

Washington County Homemaker Newsletter

APRIL 2023

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



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

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washington.ca.uky.edu

April is Child Abuse & Sexual Assault Prevention Month

Thanks to Sue Clements for once again leading the April campaign for Child Abuse and Sexual Assault Prevention. Special thanks to everyone who helps with the campaign, including Marlene Frost, Betty Rudd, and all who help to plant pinwheels and attach ribbons to lamp posts downtown. Pinwheels will be planted at the 1816 courthouse on March 31 at 10am, which is also Wear Blue Day. Everyone is welcome!

Here are the activities included in this year's campaign:

- county and city proclamations
- information packets to local leaders and churches
- family resiliency brochures on Snappy Tomato pizza box deliveries
- banners for local communities
- pinwheel garden and ribbons downtown
- newspaper articles
- radio tips

We have information packets ready to be delivered to churches. Please contact Sue if you would be able to help deliver a packet to any church. Many hands make light work!



LEARN MORE:

bluesunday.org



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Disabilities
accommodated
with prior notification.

Note from the President

Homemakers,

April means Easter and Spring-like weather. It seems the best days for getting out in the yard to do some clean-up and playing in the dirt are the same days we have doctor's appointments or other obligations, so not a lot has been done out here on the hill!

We are planning a yard sale and bake sale on June 3 to raise funds for our Homemakers. We will decide in June which worthy project we want to support with the proceeds. Start gathering your items and planning what to bake!

I hope to see you in June.

Stay safe and healthy!
Rita



The cross was painted a few years ago at a Homemaker's painting class/fundraiser.



Ballot Votes due by April 14

Please submit your Homemaker lesson ballot for Fall 2023-Spring 2024 lessons. Your votes are important! A ballot was sent with the March newsletter. We will be happy to send another ballot if needed. If you vote individually, you may vote with a checkmark or 1 beside your choices. If you vote as a club, please record the total number of votes beside the choice. You may vote for as many options as you want. The FCS Agents will total the votes and the most popular lessons will be taught during the 2023-2024 Homemaker year.

Thought of the Month:

**"Volunteers don't get paid, not because they're worthless, but because they're priceless."
-Sherry Anderson**

Roll Call:

April is National Volunteer Month. What is your favorite way to volunteer?

Book of the Month

*Nature Play Workshop for Families:
A Guide to 40+ Outdoor Learning
Experiences in All Seasons*
by Monica Wiedel-Lubinski (2020)

Filled with beautiful photographs, Wiedel-Lubinski's guide invites children to step away from electronic devices and into nature for hands-on, educational play.

With recommendations from nature-based educators, families learn about the world around them through wildlife observation, gardening, artwork, and journaling - all inspired by nature.



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2023. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

April 27 - 4pm
Washington County Public Library
Rainbow Pasta Salad

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

KEHA News & Notes

2023 KEHA State Meeting Updates – Registrations are arriving daily for the KEHA State Meeting May 9-11, 2023, at the Louisville Crowne Plaza. Visit the KEHA State Meeting website for information on making room reservations, registering for the event, and other details. The following are a few important highlights to note.

Meeting Notes and Reminders

- Pricing: The state meeting is utilizing a new pricing structure. You may register for the full conference or two days and the general session luncheons are included. Discounted rates are available until April 10. Late registration must be postmarked by April 24 at the latest.
- Schedule change: This year's opening banquet is a luncheon at 11:45am on Tuesday, May 9, featuring a keynote speaker from the Kentucky Derby Museum. Attendees are encouraged to wear the colors of nature you might see on a hike – yellow for the sun, green for the grass, blue for the sky, other bright colors to represent the flowers blooming.
- The general session on Wednesday, May 10, will feature a performance by the KEHA Choir.
- The awards luncheon will wrap up the meeting on Thursday, May 11.
- Silent Auction: Each county is encouraged to bring an item to the State Meeting for the silent auction. Proceeds will help offset the costs associated with KEHA State Meeting.
- Raffle Basket: Each area is asked to provide a themed gift basket for the State Meeting raffle. Proceeds from the raffle will benefit the Ovarian Cancer Research and Screening Program. As always, thank you for your generosity and help in providing these items for the conference!
- Quilt Square Auction and Showcase: Members are invited to make a 12-inch finished quilt square for entry. Details are available in the [KEHA Newsletter](#). Proceeds will help offset costs associated with the KEHA State Meeting.

