

February 2023

Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Dominator

Bourbon County Extension Agent
for Family & Consumer Sciences



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

Cooperative Extension Service
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Happy February!

There is no getting away from the fact that no matter how many wonderful days there are to celebrate in the month of February, Valentine's Day is the day that everyone knows!

February is also a time to celebrate Black History Month, Women's Role in History and American Heart Month. It has the special days of Groundhog Day, Iwo Jima Day, President's Day, Women's Heart Week, World Cancer Day, National Caregivers Day and Random Acts of Kindness Day. To be the shortest month of the year, February has a lot of "special" wrapped up in it.

In one way or another many of the date recognitions circle around love. Part of expressing love is to take care of what we love; whether that be ourselves, our family, friends, pets, our community or our country. Love is not just something we feel but also something we express. This month while sharing your "random acts of kindness," consider sharing words of encouragement in a card, a note or maybe just a sticky note. Buy a coffee for the person behind you in line, or compliment someone that you see daily or maybe someone you just met. The reward is double edged – the sender feels better about themselves as well as the receiver.

It is hard to comprehend that we just started the 2023 calendar year and it is time to vote for Homemaker lessons for the 23-24 year! Please review the ballot on the back of this newsletter and vote for the top 8 lessons that you feel will enhance your life and/or loves. Yes those lessons are built to enhance your love of self, family, community, hobbies or country. Make sure your voice is heard in the selection of the eight lessons for 2023-24. Select your top 8 and return to the Extension Office by April 5. If your club chooses to submit one ballot, please clarify numbers of votes from the individuals in the club. Every member has a vote – INCLUDING MAILBOX MEMBERS.

Kay Dominator

2023 INTERNATIONAL MEAL:

Italy

Monday, March 13

6:00 p.m.

**Bourbon County Extension Office
603 Millersburg Rd, Paris**

Guest Speaker: Lucy Anne VanMeter

**RSVP by: March 6
859-987-1895**

Meal ticket
\$10/person

Tickets not sold at door



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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546

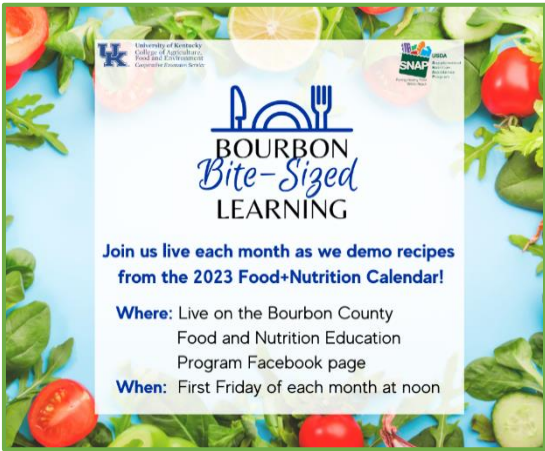


Disabilities
accommodated
with prior notification.

Coming to you on Bourbon County Nutrition Education Facebook page.
If you missed the 1st Friday, it is still available on FB and YouTube.



Stop
by
the
Extension
Office
and pick up
your
2023
calendars
to cook
along!



Join us on Bourbon County Nutrition Education Program Facebook page, to view Kacy preparing "Cajun Seasoned Fish with Rice" better yet get your ingredients and prepare along with us. Mark your calendar February 3rd at noon!

We have expanded!

**BOURBON
Bite-Sized
LEARNING**

**Plate it Up!
Kentucky Proud edition**

Watch the 3rd Friday
of each month on the
Bourbon County
Extension
FCS/Homemakers
Facebook page!

Join Kacy and Kay on the 3rd Friday of each month at noon when they share a Kentucky Proud Plate It Up! Recipe on the Bourbon County Extension FCS/Homemakers Facebook page. Look forward to sharing our recipes!

**Subscribe to
our YouTube
Channel!**

Check out our past recipe demos and more on our office YouTube Channel!

YouTube

Search for Bourbon County Cooperative Extension Service on YouTube to view our videos

“OUTSIDE the BOX”

“Bourbon County Homemakers, let’s get started thinking outside the box!”

