




February 2022 

College of Agriculture,
Food and Environment
Cooperative Extension Service

DIY & APP.

Come join us on February 15 for a DIY & App. this will be a Plate it up Recipe & activity at 3:00 p.m.

*Main Extension Office
Free Class -Call office to sign up.*

2021 COOKING THRU THE CALENDAR

WE WILL CONTINUE OUR VIRTUAL COOKING CLASSES ON **FEBRUARY 17 AT 11 A.M.** VIA FACEBOOK LIVE. COOKING CLASS CAN BE FOUND ON THE HENDERSON COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES **FACEBOOK PAGE.**

STOP BY THE OFFICE IF YOU WANT A HARD COPY OF THE CALENDAR!



Amanda L. Hardy

Amanda L. Hardy
County Extension Agent
for Family and Consumer Sciences

**LOOKING FOR A FUN,
NEW WAY TO BE
MORE ACTIVE?**



Bingo + Exercise = Bingocize®



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

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Congratulations to Sherry Smith who recieved the FCS Hall of Fame Volunteer of the Year Award for 2021

COME JOIN THE FUN!

We meet every week!

WHEN: February 4,11,18
March 4 and 11, 2022

WHERE: Henderson
County Public Library
101 South Main St.

TIME: 10:00 a.m.



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

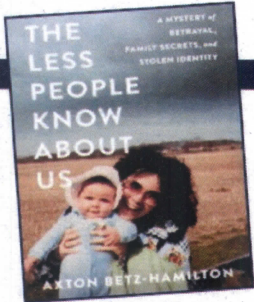
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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

BIG BLUE BOOK CLUB



We are excited to announce the return of

BIG BLUE BOOK CLUB

THE LESS PEOPLE KNOW ABOUT US: A MYSTERY OF BETRAYAL, FAMILY SECRETS, AND STOLEN IDENTITY
by
AXTON BETZ-HAMILTON

Our first book of 2022, *The Less People Know About Us: A Mystery of Betrayal, Family Secrets, and Stolen Identity* by Axton Betz-Hamilton is a riveting, true story of the life changing impact of identity theft. The author and identity theft expert shares the story of her life that "inspired her career and nearly destroyed her family."

Big Blue Book Club will be
April 14, 21, and 28 at 11 am ET.

Just click this link
<https://ukfcs.net/BBbc2022Book1>
to register by April 1 or scan the QR code.



The first 200 registered participants will receive a free copy of the book.

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Henderson County FCS Weather Policy

If Henderson County Schools are closed or dismissed early due to Inclement weather or sickness all FCS Programs, Activities Meetings are cancelled for that day.

We want everyone to be safe.

*Watch, Listen and Follow
Tune Into Lifestyles
on News 25 the 2nd
Tuesday of each
month at 11 a.m.
Listen to WSON
Thursday mornings
at 6:45 a.m. Follow
us on Facebook-
Henderson County
Extension-Family
and Consumer
Sciences*

**Join us on Facebook Live on
February. 2022 at 11:00
We will be posting a video on 2
Healthy Heart Recipes!**

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



HOMEMAKERS

Thought for the Day:

*"February is short and very sweet." -
Charmaine J. Forde*

Roll Call:

What Is your favorite snow day memory?

Lesson For the Month

*Living with Loss: Self- Care and Managing Grief
(This is a Family and Individual Development
Lesson)*

Leader Lesson Training

*The Homemaker Leader Lesson Trainings for the
April and May lessons will be March 15 In Daviess
County and March 16 In Henderson County*

*APRIL LESSON-Hunger In KY: Know more, Do More
will begin at 10:00 a.m.. This Is a Food, Nutrition,
and Health Lesson*

*MAY LESSON- Sensational Salads, will begin at
11:00 a.m. This Is a Food, Nutrition, and Health
Lesson.*

Cancer Support Group **(Not Just for Homemakers)**

*If you are a cancer survivor or
have a family member or friend
with cancer come out and support
each other. Group meets on the
3rd Monday of each month at
5:00. Call the office for more
Information. In February we will
meet on February 21 @ 3:00.*

Club Meetings

**Town and Country- 3rd Monday of each month-
6 p.m. in Expo building.**

You are welcome to bring a sack lunch.

**Happy Knitters- every Tuesday at 10 a.m. in
Expo Conference Room.**

**Niagara- will meet at Cash Creek Church
Wednesday January 19, 2022 at 10:00 a.m.**

**Central- 2nd Thursday of each month at 11:00
a.m. in Expo Project Room.**

**2022 State Meeting – Please mark the NEW
dates for the KEHA State Meeting in your
calendar. The meeting now will be held May 10-
12, 2022, at the Owensboro Convention
Center. The theme is "KEHA: We Have You
Covered." Licking River Area will serve as the
host area. The lodging room blocks are now
open for reservations. Details can be found on
the KEHA website at
[https://keha.ca.uky.edu/content/state-meeting-
information.](https://keha.ca.uky.edu/content/state-meeting-information)**

***If you would be interested in joining a club or
starting a new club, please give our office a call at***

270-826-8387.

ABC's of Heart Health

February is American Heart Month, which focuses on motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. People with poor heart health are at an increased risk of severe illness from COVID-19. In addition, heart disease is a leading cause of death in the U.S. Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by choosing healthy habits and following the ABCS!

A: Take aspirin as directed by your health-care professional. Ask your health-care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health-care professional if you have a family history of heart disease or stroke, and mention your own medical history.

B: Control your blood pressure. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health-care professional to lower it.

