



# April 2023 NEWSLETTER

## Family & Consumer Sciences

Happy Spring Homemakers,

I hope this newsletter finds you well. Next month is our KEHA State Meeting in Louisville. I hope you consider attending. It is a great experience for everyone. You have until April 10th to reserve your hotel room to qualify for the discount. For those that won a blue ribbon in our area culutral arts judging, those same cultural arts items can be entered on Tuesday, May 9th 8:30am-11am in area order. Please see state newsletter for futher details. If you do not plan to go to state meeting, I would be glad to transport and enter those items for you.

Leader lesson for this month is Tips for Managing Stress Eating.

Next Homemaker Council Meeting  
is scheduled for May 16th at 10:00am.

Sarah Congleton

*Sarah Congleton*

CEA for  
Family &  
Consumer Sciences Education

106 E Locust Street  
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859-498-8742  
Sarah.Congleton@uky.edu



JOIN US FOR...

# Cooking Through The Calendar

2023

Wednesday,  
April 26 2023  
12:00pm-1:00pm  
Montgomery County  
Extension Office  
106 E Locust Street  
Mt. Sterling, KY 40353

## Monthly Recipes

- January - Slow Cooker Smoky Black-Eyed Peas
- February - Cajun Seasoned Fish with Rice
- March - Vegetarian Taco Soup
- April - Rainbow Pasta Salad
- May - Easy Tortilla Breakfast Pizza
- June - Blueberry Cheesecake Bars
- July - Tuscan Chicken and Pasta
- August - Skillet Pork Chops with Peaches
- September - One Pan Shrimp and Veggies
- October - Italian One Pot Pasta and Beans
- November - Slow Cooker Buffalo Stuffed Sweet Potatoes
- December - Loaded Beef Stroganoff



For more information,  
contact Sarah Congleton  
859-498-8742 or  
Sarah.Congleton@uky.edu



scan to  
register  
-<

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race,  
color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State  
University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# JOIN US!

WARM UP MONTGOMERY COUNTY  
NEED NEW MEMBERS!

\$5.00/YEAR



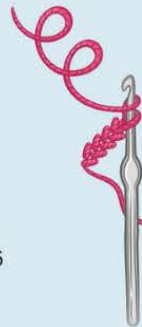
For more information,  
please contact the  
Extension Office at  
859-498-8742 or email  
Sarah Congleton at  
Sarah.Congleton@uky.edu

## INTERESTED IN CROCHETING?

Join Warm Up Montgomery County Extension Homemakers for fellowship, crocheting, and for a good cause. Each month, the club crochets and donates thousands of handmade items to local hospitals, shelters, long-term care facilities, etc.

### Monthly Schedule 2023

- January 3, 17, 31
- February 14, 28
- March 14, 28
- April 11, 25
- May 9, 23
- June 6, 20
- July 4, 18
- August 1, 15, 29
- September 12, 26
- October 10, 24
- November 7, 28
- December 12 (Holiday party)



## DID YOU KNOW?

Studies have shown that crocheting makes people feel calmer, happier, creative, a sense of accomplishment, and useful!

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

Disabilities accommodated with prior notification.



## Laugh & Learn

## Playdate

Every  
3rd  
Friday!

10am  
-  
12pm

FREE!

Registration  
required



Join our 12-month Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities.

Each session is at the Montgomery County Extension Education Center. The 3rd Friday of every month from 10am-12pm.

FREE for all children ages birth to 5 and all children must be accompanied by an adult.

Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

For more information, contact our office at 859-498-8742 or email Sarah.Congleton@uky.edu

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race,  
color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State  
University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



Save the Date:  
Oct 24 – 26  
2023 MCV Training

at the Cave City Convention Center  
in Cave City KY



open to active Master Clothing Volunteers  
Classes 1990 through 2022

Details and Cost Information will follow

nearby lodging is arranged at the Comfort Inn & Suites\*

\*reservations at this hotel will be made through Jeanne

Questions? [jeanne.badgett@uky.edu](mailto:jeanne.badgett@uky.edu)



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

# FAMILY CAREGIVER

# HEALTH BULLETIN



**APRIL 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>

Montgomery County  
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106 E Locust Street  
Mt Sterling, KY  
40353  
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## THIS MONTH'S TOPIC:

# HAPPINESS FOR HEALTH AND WELL-BEING



**H**appiness can help you feel better and improve your health according to researchers at the Harvard Medical School. Their research demonstrates that positive emotions can help people live healthier and longer lives.

Many factors influence happiness including your genetic makeup, life circumstances, achievements, social connections, and relationships. But a lot of happiness comes down to personal control. For example, people tend to be happier when they set and meet goals, maintain meaningful relationships, find purpose, engage in challenging activities, and indulge in life's pleasures.

**Continued on the next page** ➔



# It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health.

## ➔ Continued from the previous page

Even if you do not consider yourself particularly happy, research suggests that most people can increase their happiness. A study, printed in the June 2019 Psychological Bulletin, reported that something as simple as smiling makes people feel happy.

### Happy people may live healthier and longer lives for a list of reasons:

- Happiness improves heart health.
- Happy people are more likely to engage in better exercise, sleep, and nutrition.
- Happy people are less likely to smoke and abuse alcohol and drugs.
- Happy people have stronger immune systems.
- Happiness combats stress.
- Happiness is associated with improvements in short- and long-term disease and disability.
- Happy people have better attitudes and outlooks.
- Happy people are more productive.
- Happy people are more likely to be successful.
- Happy people have a lower risk of depression.
- Happy people smile more.

