

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

FEBRUARY 2023

Thoughts from Ronda...



Hello All,

This month has always been a favorite because of Valentine's Day. It is the month for Love. And as we all know, there are many ways to show Love toward one another. Ways that express love toward others that come to my mind are: showing kindness, not judging, being respectful, a simple compliment, gentle words, a smile, lending a helping hand, etc. This is what I see in the Gallatin County Extension Homemaker Organization each day.

The Gallatin County Extension Office, Family & Consumer Sciences, 4-H, and Agriculture is kicking off a "BE Kind" campaign. As part of this campaign, we are challenging our volunteers, leaders, and community to perform acts of kindness. Examples are:

- ♥ Smile.
- ♥ Be polite.
- ♥ When kindness is shown to you, pay it forward.
- ♥ Give someone a genuine compliment.
- ♥ Let someone out in traffic or let them go ahead of you.
- ♥ Open the door for someone.
- ♥ If you have the resources, buy someone's lunch or something as simple as a coffee.
- ♥ Treat others how you want to be treated.
- ♥ Show empathy toward others.
- ♥ Be grateful.
- ♥ Show respect towards others.
- ♥ Thank a teacher, veteran, and other service workers.
- ♥ Ask if you can help.
- ♥ Be kind and pay it forward!

Join us in this campaign. Showing kindness not only encourages others but will also encourage the one showing it! Remember to register for classes coming up. 4-H is offering another great painting class (see the flyer enclosed). We look forward to seeing you at the Extension Office.

Most Sincerely,

Ronda Rex

Co. Extension Agent for Family & Consumer Sciences

Upcoming Dates to Remember for February

February 2—4:00 pm—Adult Painting (See Enclosed Flyer)

February 2 —9:00 am-4:00 pm—The Embroidery Club will meet at the Extension Office.

February 8—10:30 am—The Cross County Homemakers will meet at the Extension Office.

February 14—Happy Valentine's Day!

February 14—9:00 am to 4:00 pm—The Fun Time Quilters will meet at the Extension Office.

February 14—1:00 pm—Candlemaking (See Enclosed Flyer)

February 14—6:00 pm—The Back to Basics Homemakers will meet at the Extension Office.

February 17—7:00 pm—The Scrapbooking Club will meet at the Extension Office.

February 18—2:00 pm—The Napoleon Homemakers will meet at the Cracker Barrel Restaurant at Dry Ridge.

March 10—1:00 pm—Charcuterie Boards (See Enclosed Flyer)



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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Set a Good Example for Youth

As a parent or caregiver, you are the single most important influence on the lives of young people. It is so important that we teach our youth empathy and respect by modeling it in our daily lives.

Sometimes it is hard for us to empathize with others who have different backgrounds and viewpoints, but it is crucial for us to consciously practice empathy and respect. This way our young people will learn appropriate behaviors, particularly for public settings. Empathy and respect are behaviors that can be learned and nurtured, and they help promote kindness. Kindness is one thing our world is in desperate need of right now.

While it is important to feel firm in our beliefs, it is equally important to understand the feelings of others. Here are some tips to help you teach young people how to be more empathetic, respectful and kind.



Develop their emotional awareness by sharing your feelings throughout the day. We can all feel a wide range of emotions each day. We can help young people understand and identify their emotions, so they can recognize these same emotions in others. Use everyday situations to show your young person examples of what it means to be caring, cooperative and fair.

Be courteous and respectful in your daily interactions with others. When you show real interest in the feelings of other people, use manners, and spend your time and energy on them, it teaches youth about caring, compassion and unselfishness. Explain your motives for your behavior and respecting others to young people.

Acknowledge when they have been kind to others. Compliment youth and show that you are proud of them for their positive behaviors.

Expose them to diversity. Exposing young people to different perspectives is a great way to promote empathy and respect. You can expose your child to diversity in a number of ways such as reading books, eating at restaurants with ethnic cuisine, attending different religious or ethnic group activities, and being involved in community events.

It is ok to admit to your child when you have made a mistake. Everyone has bad days. That is just a part of being human. Specific, simple apologies go a long way to show your young person that is ok to admit when you are wrong and are sorry.

For more information, contact your Gallatin Co. office of the University of Kentucky Cooperative Extension Service at (859) 567-5481

Source: David Weisenhorn and Kerri Ashurst, Senior Extension Specialists

Recipe of the Month

Cajun Season Fish with Wild Rice

Ingredients:

- 1 Tbsp. paprika
- 1 Tbsp. dried oregano
- 1 Tbsp. garlic powder
- 1 tsp. ground black pepper
- 1 tsp. salt
- 1 Tbsp. butter
- 1 pkg. (10 oz.) frozen vegetable blend with onions, celery, peppers & parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 lbs. thawed fish fillets, any type
- 1 lime (optional)



Directions:

1. Combine paprika, oregano, garlic powder, pepper and salt in a small bowl. Set aside.
2. Melt butter in a medium sauce pan. Add frozen vegetable blend. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
3. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
4. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
5. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
6. Place a large cast iron skillet or other heavy, nonstick skillet on the stop top over medium high heat. Let the pan preheat until it's very hot but not smoking.
7. Place fish fillets in a single layer in the pan. The pan will smoke a little.
8. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.
9. Cook fish on the other side for 3 minutes or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.
10. Divide the fish into six portions and serve each piece over 1/2 cup of cooked rice.
11. Optional: Sprinkle fish with juice from one lime. Refrigerate leftovers within 2 hours.

