

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

MARCH 2023

Thoughts from Ronda...

Hello All,

Welcome March! I hope you are as happy about the first sight of Spring as I am. Spring is definitely my favorite time of year. To me, it symbolizes newness, beginning, growth, creativity and the earth's resiliency.

A lot has been happening at the Extension Office and with our Extension programming. It has been a pleasure seeing many of you at our classes, Embroidery, Wood Burning, Candle Making, Charcuterie, etc. We have more great classes coming up.

Please continue to send photos of your club events our way so that we may include them in the newsletter. Cindy does such a great job with both the photos, Newsletter layout and captions. I am so appreciative of her work as always! As we are gearing up for other Homemaker and community events, make sure you get some good photos. Also, keep in mind to write down all of the wonderful things you are involved in and doing for Homemakers and the community. Making a list of them will help our County Homemaker President, Marie Allison and myself with reporting your wonderful work and efforts to the Area and to the State.

You will see in this Newsletter the Peony Festival FUN 5K Walk/Run flyer. Please spread the news that we are making plans for another one that will take place on the morning of May 20th, 2023. Please let others who may want to be involved know that this is a Gallatin County Homemaker fundraiser. And that the proceeds go toward assisting a Gallatin County High School Senior begin their college journey. We appreciate all who are involved in the race and those helping to make it another successful one.

Until next month, be safe and be happy!

Ronda Rex
Ronda Rex

Co. Extension Agent for Family & Consumer Sciences

Upcoming Dates to Remember for March

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

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

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

March 12—Daylight Savings Time Begins—Spring Forward!



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

March 14—6:30 pm—The Napoleon Homemakers meet at Zalla Lodge.

March 17—Happy St. Patrick's Day!

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

March 20—First Day of Spring!



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Wisely Use Your Tax Refund

It's that time of year when we get excited about our tax refunds. By responsibly using this one-time infusion of cash, you can improve your financial standing.

You could wisely use your tax refund to add to your emergency savings account. Most of us do not have enough money saved in the event of job loss, illness or another unexpected event that prevents us from working. Most financial experts recommend having at least six months of income saved to help you work through financial hardship. This fund can also help cover unexpected or emergency household repairs.

You could also choose to reduce your debt with your tax refund. Paying off high-interest debt as quickly as possible is a financial win-win because it reduces the principal on your loan and lowers future interest payments.

Make an extra mortgage payment toward the principal. Much of a mortgage loan goes toward interest and not the principal itself.



Investing in your family's future is always a wise move as it will continue to guarantee future financial stability. You could use your

return to start or add a college savings fund for your children or to start or add to your retirement account.

If you must spend your tax refund, make wise spending choices. Consider purchases that allow you to make improvements that add to the resale value of your vehicle or home or to make home improvements that lower energy costs.

You never get too old to learn a new skill. Use some of the refund to take classes or learn new skills or hobbies.

More information on family financial education is available by contacting the Gallatin Extension office.

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management

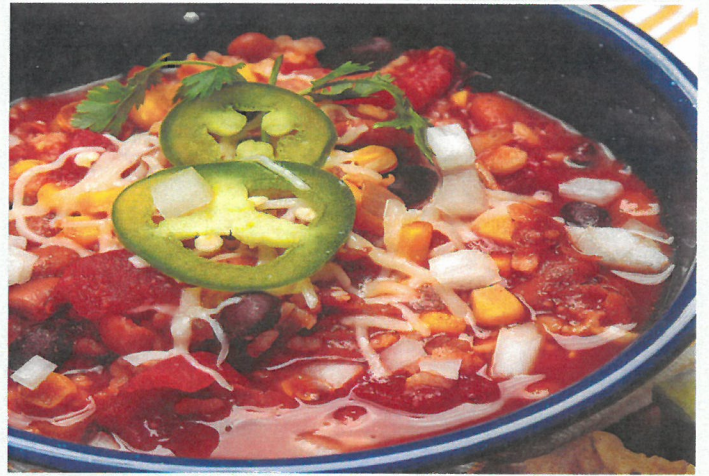
Recipe of the Month

Vegetarian Taco Soup

Ingredients:

2 Tbsp. olive oil
1 large onion, diced
1 (46 oz.) can no-salt added tomato juice
2 (15 oz.) cans pinto beans, drained and rinsed
1 (15 oz.) can no-salt added corn, drained
1 (15 oz.) can no-salt added diced tomatoes
3/4 cup dry brown rice
1 packet reduced-sodium taco seasoning mix
2 Tbsp. garlic powder
1/2 Tbsp. cumin
4 cups water

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado



Directions:

- Heat olive oil in a large pot on the stovetop over medium heat.
- Add diced onion and stir well.
- Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
- Add remaining ingredients and bring to a boil.
- Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
- Just as you would a taco, top each bowl of soup with ingredients like, cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce or avocado.
- Refrigerate leftovers within 2 hours.

