

January 2023

FAMILY & CONSUMER SCIENCES

Newsletter

BOURBON COUNTY EXTENSION HOMEMAKERS



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

Cooperative Extension Service

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Starting a new year is always refreshing – like a new start with all the knowledge of the past. Bourbon County FCS Programs and Homemakers have refreshed and reflected and are ready for 2023.

The first announcement for 2023 is the increase in Bourbon County Homemaker membership. 252 members have joined the Bourbon County Homemakers for 2023! That is over 25% increase in membership! Past members have rejoined, and new members are choosing to be a part of an organization that is family and community oriented. Bourbon County Homemakers have done a great job of sharing the benefits and setting the example. Congratulations!

This is a great time to start our lesson planning for the 2023-24 programming year. Make sure your voice is heard by sharing lesson topics of interest to you or your club. If you are a mailbox member, please note that we are interested in hearing about topics of interest to you as well. You can fill out the form on the back of this newsletter or you can just phone, text or email me your ideas for 2023-24 lessons. We just want to make sure that the needs of the members and community are addressed, whether it be for increasing knowledge or just a fun craft idea that you would like to explore. Fun is as important as knowledge!

Please take time to read through the newsletter. There are several important dates and topics throughout. You might note the Vice Presidents of each club, as well as any other members interested in being a part of the committee, are meeting January 19th to start making plans for the 2023 Homemakers Annual Meeting. If you have

special requests or ideas please share with the committee. They want to make it special for everyone.

Check out the new Big Blue Book Club planned for anyone that is interested. The new book title is “Is Butter a Carb?”. The BBC discussions will be led by Dr. Heather Norman-Burgdolf, UK Extension Specialist for Food and Nutrition. This should be an interesting read and discussion. All discussions will be by Zoom but participants are welcome to share in the discussions at the Extension Office.

2023 here we come!

Agent for Family Consumer Science
Karen.denniston@uky.edu

Bourbon County Extension Homemakers

YOU DID IT!!

Increased membership by 52 members!!!

Currently have 252 members!



The Bourbon County
Extension Office
will be closed
Monday, January 16
in observance of

Martin Luther King Jr. Day

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

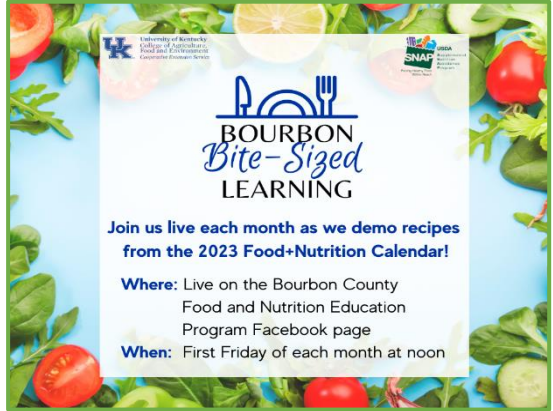


Disabilities
accommodated
with prior notification.

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 Kay preparing “Slow Cooker Smokey Black-Eyed Peas” better yet get your ingredients and prepare along with us. Mark your calendar January 6th at noon!

We are expanding!

**BOURBON
Bite-Sized
LEARNING
Plate it Up!
Kentucky Proud edition**

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!

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

“OUTSIDE the BOX”

Do you make New Year’s resolutions?

I am not one for New Year’s resolutions because I never seem to be successful with them. Sure there are goals that I have but when I put a label of “resolution” on it, I seem to be setting myself up for failure. Instead, I like to think about what I can do to make myself a better person. A better wife, mom, daughter, sister, coworker, homemaker, etc. For me, this means not committing to so many things. To take a moment and reflect before I commit to more responsibilities. It is taking time for myself, so that I can be more present with my family.

2022 was full of many changes for me. Some were very hard, while others were easy. During 2022 I watched myself grow and be more present. I am ready to take on 2023 and I hope that you are too. We are off to a great start with an increase in membership of 52!!! 2023 is going to be a great year for Bourbon County Extension Homemakers!

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

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

Mallory Lowe
President Bourbon County
Extension Homemakers



2022-23 KEHA Membership Contest

Each county that increases membership by 3 is entered into a drawing for \$100. Can have more than one entry – number of entries is based on multiples of 3.

**Increase membership by 3 = 1 entry
Increase membership by 6 = 2 entries
Increase membership by 18 = 6 entries**

Bourbon County Extension Homemakers:

SEVENTEEN ENTRIES

LEADER LESSON TRAINING



JANUARY LEADER LESSON



LET’S TALK ABOUT IT!