Variations: Add 1/4 tsp. cayenne pepper or chili powder for a spicier mix.

Makes 6 servings

Serving Size: 1 fish fillet and 1/2 cup rice

Cost per recipe: \$11.44

Cost per serving: \$1.91

Nutrition facts per serving: 260 calories; 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source: Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

Sunflower with a Twist!

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Adult Painting

Thursday

February 2nd 4:00 pm

At the Gallatin Co. Extension
Office



Join us for Adult painting to create your 11 x 14 spring masterpiece! You do not have to be able to draw!
The class will be led by Lora Stewart.

The cost for this class is \$25.00. For more information or to register for this class, call the Extension Office no later than January 31st.
Space is limited!

All proceeds will go toward 4-H Camp.

Candle Making

Tuesday, February 14th—1:00 pm

At the Gallatin Co. Extension Office



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Kick off your 2023 by joining us as we learn the basic art of candle making! This “hands-on” class will teach participants how to melt and pour wax to make a scented soy Valentine’s Day scented Candle!

Liz Evans, Boone Co. FCS Agent, will be leading this fun class. Spaces are limited!



Call the Extension Office at (859) 567-5481

to register no later than February 10th. This is a FREE class!

CHARCUTERIE BOARDS



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Friday
March 10, 2023
1:00 pm



Presented by: Martha Yount, University of Kentucky Nutrition Education Program

Snacking Boards, Charcuterie Boards, Grazing Boards: whatever you call them, they are a fun and tasty way to serve a snack or meal. While these boards traditionally contain foods high in sodium and fat, following the MyPlate plan will result in a tasty snacking board that is also filled with good nutrition. Come join us at the Gallatin Extension Office for this informative and fun way to entertain at your next meal or family/friends get together.

Call (859) 567-5481 to pre-register for this FREE class by March 3rd

Spaces are limited!



ADULT HEALTH BULLETIN



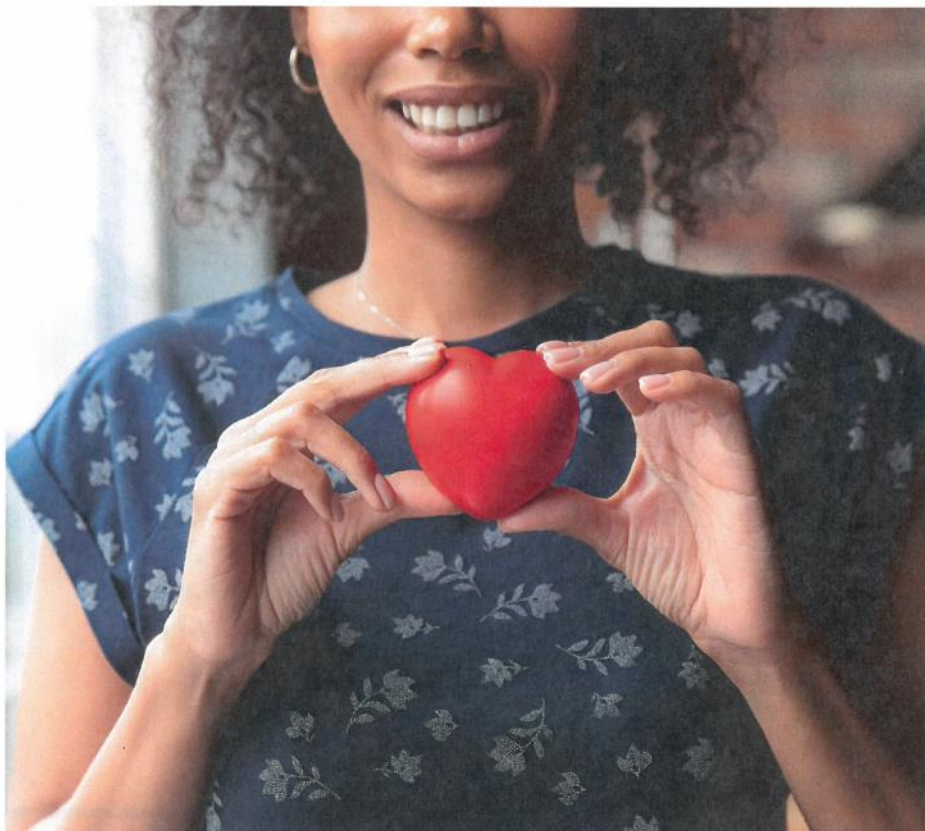
FEBRUARY 2023

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

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THIS MONTH'S TOPIC:

HEART-HEALTHY CHOICES EVERY DAY



Every February, the American Health Association sponsors American Heart Month to increase awareness about heart disease. During February, and throughout the year, the AHA encourages all Americans to consider ways they can increase their heart health and decrease their risk of cardiovascular disease.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. By taking action, you can lower your risk of heart disease and improve your overall health and well-being.