The holiday season has passed and it was such a blessing to be able to share time with both immediate and extended family members. We now have a new calendar year and a new start on those goals for the 2023 year.

February is here and a favorite for many. We have started making plans for the Bourbon County Extension Homemakers Annual Meeting and are excited about the upcoming International Meal on March 13. Our own, Lucy Anne VanMeter, will be sharing information about her tour of Italy while all in attendance are enjoying a traditional Italian meal. Please consider inviting guests to join you for the International Meal as well as the Annual Meeting. Share the Homemaker spirit with others and use this as an opportunity to recruit members.

Don’t forget to wear your red on February 3rd in support of Women’s Heart Health! I look forward to seeing everyone at the upcoming events.

Remember, we are not meant to do this life alone. We are better together Bourbon County Extension Homemakers!



Mallory Lowe
President Bourbon County



LEADER LESSON TRAINING



Transferring Cherished Possessions: Estate Planning Tips for Non-Titled Property

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items - from treasured heirlooms to closets full of clutter. You will gain a better understanding of everything that makes up your "estate". Transferring Cherished Possessions will teach you how to create an Asset Distribution Plan and write a Letter of Last Instructions.

Want to learn more?
THEN MAKE SURE TO JOIN US ON

**Thursday, February 16th
10:00 am
Bourbon County Extension Office**

Please note date change





Everything You Eat, Drink Matters

Cut Down on Added Sugars

To build a healthy eating style and stay within your calorie needs, choose foods and drinks with fewer added sugars. Just like it sounds, added sugars aren't in foods naturally — they're added.

Most of us eat and drink too many added sugars from these foods:

- Beverages, such as regular soft drinks, energy or sports drinks, fruit drinks and sweetened coffee and tea
- Candy
- Cakes
- Cookies and brownies
- Pies and cobblers
- Sweet rolls, pastries and donuts
- Ice cream and dairy desserts
- Sugars, jams, syrups and sweet toppings

You can limit your intake of added sugars by:



- Drinking water, unsweetened tea or coffee or other calorie-free drinks instead of sodas or other sweetened beverages
- Choosing drinks, such as low-fat or fat-free milk and 100 percent fruit juice, that will boost dairy group and fruit group intake
- Choosing fruit as a naturally sweet dessert or sweet snack instead of foods with added sugars
- Making sweet desserts and snacks, such as cookies, cakes, pie and ice cream, a once-in-a-while treat and choosing a small portion when you enjoy them
- Choosing packaged foods that have fewer or no added sugars, such as plain yogurt, unsweetened applesauce or frozen fruit with no added sugar or syrup

Source: USDA MyPlate

Fruit, Vegetable Peels Contain Many Nutrients

Eating fruits and vegetables are important for a healthy diet. But, what about the peel? Many times, we just throw it away. Turns out, you might want to rethink that.

Most of the time, eating produce with a peel intact can give you higher amounts of vitamins, minerals, and fiber. Apples and potatoes are good examples. Eating the peel of a kiwi fruit gives you 50% more fiber.

While eating fruits and vegetables with the peel does provide more nutrients, it is always important to think about food safety. Make sure you wash any fruit or vegetable really well to get rid of any dirt or germs.

Source: Heather Norman-Burgdolf

University of Kentucky Extension specialist in food and nutrition

BETHE BEAT

NATIONAL WEAR RED DAY®

IS FRIDAY, FEBRUARY 3, 2023

Wear red and be one step ahead.

Show support for the women in your life. On Friday, February 3, get your steps in and proudly **WEAR RED**.

WearRedDay.org
#WearRedDay

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Go Red for Women is nationally sponsored by
CVSHealth.

BIG LOTS! FOUNDATION

Big Lots is a National Wear Red Day matching partner of the American Heart Association's Go Red for Women Movement.

Join Our First Big Blue Book Club of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am.

Missed the January 27 registration date and want to participate? Call the Extension Office, 859-987-1895 and sign up to participate in the watch party at the office on each of these dates. RSVP required.