C: Manage your cholesterol. There are different types of cholesterol. One type is “good” and can protect you from heart disease, but another type is “bad” and can increase your risk. Talk to your health-care professional about cholesterol and how to lower your bad cholesterol if it is too high.

S: Do not smoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. It is never too late to quit smoking.

You can also take charge by choosing healthy habits to help prevent heart disease.

Choose healthy foods and drinks. The best diet for preventing heart disease is one that is full of fruits and vegetables, whole grains, nuts, fish, poultry, and vegetable oils. Try to go easy on red and processed meats, refined carbohydrates, and beverages with added sugar.

You can include alcohol in moderation. Men should have no more than 2 drinks per day, and women no more than 1 drink per day.

Get regular physical activity. Staying physically active will help you control your weight and strengthen your heart. Adults should get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week. If you are not active, try adding 10 minutes of physical activity to your day — like walking or gardening.

Keep a healthy weight. People who are overweight or obese have a higher risk for heart disease. Carrying extra weight can put extra stress on the heart and blood vessels. You can check with your doctor about your body mass index (BMI). If you need help, talk to your health-care team about a weight loss plan.

The bottom line is that you can prevent heart disease by choosing healthy habits and following the ABCS! Healthy living is the best way to delay or avoid diseases. This includes being active, eating healthy, avoiding tobacco, and managing conditions that can put you at greater risk.

References

<https://www.cdc.gov/vitalsigns/million-hearts/index.html>

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/american...>

<https://www.heart.org/en/healthy-living/healthy-lifestyle/prevent-heart-...>

Source: Dr. Natalie Jones, Family Health Extension Specialist

February is Children's Dental Health Awareness Month

"They sure are handy when you smile. So keep your teeth around a while!" – Dr. Seuss.

Teeth are the foundation of children's smiles. Teeth also help children speak and bite and chew food. These seven tips will help children keep baby and adult teeth around a while.

Never put children to bed with a bottle or sippy cup. Sugar is present in many foods and drinks, even breast milk and formula. Putting a baby or child to bed with a bottle or sippy cup gives bacteria in the mouth more sugar to digest. This can lead to rotting known as Baby Bottle Tooth Decay. Instead, offer children a bottle or sippy cup before naptime and bedtime. Once they have had enough, take it away and brush their teeth.

Only put breast milk or formula in bottles. Infants only need breast milk or formula during their first year of life. They can also have a little water starting around 6 months of age. Do not serve infants soda, pop, juice, fruit drinks, or sugar water. These are not good for infants' teeth.

Switch to cups by age one. Most kids are developmentally ready to switch to cups by their first birthday. Sippy cups can ease the transition, but kids do not need those for long. Make the switch to child-sized cups.

Offer water throughout the day. Tap water usually has fluoride to strengthen and protect teeth. Limit other drinks like milk or 100% fruit juice to meal or snack time. Avoid sugary drinks like fruit drinks, soda, and flavored milk. These drinks increase the risk of cavities.

Use fluoride toothpaste. Tooth decay can happen as soon as baby teeth push through. Once teeth appear, begin brushing twice a day – morning and night – with fluoride toothpaste. Kids 0 to 3 years only need a smear the size of a grain of rice. Kids aged 3 to 6 years only need a smear the size of a pea. For babies who do not yet have teeth, use a moist washcloth or gauze to wipe gums. It will get them used to the process and may ease the transition to brushing teeth.

Floss. Food can get stuck between teeth. Flossing helps clean between teeth. Help children use child-sized flossing tools until they get the hang of it. Make flossing fun by singing a song or telling a story about what the floss is doing.

Regular visits to the dentist. The American Dental Association recommends taking children for their first dental visit by their first birthday or within six months of the first tooth appearing. Just like adults, it is recommended kids visit the dentist every six months. Regular check-ups can catch problems early.

Taking care of kids' teeth now will create healthy habits that protect their teeth for years and decades to come.

Reference

American Dental Association. (n.d.). Babies and Kids. Mouth Healthy. Retrieved October 24, 2021, from <https://www.mouthhealthy.org/en/babies-and-kids>

Source: Courtney Luecking, Extension Specialist for Nutrition and Health

Homebased Microprocessing Workshop
Join the In-person workshop at the Daviess County Extension office on February 16 from 9:30 a.m.-2:00 p.m. Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend the training presented by the University of Kentucky. The cost is \$50. For more information and to register, visit <https://daveiss.ca.uky.edu/fcsevents> or call the Daviess County Cooperative Extension Service at 270-685-8480



Heart Healthy Kits

We will be offering healthy recipes in our Educational Kits that can be picked up at the Extension Office starting February 14, 2022

Henderson County
 3341 Zion Road
 Henderson KY 42420

RETURN SERVICE REQUESTED

Glazed Butternut Squash with Carrots and Turnips



1/2 **teaspoon** salt
 1/4 **teaspoon** pepper
 Cooking spray
 2 **tablespoons** maple syrup

1 1/2 **cups** cubed butternut squash
 1 1/2 **cups** sliced carrots
 1 1/2 **cups** cubed peeled turnips
 4 **teaspoons** oil

5. **Bake** for 10 minutes.
 6. **Stir** in syrup and bake an additional 20 minutes.
Yield: 8, 1/2 cup servings.
Nutritional Analysis: 60 calories, 2.5 g fat, 0g sat fat, 1 g protein, 9 carbohydrate, 0 mg cholesterol, 170 mg sodium, 2 g fiber.

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



1. **Preheat** oven to 450 degrees.
2. **Cut** vegetables into 1/2-inch pieces.
3. **Coat** a 9 x 13-inch baking dish with cooking spray.
4. **Combine** the first 6 ingredients.