Small changes in dietary habits are often more sustainable than making a drastic change to eating patterns all at once.

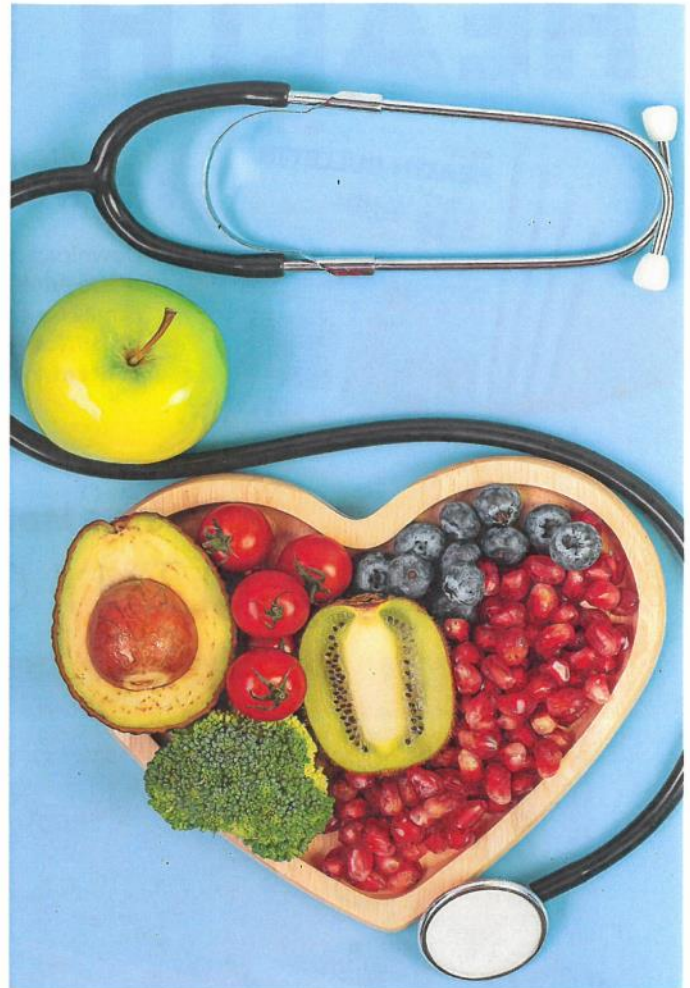
Preventing heart disease starts with knowing what your risk factors are and what you can do to lower them. Some risk factors you cannot change. These include your age, sex, and a family history of early heart disease. Many others you can modify. For example, being more physically active, not smoking, and eating healthy are important steps for your heart health.

Risk factors such as high blood pressure or cholesterol do not have obvious signs or symptoms. A crucial step in determining your risk is to see your health-care provider for a thorough checkup and risk assessment. Your provider can be an important partner in helping you set and reach goals for heart health. Ask about your risk for heart disease at your annual checkup. Since your risk can change over time, keep asking each year.

Healthy choices that everyone should take also decrease a person's chances of developing heart disease. These include eating a healthy diet and being physically active. A heart-healthy eating plan includes fruits, vegetables, whole grains, lean protein, and low-fat dairy. It also limits sodium (salt), saturated fat, added sugars, and alcohol. Small changes in dietary habits can add up over time. They are often more sustainable than making a drastic change to eating patterns all at once.

Regular physical activity can help you lose excess weight, improve physical fitness, lower many heart disease risk factors such as "bad" LDL cholesterol levels, increase "good" HDL cholesterol levels, and manage high blood pressure, lower stress, and improve your mental health. Talk with your health-care provider before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

To encourage people to add heart-conscious practices into their daily routine, the AHA partnered with the National Institute of Health. They created a calendar for the month of February that includes one heart-healthy activity to complete each day.



These activities range from completing a specific physical activity, to adding heart-healthy foods, to health behaviors such as having your blood pressure checked. You can download *28 Days to a Healthy Heart* at <https://www.nhlbi.nih.gov/resources/28-days-towards-healthy-heart>.

REFERENCE:

<https://www.nhlbi.nih.gov/health/heart-healthy-living>

**ADULT
HEALTH BULLETIN**

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