- Homemaker Showcase: The deadline has been extended! Forms are now due to Henrietta Sheffel by April 5. Each area can have up to two displays. Note that KEHA Development Grant winners may also submit a showcase display.
- Cultural Arts: Check-in will be from 8:30-11 a.m. Tuesday in five groups of areas. Check out will be 4-5 p.m. Wednesday in two groups. Details are outlined in the state newsletter.
- Master Farm Homemakers Guild: Once again the MFHG luncheon and meeting will be held in conjunction with the KEHA State Meeting. Members should look for details from the guild.
- KEHA choir: The choir is open to new members. They rehearse for one hour and do one performance during State Meeting. To join or for more information, contact Wendy Hood at Wendy7hood@icloud.com.

Quilts for Courageous Kids – The Center for Courageous Kids in Scottsville is in need of 100 new twin size bed quilts. Needed size is 64 inches by 86 inches and can be homemade or store bought. Drop off at The Center for Courageous Kids, 1501 Burnley Rd., Scottsville, KY, or bring them to the KEHA State Meeting in Louisville where we will have a collection point. If you have questions, contact Joanie O'Bryan at jobryan@courageouskids.org or 270-618-2900.

Membership Update – The total membership for this year is 11,229! This is an increase from last year. A complete membership report will be shared in voting delegate packets at the State Meeting.

Dates to Remember

- April 10 – Ending date for the group room block at the Crowne Plaza. Postmark deadline for early registration fee for KEHA State Meeting.
- April 24 – Final postmark deadline for 2023 KEHA State Meeting registration.
- May 9-11, 2023 – KEHA State Meeting at the Crowne Plaza in Louisville.
- May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.

Dates to Remember

March 30 - Move Your Way lesson
10am - Marion County Extension Office

March 31 - Wear Blue Day for Child Abuse
Awareness and Prevention;
Planting Pinwheels Downtown at 10am
(bring a screwdriver if possible)

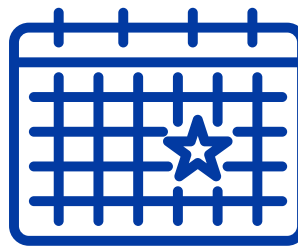
April 6 - Homemaker Council Meeting for club
presidents, county officers, and chairmen
WC Extension Office at noon (lunch provided)

April 13 - Monthly Food Distribution at
Idle Hour Park - 8:30am

April 27 - Savoring the Eating Experience
10:30am - Washington County Extension Office

April 30 - Blue Sunday Day of Prayer

May 22 - Homemaker Area Bus Tour - see the
included flyer for more information; the group
will be limited to 50 people, so please register
soon if you would like to go



Mark
YOUR
Calendar

Monthly Lessons

April: Move Your Way - Exercise for Everyone

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. This lesson will be taught on March 30 at 10am in Marion County.

May: Savoring the Eating Experience

It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. The lesson goal is to add mindful eating strategies into daily routine. This lesson will be taught on April 27 at 10:30am in Washington County.