VOLUNTEER HOURS

Congratulations to Bourbon County Extension Homemakers for being recognized at the Bluegrass Area Annual Meeting for having the most volunteer hours for 2021-22 Homemaker Year!

Total of Individual Member Hours = 15,868
Total Club Volunteer Hours = 4,200
@\$29.95 per hour

Bourbon County Extension Homemakers contributed \$601,036 to Bourbon County during the 2021-22 year.

That was with minimum reporting!
Challenge for 2022-23 Year
Triple this number!
Start recording hours now!

February is month of “kindness”?

Volunteer some acts of kindness:

- Send a card to a shut in or a caregiver
- Call a shut in to catch up and check up
- Offer to shop for someone without transportation
- Offer assistance to a caregiver
- Share your leftovers with a neighbor
- Offer transportation to others for community holiday events
- Visit and/or decorate at nursing homes
- Prepare and teach a club craft/activity
- Host a club meeting
- Prepare refreshments for a club meeting
- Call to invite someone new to club meeting

All these items count for volunteer hours. Each of you need to record these hours (in the method of your liking) to calculate at end of year more easily.

Start recording now!



- February 4World Cancer Day
- February 7Bluegrass Area Council Mtg
- February 8Bourbon County Council Mtg
- February 14Happy Valentine’s Day
- February 16Leader Lesson
- February 17National Caregivers Day
- February 20-24Statewide Agent Training
- February 28Relatives as Parents Mtg
- March 2, 9, 16, 23Big Blue Book Club
- March 13International Meal
- April 20Bourbon County Homemakers Annual Meeting
- April 28Safety Day
- May 9-11KEHA Annual Meeting
- March - Nutrition Month Peter Rabbit in Schools



World Cancer Day
4 February



Progress is possible

30-50%
of all cancer cases
are preventable.



There’s a lot we can do

Adopting healthier behaviours
can go a long way to reduce
your cancer risk.



ATTENTION SNOW BIRDS – Traveling South for the Winter

If you are heading south for the winter months, do not forget to let us know! We will send your newsletter to your winter address – no problem. The post office will not forward or hold your newsletter. They return it to us and charge us for the return.

Remember to bring us some warm weather and sunshine in the spring!



Save the Date
Bourbon County
Homemakers
86th Annual Meeting
Thursday, April 20

More details to come

Bad Weather Policy

No School =
No Meetings
If Bourbon County
Schools are closed
due to inclement
weather, meetings
will be automatically
canceled. If in
doubt, please call
859-987-1895.

Honor a Caregiver: February 17 is National Caregivers Day

It is likely that you know someone who is a caregiver. A caregiver is someone who provides help with someone's daily living and/or medical needs because of temporary or long-term limitations caused by injury, illness, disability, aging, etc.

RespectCaregivers.org (2022) reports that 1 in 5 Americans (21.3% of the population) serves as a caregiver. Caregivers include formal caregivers like paid health-care providers (doctors, nurses, therapists, social workers, aides, etc.) and informal caregivers that can include family members, neighbors, clergy, and others who are most often unpaid for their time or care. AARP reported that approximately 53 million people across the United States provide care for partners, children with disabilities, friends, and other loved ones (2022).

Informal caregivers will provide a range of care including medical and personal care, meal preparation and feeding, running errands, cooking, transportation, financial help, cleaning, communicating with health-care professionals, serving as a patient advocate, and monitoring medication. According to RespectCaregivers.Org (2022) caregivers are "unsung heroes." They call them the "backbone of our country."

To celebrate the tireless work of caregivers, the Providers Association for Home Health & Hospice Agencies created National Caregivers Day to remind people that caregivers are important and should be honored. Let Feb. 17, be a reminder to support caregivers just as they support the people we care about. Honor a family member, friend, or neighbor who provides selfless personal, physical, and/or emotional care and support to someone who needs it. You can write them a note, send them a picture, or give them a gift. There are endless ways to thank a caregiver.

Source: Amy F. Kostelic, Associate Extension Professor for Adult Development and Aging

Feel the Love – but Be Cautious Online

According to a Pew Research Center report, at least 30% of U.S. adults have used a dating site or app. While some people end up finding the right person for a committed relationship, others see the need for caution. One thing to be aware of when using these sites is romance scams.

In romance scams, a con artist may use social media, dating platforms, or messaging apps to build trust with someone in hopes of taking their money. A scammer may seek you out on social media sites and build a profile you find attractive, pretending to have common interests. A close match isn't always a red flag, but it may be a sign to proceed with caution.

A big red flag would be if your new love interest does not want to meet in person. Sometimes the scammer will move quickly, but other times they are patient while building your trust. Eventually though, the romance scammer will say they need money. Maybe they need extra cash to visit, or they can't afford to move closer without your help. Other requests for money come in the disguise of the person being in trouble, such as needing money to settle accounts.

The Federal Trade Commission compiles scam reports and notes victims lost a record \$457 million in romance scams in 2021. People in those reports paid the scammer with gift cards and cryptocurrency payments more than other payment methods. That is another red flag – when your new love asks for money in a form that cannot be tracked or reversed, such as gift cards, cryptocurrency, wire transfers, or money transfer apps.

If you suspect a romance scam, talk to someone you know and trust and do some online research. Report scams to the FTC at <https://reportfraud.ftc.gov/#/> or 877-FTC-HELP and notify the site of where you met the scammer as well.

Source: Kelly May, senior Extension associate for family finance and resource management

With the rising cost of eggs, many people are taking advantage of sales and buying in bulk. Eggs can be frozen safely following a few simple steps. Frozen eggs should be used within one year for best quality.



 College of Agriculture,
Food and Environment
*Family and Consumer
Sciences Extension*

Freezing Eggs Safely

Whole eggs or yolks

- Crack and mix until blended. Don't whip in air.
- To prevent graininess and gelling of the yolks for one cup (or more) of eggs or yolks:
 - Add 1 ½ tablespoons sugar or corn syrup per cup of eggs for use in sweet dishes
 - Add ½ teaspoon salt per cup of eggs for use in savory dishes
- Pour into a freezer safe container*
- Leave ½-inch space at the top of the container to allow for expansion
- Label and date

Egg whites

- Crack and separate the whites. Gently mix.
- Pour into a freezer safe container*
- Leave ½-inch space at top
- Label and date

Using frozen eggs and egg whites

- Thaw in refrigerator
- 3 Tablespoons egg mixture = 1 whole egg
- 2 Tablespoons of egg whites = 1 large egg white
- 1 Tablespoon egg yolks = 1 large egg yolk

*For best texture, strain eggs through a sieve before packaging. Freezer bags work well as they lay flat.

2023-2024

Bluegrass Area Homemakers Leader Lesson Ballot

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

**Vote for your top 8 lessons you
would like taught in the 2023-24
homemaker lesson year**

Ways to vote:

- Scan the QR code pictured above by positioning your smartphone camera so the QR code is in frame - click the link that pops up on your screen
- Visit tinyurl.com/5n8r3twk
- Drop off the ballot included on pg. 10 in this newsletter to Extension Office.



Deadline to place your vote: Wednesday, April 5

FAMILY CAREGIVER

HEALTH BULLETIN



FEBRUARY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <https://fcs-hes.ca.uky.edu/content/health-bulletins>

Bourbon County Extension Office
603 Millersburg Road
Paris, KY 40361
(859) 387-1895

THIS MONTH'S TOPIC:

SELECTING SHEETS FOR RESTFUL SLEEP

Quality sleep fulfills our physiological need to recharge and reset our bodies, in turn, keeping us healthy and ready for a full day of activities. Experts recommend a "comfortable" sleeping environment. This includes bedding that meets our individualized needs. The average person needs about eight hours of sleep a day, which adds up to about a third of our life spent in bed. Might as well be comfortable! Sleeping on sheets that enhance our comfort level is well worth a bit of time to explore options and understand the properties of sheets available in today's market. The "feel" of sheets and how they perform relates to the combination of fiber content, fabric construction, and thread count. You should consider these three factors when choosing sheets we perceive as "comfortable."



Continued on the next page →

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LEWISTON, KY 40546

Disabilities
accommodated
with prior notification.