Makes 14 cups

Serving Size: 1 cup

Cost per recipe: \$9.11

Cost per serving: \$.65

Nutrition facts per serving: 220 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

Homemaker Happenings



Above: Mary Jane and Barb visited long-time member Mary Robinson recently. Good to see Mary!



Ronda taught a Basic Embroidery class on January 20th with a very good group in attendance.



Left: Christy Eastwood, Carroll Co. FCS Agent, taught the "Wood Burning" craft workshop to a group of 18 participants on January 27th.



Liz Evans, Boone Co. FCS Agent, taught a very fun class on the art of "Candle Making" on February 14th. ♥



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

CHARCUTERIE BOARDS



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Gallatin County

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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!



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Food for Thought

April 14th—1:00 pm

At the Gallatin Co. Extension Office



JOIN US!

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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ADULT HEALTH BULLETIN



MARCH 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>

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THIS MONTH'S TOPIC:

PREVENT POISONINGS IN YOUR HOME



National Poison Prevention Week raises awareness of poison prevention during the third full week of March every year. Poisoning occurs when someone ingests a substance that can cause sickness or death. That can mean they swallow it, breathe it, touch it, or splash it in their eye. Sometimes, it is the substance itself that is dangerous because it is not meant for the body. But often, poisoning happens when a person ingests too much of a substance, or misuses a substance, mixes it with other substances, or it is contaminated in some way before ingestion.

The American Cleaning Institute reports that 90% of all poisonings occur in the home. Even though it is the one environment you think people



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Keep medications in a secured area out of the reach of children.

would have the most control over and would therefore be the safest. This statistic highlights the need for adults to make good choices in their homes. They need to pay attention when it comes to household products that can be a danger to themselves and their family members.

Read the label

Poison prevention at home starts with reading product labels. Turn on the lights, get your glasses, and read product labels, even if you use the item often. This includes medications, cleaners, repair products such as glue, or project supplies like paint and stain.

Pay close attention to products whose labels include words like "Caution," "Warning," "Danger," or "Poison." If you have any questions about how to use or store the item, call the toll-free number found on most product labels.

Share safety with others

There are some simple tips you can share with your friends and family to help keep poisoning accidents from happening:

- Always read and follow product label directions for proper use, storage, and disposal.
- Store cleaning products in a closed area that is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions, and first aid instructions vary according to their ingredients.
- Do not mix cleaning solutions or other chemicals.
- Keep medications in a secured area out of the reach of children. Supervise children when they are taking a medication, even vitamins or supplements.
- Consult your pharmacist about taking multiple medications at once and taking any over-the-counter medications along with prescription medications. Never take a medication prescribed to someone else.



Never take a medication prescribed to someone else.

Call for help

Keep the number to Poison Help Line (below) posted in an easy-to-find place in your home and in your phone.

If you think someone may have ingested or otherwise been exposed to a harmful product, call the Poison Help Line at 1-800-222-1222.

This national number will connect you with your local Poison Control Center.

If the person is in distress, call 911 immediately.

REFERENCE:

<https://www.cleaninginstitute.org/prevent-poisoning-home>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com



Glass Art

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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**

FACE

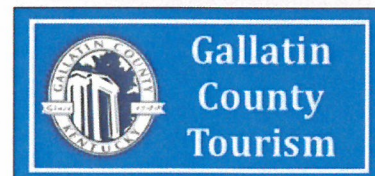
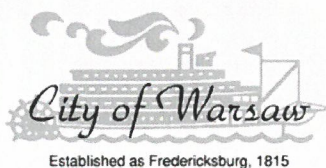
PAINTING

**Free Horse &
Carriage Rides**

**LIVE
MUSIC**

FOOD

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.