Keys to Great Communication

**WEDNESDAY, JANUARY 25
10:00 AM
BOURBON COUNTY EXTENSION OFFICE
859-987-1895**

Some may think communication is how you talk with someone. But there is so much more that goes into being a good communicator. Learn more about non-verbal communication (body language) as well as the roles speaking and active listening play in communication. These skills will come in handy as you work with your fellow homemakers as well as at home and in the community.

2022-23 Leader Lessons

Leader lessons for the 2022-23 year will be taught by Bluegrass Area Extension FCS Agents. They will be taped for viewing at Bourbon County office. Each taped viewing will be followed by planned activities and/or hands-on learning.

Spread the word that anyone, member or not, interested in learning more about “Keys to Great Communication” is welcome to attend the Bluegrass Area Extension Homemakers Leader Training at 10:00 a.m. on Wednesday, January 25, at the Bourbon County Extension Office.

We would love to have at least one member from each club at this event to share the information at their club meeting.

Please call the office at 987-1895 to reserve your seat and join the fun.

The In-Cider Information

Kacy Wiley
Program Assistant Senior NEP



Start Off the New Year the MyPlate Way

Step 1: Reflect and act

What are your eating goals? What stops you from eating healthy? Do you eat from all food groups?

Step 2: Start Simple

Take it one day at a time. Focus on small changes you can make now. Slowly build on those to meet your long-term goals.

Step 3: Plan to eat more meals at home when possible

Look for ways to eat at home more often. Involve family members to help decide the weekly menu. Have theme nights such as

Meatball Monday, Taco Tuesday, Slow Cooker Wednesday, Leftovers Thursday, and so on.

Step 4: Make a plan for grocery shopping

Shop wisely by using grocery store ads, store discount cards, online digital coupons, weekend and special sales. Fresh fruits and vegetables cost less when they are in-season.

Step 5: Celebrate success

Have a special meal or family outing to celebrate the family's success. Be sure everyone shares positive changes.

Source: Adapted from USDA, FNS Pub No. 924, December 2021



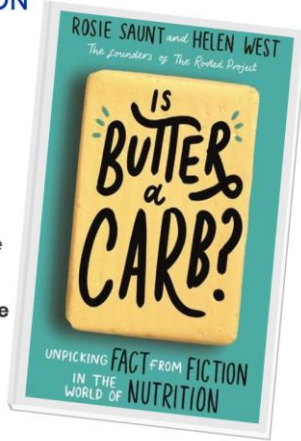
BIG BLUE BOOK CLUB



IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD ON THURSDAYS

MARCH 2, 9, 16, 23 AT 10AM (ET)

REGISTER BY JANUARY 27, 2023

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-Burgdorf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT. The first 200 registered participants will receive a free copy of the book. The registration deadline is January 27, 2023.

Scan the QR code or visit the link to register:

<https://ukfcs.net/BBBC23Book1>



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!

What are “volunteer hours”?

Have you done any of the following during the holidays:

- Take, prepare, and present a club lesson
- Ring the bell for Salvation Army
- Shop and/or prepare gifts for Angel Tree
- Shop and/or prepare gifts or meals for shut-ins
- Offer transportation to others for community holiday events
- Shop for someone unable to shop
- Visit, decorate or carol 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!

Save the Date

January 6.....Bourbon Bite-Sized Learning
 January 16.....Office closed for MLK Jr. Day
 January 19.....Annual Meeting Committee Mtg
 January 24.....Relatives as Parents Mtg
 January 24-28Radon Awareness Week
 January 25 10:00 am.....Leader Lesson
January 26.....Homemaker Council Mtg
 January 27.... Last day to register for Book Club
 February 16.....Leader Lesson
 February 28.....Relatives as Parents Mtg
 **International Meal date to be determined.
 March - Nutrition Month Peter Rabbit in Schools

PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3870; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 850-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).



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!

REMEMBER:
WINTER 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.

January is Radon Awareness Month

EPA

What is radon? Radon is a cancer-causing radioactive gas.
 You can't see radon. And you can't smell it or taste it. But it may be a problem in your home.

Test your home for radon today.

www.epa.gov/radon

Taken from: <https://www.epa.gov/radon/radon-media-resources-partners-and-stakeholders#social>

Radon Mitigation

Radon is more than an element on the periodic table. Radon is a naturally occurring radioactive gas that you can't see, taste, or smell. Exposure to this gas is harmful to your health. It is the second leading cause of lung cancer and the leading cause of lung cancer among people who don't smoke. People who are exposed to both radon and tobacco smoke are 10 times more likely to develop lung cancer. The gas is responsible for about 21,000 deaths from lung cancer every year. Why is this so important to the health of Kentuckians? Because Kentucky leads the nation in the number of new lung cancer cases and lung cancer deaths.