May 22
2023



Lincoln Trail Area

HOMEMAKER BUS TOUR



THE NATIONAL QUILT MUSEUM
Paducah, Ky



UK Cooperative
Extension Service

Save the Date

..... Washington County

READY TO REACT

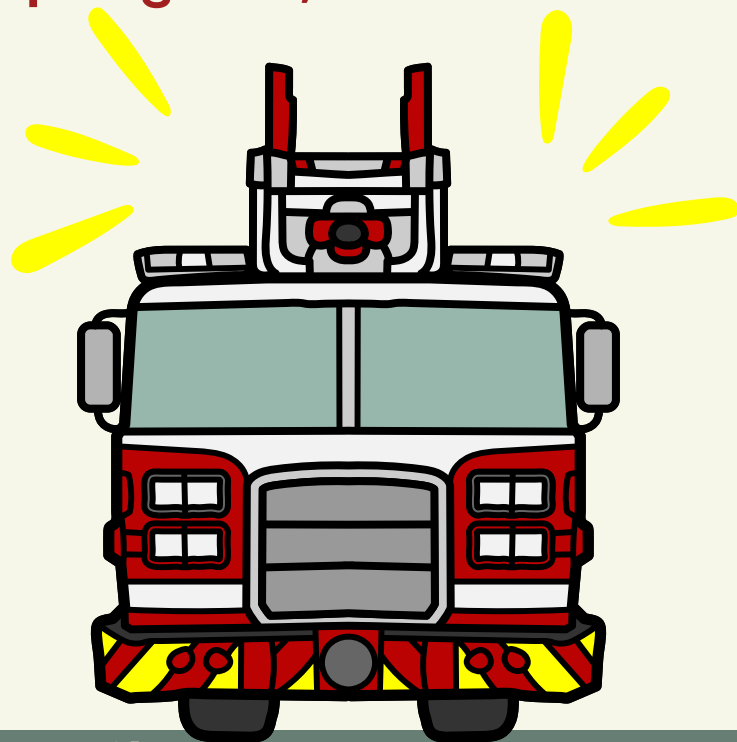
Emergency Preparedness Event

Thursday, May 18th, 2023

3 PM - 7 PM, Washington County Extension Office
245 Corporate Dr., Springfield, KY

Booths Include:

- EMS
- Fire Department
- Kentucky Fish and Wildlife
- Creating an Emergency Kit
- Inflatables
- Food Trucks
- And MORE!!



For more Information:

Washington County Extension Office (859)336-7741

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2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



Marion County

Creator: Martha Potter

Pattern: Shoo-Fly

Description: Marion County is known to be the geographic center of Kentucky. In this quilt block, Marion County is placed in the center of the block to represent the center of Kentucky.



Marshall County

Creator: Doll Blakney, President, Marshall County Homemakers

Pattern: Embroidered

Description: The school shooting in Marshall County has certainly made the history books. The colors denote Marshall County High School's colors and the phrase ties to the resilience of the county following tragedy.

Understanding Trauma Series: Trauma's Affect on the Body

Trauma is our body's response when we experience an event that is physically life-threatening or emotionally hurtful. Trauma activates the sympathetic nervous system, which is designed to keep us alive. When the system is activated, the brain signals the body to pump out stress hormones. These hormones divert blood flow to the heart, lungs, liver, and muscles and prepare us to fight or flee. Once we experience the trauma, our sympathetic nervous system does not readily shut off. That leads to traumatic stress, which can impair a person's ability to cope. Even thinking or hearing about the traumatic event activates the system weeks or months after it occurred. *Next in the series: Signs of Trauma.*

Source: Paul Norrod, DrPH, RN, Extension specialist for Rural Health and Farm Safety

Spinach Pasta Bake

One cup of raw spinach has 10 calories. Packed with vitamins that promote health, it is a major source of vitamins A and C. It is also a good source of calcium.

Source: Plate It Up KY Proud, UK Cooperative Extension



Spinach Pasta Bake

2 cups whole wheat penne pasta	1½ teaspoons dry basil	1 can (14 ounces) Italian diced tomatoes, drained
1 pound lean ground beef	1 teaspoon garlic powder	10 ounces fresh spinach, chopped
1 large onion, chopped	1 teaspoon dried oregano	1 cup low-fat shredded Mozzarella cheese
1 large carrot, shredded		
1 teaspoon black pepper		

Preheat oven to 350 degrees F. **Cook** pasta according to package directions. **Drain** and **cover** to keep warm. In a large skillet over medium heat, **cook** the beef and onions until beef is no longer pink. **Drain. Return** beef to skillet. **Add** carrots and spices and **cook** an additional two minutes. **Stir** in tomatoes. **Reduce** heat to low. **Cover** and **simmer** 10 minutes. **Add** pasta and

spinach and mix well. **Cover** and **cook** an additional 3 minutes or until spinach is wilted. **Pour** into greased 3-quart baking dish. **Sprinkle** with Mozzarella cheese. **Bake**, uncovered for 10 minutes.

Yield: 9, 1 cup servings

Nutritional Analysis: 200 calories, 4.5 g fat, 2 g saturated fat, 35 mg cholesterol, 270 mg sodium, 25 g carbohydrate, 4 g fiber, 4 g sugars, 18 g protein.



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

<http://plateitup.ca.uky.edu>

Enjoy the Great Outdoors

Tumble in the leaves, build a snowman, or look for fossils. Visit a park in your area and spend time exploring.

Source: UK FCS Big Blue Goals resources, week 8 activity tip