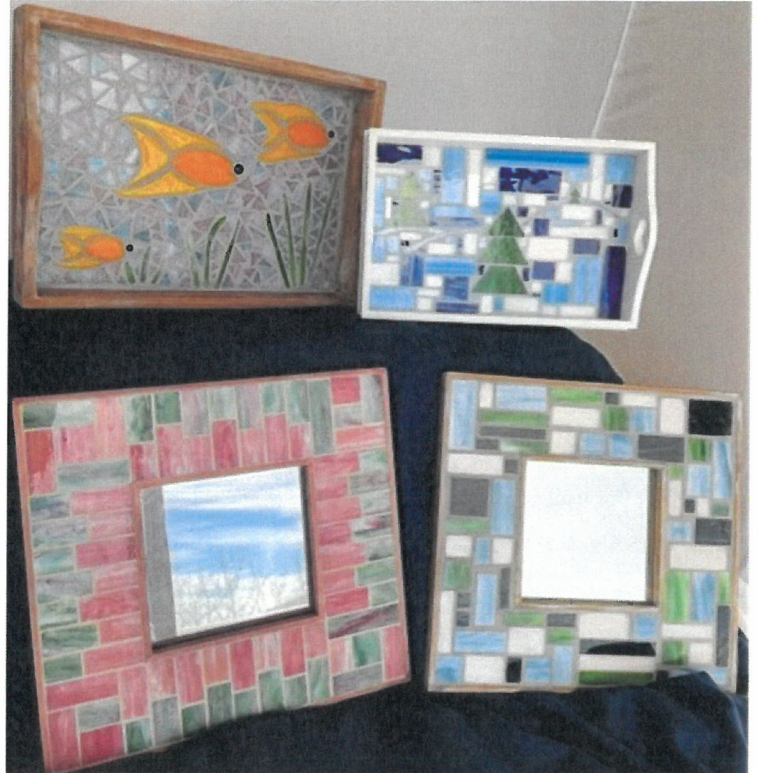
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Thursday
May 25th

1:00—4:00 pm

165 Fogg Road
Sparta, KY 41086

Make Checks payable to: Doreen Main



Doreen Main, Artist and Gallatin County Homemaker will be teaching Glass Art in her personal studio. Registration is required by calling the Gallatin County Extension Office at 859-567-5481. There is a fee of \$40.00 for the class and due at the time of registration to reserve a spot as space is limited. The fee will cover all materials supplied by the instructor. There will be a choice of items.

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CPR/AED &

First Aid Informational Class



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Tuesday, May 23, 2023 1:00 pm

At the Grant County Extension Office
105 Baton Rouge Road, Williamstown



Diana Morgan, Grant County Homemaker and Management & Safety Chair will teach an informational class focusing on CPR, AED, and First Aid. Diana has been certified EMT for 42 years with active service at a local Fire/EMS agency.

Diana will provide classroom style instruction as well as demonstrations of CPR and AED. This will be an informational class ONLY!

Upon completion of the class, if you want to pursue completing the training of becoming certified in administering CPR/AED, Diana will be able to point you in the right direction.

Call the Grant County Extension Office to register for this class at (859) 824-3355.

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PEONY

Spring Festival

May 20

Courthouse Square
Washington & Franklin Streets
WARSAW, KY

11 am - 6 pm

**RIVERBOAT
RIDES**

Peony Plants
**Gardening
Workshops**

Tractor Show

Vendors

5k Run/
walk

• **Cornhole
Tournament**

FOOD

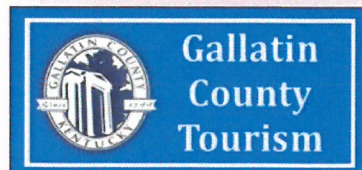
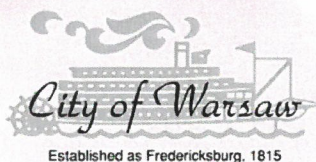
FACE

PAINTING

• **Free Horse &
Carriage Rides**

**LIVE
MUSIC**

For more information, a schedule of events, or vendor booth inquiries please call the Mary Jane Day at (859) 643-3118





PEONY Spring Festival

May 20, 2023

Fun 5k run/walk

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

E-mail _____ Age on Race Day _____ Male Female

NOTE: Race will begin at the Warsaw City Riverfront Park at 9am. Registration is from 8:30-9am. Races may be cancelled due to inclement weather (thunder and lightning). If weather is questionable on race day, visit our facebook page www.facebook.com/GallatinCountyFCS or call the Extension Office (859) 567-5481 to verify cancellation.

Registration

\$15.00—5k Run/Walk

\$20.00—Same Day Registration

Please circle T-Shirt Size

S M L XL 2XL

Age Division

0-10 11-14 15-19 20-29 30-39
 40-49 50-59 60-64 65-69 70+

Release of Responsibility

Runners must be careful to register and run under their proper name, sex, and age division to avoid disqualification. In consideration of accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, my executors and administrators, do waive and release forever, any and all rights and claims for damages I may accrue against the Gallatin County Homemakers or Gallatin County Extension Service, their agencies, and the employees and agents involved with promoting and/or staging the race for any and all injuries suffered by me while traveling to and from and while participating in the Peony Spring Festival 5K run/walk competition on the dates listed above. I further state that I am in proper physical condition to participate in this event. I release publication rights to photographs of me shot during the Peony 5K run/walk for purposes of publicity for this and future events. I understand, the use of headphones is discouraged.

Name (print) _____

Signature _____

Date _____

Signature of Parent/Guardian (if under 18)

Make Checks Payable to:
Gallatin County Extension Homemakers

Mail to:
Gallatin County Extension Office
Attn: 5K run/walk
PO Box 805
Warsaw, KY 41095-0805

Mail-in entries must be postmarked at least 1 week prior to event date - May 12, 2023.