It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health. Researchers at the University of Pennsylvania found that happiness and life satisfaction come from focusing on things that make you happy, being fully engaged in activities that trigger pleasurable emotions, and by deliberate intentions to do good.

### Other ways to boost happiness, according to Harvard Health include:

- Look for meaningful social connections and emotional stimulation.
- Perform acts of kindness.
- Volunteer.
- Invest in experiences.
- Pick up hobbies and activities you enjoyed as a kid.
- Be grateful for big and little things.
- Take time to smell the roses.
- Add variety to your day or break up your routine.

### Blue Zones True Happiness Test

Dan Buettner, author of the book *The Blue Zones*, has worked with experts in the field of positive psychology to help evaluate true happiness. Dan believes that tracking your happiness helps you stay focused on your well-being.

To take the Blue Zones True Happiness Test, go to: <https://apps.bluezones.com/en/happiness> or follow the QR code on the right.

You will receive personalized results and learn more ways to improve your environment to maximize happiness.



- Minimize your decision-making and choice burden (limit options, set time limits for making choices, don't second guess).
- Embrace nature.
- Be with happy people.

#### REFERENCES:

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- Harvard Health. (2021). Health and Happiness Go Hand-in-Hand. Retrieved February 28, 2023 from <https://www.health.harvard.edu/mind-and-mood/health-and-happiness-go-hand-in-hand>
- Psychological Bulletin. (2019). Retrieved February 28, 2023 from <https://ssc.edu.ph/wp-content/uploads/2021/09/Psychological-Bulletin-June-2019.pdf>
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## FAMILY CAREGIVER HEALTH BULLETIN

**Written by:** Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging  
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**Stock images:** 123RF.com





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

### SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



### DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.



## CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



### DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

### BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

### REFERENCES:

<https://www.fema.gov/disaster/recover/volunteer-donate>

Huff, N. (2023). *Financial Management After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FRM-IFD.002. [https://fcs-hes.ca.uky.edu/files/frm-ifd.002\\_financesafterdisaster.pdf](https://fcs-hes.ca.uky.edu/files/frm-ifd.002_financesafterdisaster.pdf)

Norman-Burgdolf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FN-IFD.002. [https://fcs-hes.ca.uky.edu/files/fn-ifd.002\\_foodwaterafterdisaster.pdf](https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf)

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# Plate it Up Kentucky Proud

- **12 ounces** okra stalks
- **2 tablespoons** olive oil
- **2 tablespoons** salt-free seasoning

## Tangy Dipping Sauce:

- **1 cup** plain low-fat yogurt
- **3 tablespoons** mayonnaise
- **1 tablespoon** dried parsley
- **2 teaspoons** dried dill
- **1 teaspoon** garlic powder
- **1 teaspoon** onion powder
- **1/2 teaspoon** salt

## Air Fried Okra Tots with Tangy Dipping Sauce

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

**Yield:** 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



## Kentucky Okra

**SEASON:** June through September

**NUTRITION FACTS:** Okra is a good source of Vitamin C, folic acid, and fiber. Fiber helps lower cholesterol which reduces the risk of heart disease.

**SELECTION:** Select small, crisp, tender pods, 2 to 4 inches long. Pods should be free from blemishes. Pods that have passed their prime will have a dull, dry appearance, contain coarse fibers, and are stringy when opened.

**STORAGE:** Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Okra will only keep 2 to 3 days before it starts to deteriorate.

### PREPARATION:

Wash okra pods before cooking. Cut off stem end, leaving small pods whole. Cut large pods in 1/2-inch slices.

Okra exudes a unique juice that will thicken soups and stews. The taste complements tomatoes, onions, corn, and fish stock.

### FREEZING:

The best method for long-term storage is freezing. Okra must be blanched before freezing to hold the flavor and quality. It will keep in the freezer for one year.

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

July 2022

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. [PlateltUp.ca.uky.edu](http://PlateltUp.ca.uky.edu)



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University of Kentucky  
College of Agriculture,  
Food and Environment  
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# A REMINDER:

\*KEHA State Meeting: 2023 KEHA State Meeting – May 9-11, 2023  
Crowne Plaza  
Louisville, KY

Theme: Let's Take a Hike with KEHA

I am driving our office van so if you would like to ride with me, please let me know.

\*We are still searching for a Safety Management Chairperson - Please let me know if you would like to accept this role.



## Spinach Slaw

<b>2 cups</b> chopped iceberg lettuce	<b>¼ cup</b> hummus, original flavor
<b>2 cups</b> chopped red cabbage	<b>2 tablespoon</b> local honey
<b>2 cups</b> chopped green cabbage	<b>½ teaspoon</b> garlic powder
<b>1½ cups</b> fresh spinach	<b>⅛ teaspoon</b> salt
<b>¼ cup</b> canola mayonnaise	<b>⅛ teaspoon</b> pepper

**1. Wash, quarter, and core** lettuce, red cabbage and green cabbage.

**2. Thinly slice** lettuce and cabbage quarters; chop slices into small pieces.

**3. Wash and tear** spinach leaves into small pieces.

**4. Whisk** together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. **Toss** dressing with vegetables until coated thoroughly. **Refrigerate** for 30 minutes before serving.

**Yield:** 8, 1 cup servings.

**Nutritional Analysis:**  
70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