You can only detect radon through testing. The Environmental Protection Agency (EPA) and the U.S. surgeon general recommend testing your home for radon. Testing is easy and inexpensive. Learn how to get an easy-to-use test kit at www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional. There is no known safe level of radon, and you should always aim to have the lowest level. The EPA recommends fixing your home if radon levels are above 4 [picocuries](#) per liter of air (pCi/L).

After testing for radon, what are the next steps?

If your indoor space tested 4 picocuries or LOWER, you can keep checking your radon levels by testing every two years since levels do change. Any exposure to radon carries risk and should be as low as possible.

If your indoor space tested 4 picocuries or HIGHER, you should strongly consider having a radon mitigation system installed. Lowering high radon levels requires technical knowledge and special skills. To find a qualified contractor in your area, contact the Kentucky Radon Program at 502-564-4856 ext. 4196 or visit <https://certifiedradonpros.org/ky.html>.

Some points to consider when discussing a radon mitigation system with a contractor:

1. Are they certified through the National Radon Proficiency Program, www.nrpp.info ?
2. Are they a member of American Association of Radon Scientists and Technologists (AARST), www.aarst.org ?
3. The CDC and EPA recommend if you are buying a new home, ask about including <https://www.epa.gov/radon/radon-resistant-construction-basics-and-techniques> to help prevent or minimize radon entering your home and the need to install a more costly system in the future. <https://www.cdc.gov/radon/radon-action.html>
4. How much will the installation and labor of the radon mitigation system cost?
According to the CDC, the cost of reducing radon in your home depends on how your home was built and the extent of the radon problem, so the cost to fix it can vary widely. However, most homes can be fixed for about the same cost as other common home repairs. <https://www.cdc.gov/radon/radon-action.html>
5. How long will it take to install the radon mitigation system in my home?
6. What steps will be involved in the upkeep or maintenance of the mitigation system?
* Point to consider: If you want a professional radon test completed before having a radon mitigation system installed, you may want to consider having a separate radon professional do the testing so there isn't a conflict of interest for the installer.

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, October 2022

2022 HOLIDAY FOODS RECIPE BOOKS AVAILABLE!

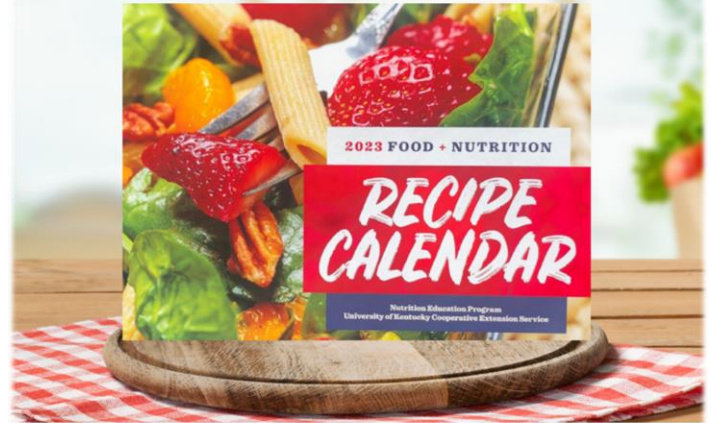


\$2

Pick up your copy at the Extension Office, 603 Millersburg Rd., Paris



2023 CALENDARS ARE HERE!



Stop by the Extension Office and pick up your copy today!



HOMEBASED MICROPROCESSING WORKSHOPS

Farmers interested in taking part in Kentucky’s Homebased Microprocessing (HBM) program must complete a workshop. HBM workshops are held January through May across the state. Completion of a workshop is the first step toward certification and being able to sell your microprocessed foods at the farmers’ market. Visit the University of Kentucky Homebased Processing Microprocessing website, https://fcshes.ca.uky.edu/homebased_processing_microprocessing to register for in-person and virtual workshops. The workshop costs \$50.

You can make microprocessed products in your home kitchen. They must include a primary ingredient the farmer grows. You must also process them in a boiling water bath canner or a pressure canner. Examples include pickles, salsa, tomato juice, spaghetti sauce, pepper jellies, and canned vegetables. The University of Kentucky must review all recipes of microprocessed products.

Make this the year to add value to your produce and start selling products at your local farmers’ market. Contact Annhall Norris at (859) 257-1812 or annhall.norris@uky.edu or the Bourbon County Extension office for more information.