Continued from the previous page

Fiber content

Small hair-like fibers create the yarns (or threads) used in the construction of sheet fabric. Examples are natural cotton fibers and manufactured polyester fibers, each with distinct properties that affect comfort. Cotton fibers can be processed to create smooth yarns with varied fineness that are generally soft and breathable. Polyester fibers contribute durability and easy care. However, sheets with a high polyester content may trap more body heat. Bamboo fibers are processed into rayon and can have comfort properties similar to cotton. "Microfiber" refers to polyester, nylon, or rayon (bamboo) fibers that are man-made to be finer than human hair, enabling them to produce a sheet that can feel soft and "silky."

Fabric construction

Sheet fabric is commonly woven using a percale weave or sateen weave. This refers to the sequence in which the yarns are interlaced together. Yarns in a percale weave are aligned at right angles in a one-over, one-under (plain) pattern normally resulting in sheets with a tight weave and a crisp feel. A sateen weave is created when yarns "float" over each other in a three-over, one-under pattern. Sateen sheets feel smooth and silky and are less likely to wrinkle. However, their looser weave structure makes them more prone to snags. These weaves can use yarns of any fiber content, including fibers blended together (e.g., cotton and polyester). Cozy flannel sheets are made by brushing the surface of plain weave fabric. Sheets that stretch and feel like a t-shirt are constructed with looped, jersey knit yarns.

Thread count

The number of yarns that are woven (or interlaced) "up and down" and "side to side" within a square inch of fabric is the thread count. For example, sheets with a "300 Thread Count" may have an average of 150 yarns per inch in the up and down (warp) direction, and 150 yarns per inch in the side to side (weft) direction. Many consumers consider

Caring for sheets

Wash sheets at least every two weeks, or more frequently if the sleeper tends to sweat at night. For best results, do not launder sheets with towels or other items of different fabric weights. The washer and dryer will perform better if sheets and pillowcases are washed separately from other items. Sheets help keep mattresses and pillows clean, but for added protection and comfort, use a mattress pad and pillow protectors. Don't forget to wash those, too. Waterproof mattress pads are very practical when bed wetting is a concern. It's nice to have at least one set of sheets for cooler weather and a set for warmer weather. Or having at least one extra set (per mattress size) is a good idea in case you need to change the sheets right away.

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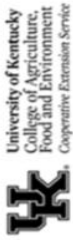
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FAMILY CAREGIVER HEALTH BULLETIN



2023 - 2024 Bluegrass Area Homemakers Leader Lesson Ballot



**PLEASE CHOOSE THE TOP 8 LESSONS TO BE TAUGHT AS
A 2023-34 HOMEMAKER LESSON.
RETURN RESPONSES BY APRIL 5, 2023**

Understanding Your Credit Score

Does one number define you? What is "good credit"? Find out more about the meaning behind credit scores, what are some factors that go into calculating a credit score, and tips on how you can potentially improve yours.

KEHA Plays Pickleball

It the fastest growing sport that all ages and skill levels can play and are talking about. That's right ... PICKLEBALL. It is a cross between ping-pong, badminton, and tennis. Come learn as well as teach other KEHA members to play a format with several health benefits associated to it and allows for both social and physical activity.

A Guide to Beginner Meal Planning and Meal Prepping

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Recognizing and Coping with Trauma after a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

Self-Care and Self-Pampering

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

Planning Thrifty and Healthy Holiday Meals

Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

Mentoring and Empowering Youth

Mentoring is very important to our youth today. It is versatile and can be done in many ways. This lesson will help to identify needs in your community and provide ideas for creating and accessing opportunities to mentor.

Savor the Flavor: Seasoning with Spices

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Savor the Flavor: Building Flavor with Herbs

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Personality Assessment

That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This workshop will shed light on different personality traits, help you learn more about yourself, and allow you to see other perspectives.

Radon: A Silent Killer

Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also due to Kentucky's high radon levels. Radon is more than an element on a chemical chart. This lesson will provide information and resources about radon and how to make sure your home is safe for you and your family.

Lead Your Team: Health Literacy for the Win!

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.