



BUILDING STRONG FAMILIES FOR KENTUCKY

MARCH 2022



College of Agriculture,
Food and Environment
Cooperative Extension Service

HENDERSON COUNTY CANCER SUPPORT GROUP



Just a few reasons to come to the group:

- Group has been active for 10 years now
- A peace of comfort and understanding for surviving cancer
- A place for encouragement
- Caregivers and spouse are invited to attend
- Fun activities: bingo, games and crafts
- Food: share recipes from Extension Office and enjoy pot-lucks
- Summer walks
- Picnics
- Group get togethers for field trips
- Birthday celebrations

*Come and Support Others!
Learn and Live together!*

for more information contact the Henderson County Extension Service

DIY & APP.

Come join us on TUESDAY, MARCH 9th 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.

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

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

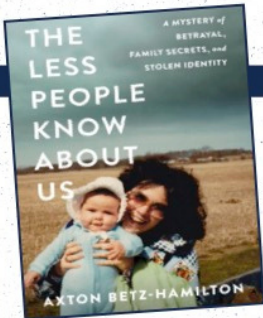
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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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LEXINGTON, KY 40546



Henderson County FCS Weather Policy

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

We want everyone to be safe.



2022 COOKING THRU THE CALENDAR

WE WILL CONTINUE OUR VIRTUAL COOKING CLASSES ON **MARCH 17TH 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!

CHARCUTERIE BOARD CLASS

IF YOU MISSED ON OUR LAST CHARCUTERIE BOARD CLASS JOIN US AT THE LIBRARY ON MARCH 10th AT 5:00 P.M. THE CLASS IS FREE BUT YOU MUST REGISTER TO ATTEND. CALL THE LIBRARY AT 270-854-1352 OR REGISTAR at www.hcpl.org

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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

HOMEMAKERS

*Thought for the Month:
There Is no unimportant acts of kindness.*

*Roll Call:
Name your favorite outdoor activity In the
spring.*

*Lesson For the Month:
Plate it Up! Kentucky Proud*

Leader Lesson Training

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



*Please submit any 50 Year Members to the
Extension Office by March 18th.*

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, March 16th, 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).**



**GRA KEHA BOARD MEETING
MARCH 3rd AT 6p.m. In Daviess County**

*If you would be interested in joining a club or
starting a new club, please give our office a call at
270-826-8387.*

**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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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.



Welcome Amber Adair
**Amber Is our newest member of the
Henderson County Extension team. She Is our
new staff assistant! Lets all welcome Amber!**



CEC Meeting

*If you are a member of CEC we will have a Meeting on
March 24th at 5:30 p.m. In the Expo 1 and 2. Dinner
will be served. Please let the office know if you are or
are not coming.*



Diabetes Alert Day Free Screening

The Henderson County Diabetes Coalition in conjunction with our office and Deaconess Clinic, Wellness Solutions is pleased to offer free Hemoglobin A1C screenings on Tuesday, March 22, 2022. This is a great way to tell if you have prediabetes or diabetes and there is no fasting needed. This will be done between the hours of 7:00 a.m. and 3:00 p.m. at the UK Extension Education and Expo Center at 3099 Zion Road. Appointments will be scheduled and there will be a limited number of walk-in slots available. Please call the Extension Office at 270-826-8387 to schedule your appointment. Masks will be required at the door for the safety of everyone.

Spring cleaning your budget

As you're spring cleaning your home this year, also consider spring cleaning your household budget. Like our homes, our budgets need annual reviewing as well. As income, expenses, and financial goals change, we need to be in the habit of regularly reviewing our spending and savings habits.

Whether reviewing finances to prepare for tax season or dreaming of your next vacation, spring cleaning your household budget can help keep your wallet focused on financial priorities. Consider needs (such as housing, food, and monthly bills) versus wants (such as streaming services, carryout meals, and anything "extra"). Are your financial priorities aligned? Have you taken on any new debt or added any reoccurring expenses to your budget? Think critically about the cost of your wants and prioritize which are most important.

Also consider any financial progress you have made over the last year. Have you paid off a debt, saved for an intentional purchase, started an emergency fund, or contributed to your retirement account? As you review past spending trends and spring clean your budget, be sure you are "paying yourself first" by including consistent contributions to savings. Spring cleaning your budget does not mean removing all flexible spending, but rather tidying up spending so your financial priorities remain in focus.

Reference

<https://www.consumerfinance.gov/about-us/blog/track-your-spending-with-this-easy-tool/>

Sources: Nichole Huff, Ph.D., Assistant Extension Professor, Family Finance and Resource Management; Miranda Bejda, doctoral student, Family Sciences



Celebrate Spring Outdoors

With longer, sunnier days upon us, it is time to celebrate spring and embrace nature. With the windows open or time spent outdoors sitting or strolling, dress for the weather, which, even in March may call for layers, and a hat and scarf. Feel the sun on your skin. Smell the air, trees, and blooming flowers. Hang bird feeders and listen to their chirping. Some local activities to consider include a stroll through your farmers' market, a walk around your neighborhood or local park. Drive with the windows down. Set an outdoor table for lunch or dinner. According to the Centers for Disease Control and Prevention, spending time outdoors can improve overall health and well-being. It can enhance mental health and decrease stress and anxiety. Moderate to vigorous physical activity, including walking outdoors can even contribute to better sleep, memory, and the ability to think and learn. The CDC also recognizes that staying active and involved in the community can support independence, decrease risk of chronic disease prevention, and promote longevity.

References:

CDC. (2021). Are there benefits to spending time outdoors? Retrieved November 2021 from https://www.cdc.gov/cancer/skin/basic_info/outdoors.htm

CDC. (2020). Why walk? Why not? Retrieved November 2021 from <https://www.cdc.gov/physicalactivity/walking/index.htm>

CDC. (2020). Promoting health for older adults. Retrieved November 2021 from

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/promoting-health-for-older-adults.htm>

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

Henderson County
 3341 Zion Road
 Henderson KY 42420

RETURN SERVICE REQUESTED



Herbed Pasta with Roasted Cherry Tomatoes

<p>1/2 pound whole wheat pasta 3 tablespoons olive oil 1 pint cherry tomatoes 1 medium chopped onion 1 medium chopped red bell pepper 1 medium chopped oregano 2 teaspoons dried thyme 1 teaspoon dried chopped fresh basil 1/2 teaspoon salt fresh parsley 1 tablespoon chopped 1 teaspoon red pepper flakes (optional)</p>	<p>1. Cook pasta according to package. 2. Preheat oven to 400°F. 3. Score each of the cherry tomatoes with a small X. Toss the tomatoes with 1 tablespoon olive oil and roast in oven for 10-15 minutes, until they burst. 4. Sauté onion in 2 tablespoons olive oil for 5 minutes. 5. Add garlic and red bell peppers. Sauté for an additional 5 minutes. Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.</p>
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Yield: 6, 1 cup servings.

Nutrition Analysis: 230 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 210 mg sodium, 35 g carbohydrate, 5 g fiber, 5 g sugar, 6 g protein.

6. Add fresh and dried herbs, salt and oven roasted cherry tomatoes.

7. Toss with drained pasta.



Plate it up!
 Kentucky Proud