Source: Annhall Norris, Food Preservation Extension Specialist



FAMILY CAREGIVER

HEALTH BULLETIN



JANUARY 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>

Bourbon County Extension Office
603 Millersburg Road
Paris, KY 40361
(859) 987-1895

THIS MONTH'S TOPIC:

HOME AND PERSONAL SAFETY



To prevent crime, the Kentucky Crime Prevention Coalition recommends being alert, making your home safe and secure, and being on guard for con artists and identity theft. The following tips can help conquer fear and prevent crime. Whenever you see or suspect suspicious activity, call local authorities or 911.

Be alert

- Do not go out alone.
- Lock car doors.
- Park under lights and near entrances.
- Be aware of the surroundings.
- Sit near the driver and/or exits on public transportation.
- Guard your purse or wallet.
- Do not carry excess cash or extra credit cards.
- Use direct deposit for checks.

Continued on the next page →



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Disabilities
accommodated
with prior notification.

Continued from the previous page

Stay safe at home

- Pay attention to people walking and driving in your neighborhood.
- Lock all doors and windows.
- Keep your garage door closed to prevent criminals from “garage shopping.”
- Install a wide-angle door viewer and/or a doorbell system that shows who is at the door.
- Keep house or mailbox numbers well-lit and visible from the street.
- Don't open your door if you don't know who is there or cannot see them.
- Ask service and delivery people to identify themselves with a photo ID.
- Do not partially open the door to talk to someone.
- Keep landscaping thin around doors and windows to prevent someone from hiding.
- Re-key locks if you move.
- Use dead bolt locks that extend at least one inch beyond the edge of the door and consider adding an auxiliary lock.
- Reinforce or replace a glass door if the glass is within 40 inches of the lock.
- Replace hollow entrance doors with a solid door.
- Secure an inactive double entrance door with top and bottom security bolts.
- Secure out-swinging door hinges so that they cannot be accessed.
- Secure sliding doors with locking devices or bars cut to fill the exact distance between the frame and door when closed.
- Secure garage doors with a hasp and padlock.
- Consider installing a home alarm system.
- Give a spare key to a trusted neighbor instead of using a hidden key.
- Put interior lights on intermittent timers and leave radios on when away.
- Keep house or mailbox numbers well-lit and visible from the street.
- Stop newspapers, mail, etc., or ask someone to pick them up daily when away.
- Ask someone to park their car in your driveway or outside your house when away.
- Notify police and request a vacation watch if you will be away.

Do not get fooled by a con artist

- Do not fall for something that sounds too good to be true (e.g., Sweepstakes).
- Do not share personal information over the phone.
- Do not rush into signing documents, especially during states of emergency.
- Read them over and have someone else read them.
- Call the police or National Consumers League Fraud Info Center at 1-800-876-7060 if something feels suspicious.

Prevent identity theft

- Protect your PIN and passwords by using words and numbers that are not readily known.
- Do not provide personal information over the phone, mail or internet unless you initiated it or know with whom you are working.
- Shred personal information before throwing it away.
- Check accounts, statements, and billing cycles regularly to be sure all charges and withdrawals were authorized and timely.
- Do not leave bills or checks in your mailbox.
- Order free copies of your credit reports from each of the three major credit bureaus once a year.
- Use credit versus debit cards.
- Do not carry your Social Security card in your purse or wallet.
- Watch out for “shoulder surfers,” who spy on you while writing checks or paying tabs in public.

If you think you are a victim of identity theft, call your bank and ask them to close and review your accounts. File a report with your local law enforcement. Review your credit reports to be sure other accounts have not been opened in your name or unauthorized changes made on existing accounts. Finally, contact the FTC's Identity Theft Hotline at **1-877-ID-THEFT**.

REFERENCES:

- Kentucky Crime Prevention Coalition. (n.d.). Identity Theft.
- Kentucky Crime Prevention Coalition. (n.d.). Senior Safety.
- Lexington Police Department Community Services. (n.d.). Garage Burglaries.
- Lexington Police Department Community Services. (n.d.). Your Security Starts at Home!

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FAMILY CAREGIVER HEALTH BULLETIN

Please complete and return this form or text, email or call in your responses to the Bourbon County Extension Office by January 20th.

2023-24 Homemaker Lesson Ideas



My house needs a lesson on:



The food lesson I need most:



A clothing lesson I need:



My finances could use a lesson on:



A family life lesson that would interest me:



Just for fun I'd like a lesson on:
