

ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES

April



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

2023 Estill County Extension Homemakers

Hi everyone,

I hope everyone is doing well. We have a lot of exciting things coming up. I am looking forward to teaching Growing and Cooking with Herbs with Emma, ANR Agent. I will be making quiche and everyone will get a sample. If you haven't signed up you need to do so. This class will be on April 3 beginning at 4:00 p.m. The Homemakers are taking a trip to the Outlet Malls of America April 1st and the Amish Store and Bread of Life Café May 12th. You can join Homemakers at any time. Contact me at the office for more information.

April is Stress Awareness Month. The American Psychological Association (APA) writes that "Stress is a normal reaction to everyday pressures, but can become unhealthy when it upsets your day-to-day functioning. Stress involves changes affecting nearly every system of the body, influencing how people feel and behave. By causing mind-body changes, stress contributes directly to psychological and physiological disorder and disease and affects mental and physical health, reducing quality of life." <https://www.apa.org/topics/stress>. The APA's offers several tips for dealing with acute stress. Exercise, eat healthy, get enough sleep, try to eliminate the things causing stress, meditate, go out into nature, talk to friends or family, and, if you are feeling overwhelmed and self-help is not working, seek professional help.

I hope you have a wonderful Spring.

Judy



Estill County Extension Service
76 Golden Court, Irvine, KY 40336
(606)723-4557
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Cooperative Extension Service
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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546

Dates of Interest

- ◇ April 3rd—Growing and Cooking with Herbs 4:00 p.m.
- ◇ April 4th —Not Your Mama's Meeting at 6:00 p.m. Estill Co. Extension Office
- ◇ April 8th —I'd Rather Bee Quilting Club 1:30 p.m.
- ◇ April 11th —Sugar and Spice 11:30, El Ranchito Mexican Restaurant
- ◇ April 18th—Green Cleaning 10:00 a.m.
- ◇ April 19th —Laugh and Learn at the library 10:30 a.m.
- ◇ April 27th—Mother's Day Charcuterie/ Chocolate class 11:00 a.m.
- ◇ May 2nd—Healthy Outdoor Cooking 10:00 a.m.
- ◇ May 4th—Estill County Homemakers Annual Meeting at 6:00 p.m.
- ◇ May 9th-12th KEHA Annual Meeting

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences



Disabilities
accommodated
with prior notification.

Homemaker's News

Hello Homemakers,

Not Your Mama's Homemakers had their March meeting on the 7th. We started with a business meeting to discuss and finalize upcoming events. There is a trip scheduled April 1st to the Outlet Shoppes of the Bluegrass. Also planned for May 12th is a visit to Casey County and the Bread of Life Café. For sign up information please contact the Estill County Extension office. There is limited seating in the van so it's a first come, first serve basis.

The KEHA State Meeting is scheduled for May 9-11 in Louisville. There are two and three day registrations available. Early registration deadline is April 10th and regular registration deadline is April 24th. The extension office has the registration forms and also information on the workshops and seminars offered. If you are interested in attending, please be sure to stop by and grab a form.

Our annual Homemaker county wide meeting that was traditionally held in May has been scheduled this year for May 4th. Planning for this will continue and

updates are coming. Be sure to watch your mail!

After the business meeting concluded, we enjoyed making edible arrangements with cookies, chocolate, and candy. We also discussed future ideas for meetings and fun.

Our next meeting for Not Your Mama's will be April

Ovarian Cancer Screening

The UK Markey Cancer Center Ovarian Cancer Screening Program provides free annual sonographic screenings to women across Kentucky with the goal of detecting cancer early. When it's caught early, ovarian cancer is a treatable and curable disease.

All women over the age of 50 and women over the age of 25 who have a family history of ovarian cancer are eligible for a free screening.

The Estill County Extension Service provides free transportation once a year for eligible participants. If you would like to be included in the next appointment, please call the Estill County Extension Office at 606-723-4557. Sign ups will be taken until April 28th.

31st Annual Mountain Mushroom Festival

MUSHROOM FESTIVAL COOK-OFF



Mushroom Festival Cook-Off will be held Saturday, April 29th
Entries will be accepted from 12:00 - 1:00 p.m.

If you would like volunteer to help with the bake-off or have any questions, please contact Judy Vaughn at the Extension office.

For more information e-mail: mushroomfestival@irvineonline.net
or check the website: www.mountainmushroomfest.org
City of Irvine, Irvine City Hall, 101 Chestnut Street, Irvine, Ky. 40336
Phone: City Hall, 606 723-2554



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Estill County Extension Homemakers County Annual Meeting

Save the Date

May 4, 2023

Estill County Extension Office
76 Golden Court, Irvine, KY 40336

Registration will begin at 5:30p.m.
Meeting will begin promptly at 6:00p.m.

More details will be mailed to Homemaker members as soon as they are finalized, so please be on the lookout. Pre-registration will be required in order to make catering arrangements, so please let us know if you plan to attend by calling 606-723-4557.

Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences






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Growing & Cooking with Herbs

Monday, April 3rd at 4 p.m.
 Estill County Extension Office, 76 Golden Court, Irvine

During this class attendees will learn about

- Different varieties of herbs and their uses
- How and where to plant herbs
- Common diseases and insects that effect herbs
- See a demonstration on how to chop harvested herbs
- How to use fresh herbs in recipes (as well as taste test)
- Learn the difference between fresh and dried herbs
- Drying harvested herbs in the dehydrator and more

Those who attend will receive herb plants to start their very own garden.

To sign up for this class call 606-723-4557.

Judy Vaughn

Judy Vaughn,
County Extension Agent for
Family & Consumer Sciences



Emma Lee,
 County Extension Agent for
 Agriculture & Natural Resources

Emma Lee


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There will be a Microprocessing
 license renewal class

(RENEWAL ONLY)

offered on April 17th at 4:30 p.m.
 Estill County Extension Office
 76 Golden Court, Irvine, KY

You must call 606-723-4557 to register for this
 microprocessing license renewal class.

The cost for license renewal is \$10.00

You can also contact

Judy Vaughn
 Judy Vaughn, Estill County Agent for
 Family & Consumer Sciences

at 606-723-4557 for more details.

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Green Cleaning

Want to go green as you clean? By swapping your cleaning products with common household staples, you can effectively clean your home while also improving the environment.

To learn more, make sure you
join us at:

Estill County Extension Office
April 18th at 10:00 a.m.

Contact Judy Vaughn, FCS Extension Agent at
606-723-4557 or e-mail judy.vaughn@uky.edu
for more information

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HEALTHY OUTDOOR COOKING

Spending time outdoors is fun, but it can be even more fun when you include food. This lesson includes up to date information with some activities, recipes, and techniques about how to safely prepare meals in the great outdoors with your family!

**TO LEARN MORE, MAKE
SURE YOU JOIN US AT:**

Estill County Extension Office
May 2nd at 10:00 a.m.

Contact Judy Vaughn, FCS
Extension Agent at
606-723-4557 or
judy.vaughn@uky.edu

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Learn how to make a special treat for this Mother's Day!



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Mother's Day Chocolate Covered Charcuterie Board Demonstration

THURSDAY, APRIL 27TH

Demonstration begins at 11:00 a.m.

Estill County Extension Office, 76 Golden Court, Irvine

Join Estill County FCS Agent, Judy Vaughn, for this "Chocolate Covered" Charcuterie Board demonstration. Vaughn will demonstrate how to make quick and easy chocolate covered treats (strawberries, grapes, and brownies) and show how to put these delicious items alongside other treats to create a unique Mother's Day Charcuterie Board.



Let us know you will
be attending by calling
606-723-4557.

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

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HEALTH BULLETIN



APRIL 2023

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

Estill County Extension
76 Golden Court
Irvine KY 40336
606-723-4557

HAPPINESS FOR HEALTH AND WELL-BEING

THIS MONTH'S TOPIC:

Happiness can help you feel better and improve your health according to researchers at the Harvard Medical School. Their research demonstrates that positive emotions can help people live healthier and longer lives.

Many factors influence happiness including your genetic makeup, life circumstances, achievements, social connections, and relationships. But a lot of happiness comes down to personal control. For example, people tend to be happier when they set and meet goals, maintain meaningful relationships, find purpose, engage in challenging activities, and indulge in life's pleasures.

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It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health.

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Even if you do not consider yourself particularly happy, research suggests that most people can increase their happiness. A study, printed in the June 2019 Psychological Bulletin, reported that something as simple as smiling makes people feel happy.

Happy people may live healthier and longer lives for a list of reasons:

- Happiness improves heart health.
- Happy people are more likely to engage in better exercise, sleep, and nutrition.
- Happy people are less likely to smoke and abuse alcohol and drugs.
- Happy people have stronger immune systems.
- Happiness combats stress.
- Happiness is associated with improvements in short- and long-term disease and disability.
- Happy people have better attitudes and outlooks.
- Happy people are more productive.
- Happy people are more likely to be successful.
- Happy people have a lower risk of depression.
- Happy people smile more.

It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health. Researchers at the University of Pennsylvania found that happiness and life satisfaction come from focusing on things that make you happy, being fully engaged in activities that trigger pleasurable emotions, and by deliberate intentions to do good.

Other ways to boost happiness, according to Harvard Health include:

- Look for meaningful social connections and emotional stimulation.
- Perform acts of kindness.
- Volunteer.
- Invest in experiences.
- Pick up hobbies and activities you enjoyed as a kid.
- Be grateful for big and little things.
- Take time to smell the roses.
- Add variety to your day or break up your routine.



Blue Zones True Happiness Test
Dan Buettner, author of the book *The Blue Zones*, has worked with experts in the field of positive psychology to help evaluate true happiness. Dan believes that tracking your happiness helps you stay focused on your well-being.

To take the Blue Zones True Happiness Test, go to: <https://apps.bluezones.com/en/happiness> or follow the QR code on the right. You will receive personalized results and learn more ways to improve your environment to maximize happiness.



- Minimize your decision-making and choice burden (limit options, set time limits for making choices, don't second guess).
- Embrace nature.
- Be with happy people.

REFERENCES:

- Harvard Health. (2012). The Happiness-Health Connection. Retrieved February 28, 2023 from <https://www.health.harvard.edu/healthbeat/the-happiness-health-connection>
- Harvard Health. (2021). Health and Happiness Go Hand-in-Hand. Retrieved February 28, 2023 from <https://www.health.harvard.edu/mind-and-mood/health-and-happiness-go-hand-in-hand>
- Psychological Bulletin. (2019). Retrieved February 28, 2023 from <https://scd.eduph.vop-content/uploads/2021/09/psychological-bulletin-june-2019.pdf>
- Psychological Bulletin. (2023). Retrieved February 28, 2023 from <https://www.psychologytoday.com/us/basics/happiness/happiness-and-health>
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**FAMILY CAREGIVER
HEALTH BULLETIN**

HEALTH BULLETIN



APRIL 2023

Estill County Extension
76 Golden Court Irvine

Download this and past issues
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THIS MONTH'S TOPIC: QUESTIONS TO ASK YOUR CHILD'S PEDIATRICIAN



When you take your child to a doctor's appointment, it can seem like you wait a long time and only spend a few moments with your child's health-care provider. Make the most of the time that you get with health-care professionals by preparing questions ahead of time. Well-child visits and annual physicals in particular are good times to have questions because you and your child are less likely to be distracted by feeling badly.

Many pediatricians enjoy and prefer when parents and caregivers have questions to ask. The questions can be about their child's development or about how to be

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You may find it helpful to keep a running list, on your phone or on a post-it note, of questions that you think of over time.

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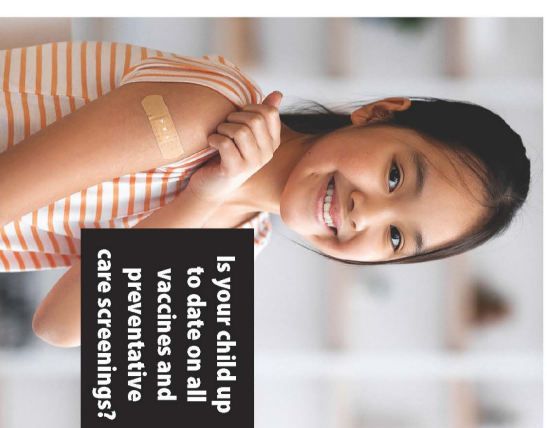
prepared and able to care for their child if and when they do become ill. Today, there is an overabundance of parenting and child-rearing advice available online and through social media. Getting information from a trusted medical source, who can actually see your child and tailor advice to your specific situation, is a resource to take advantage of.

How do you come up with questions to ask? You may find it helpful to keep a running list somewhere, either on your phone or on a post-it note, of questions that you think of over time. You may also want to take a few minutes in the days leading up to an appointment to sit down and think if you have specific concerns that you want to bring up with your child's doctor.

As your child gets older, you will want to include them in this process. Ask them if they have questions for their doctor about their body or how to keep themselves healthy. Modeling self-advocacy and teaching children how to interact with health-care professionals is an important self-help skill. Including your child in the process of thinking of questions, making notes ahead of time, and bringing them up with their doctor during their visit is important. You are teaching your child to be comfortable in medical settings and to speak up when they want to know something. It will also give them confidence to talk to their doctor more as they have questions about their care.

If you are struggling with what to ask, here are some ideas:

- Is my child hitting developmental milestones for their age?
- If not, what can I do to help address them?
- If so, what can I do to keep them on track?
- Is my child up to date on all vaccines and preventative care screenings?
- If not, ask what the provider recommends. Ask what the vaccine protects against or what the screening looks for, to decide if they are right for your child and when to schedule.



Is your child up to date on all vaccines and preventative care screenings?

- If yes, request a printed record before leaving to add to your child's medical records at home.
- What are current car seat or booster recommendations?
- Is my child getting enough sleep for their age?
- Do you have any safety concerns about new sports, technology use, or family routines?
- Are there any concerns that your pediatrician has after evaluating your child?
- Are there any concerns that your child's teachers, babysitters, or other caregivers have voiced that you would like a second opinion about?

REFERENCES:

<https://www.cdc.gov/ncdd/dv/acreaty/pdf/HowToTalkDoctor.pdf>

ADULT HEALTH BULLETIN

Written by:
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Stock images:
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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

Nichole Huff, Ph.D., CFE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver:

SO MUCH STUFF:

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.

CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

REFERENCES:

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RETURN SERVICE REQUESTED

Turnip Green Soup

- 1/2 clove garlic, minced
- 1 15 ounce can white beans
- 1 14 ounce can chicken broth
- 1 teaspoon salt
- 1 cup water
- 1/2 cup fresh carrot, chopped
- 1 cup, potato, peeled and diced

8 ounces, fresh turnip greens, chopped or 1/2 package, frozen turnip greens, thawed and chopped

8 ounces roasted turkey, chopped

1 medium onion, chopped

1/2 cup fresh carrot, chopped

1 cup, potato, peeled and diced

Ingredients. Stir well.

Place pot on stove and bring to a boil.

Add red pepper flakes.

Cover, reduce heat, and simmer one

hour, stirring frequently.

Yield: 6, 1 cup servings

Nutritional Analysis: 120 calories, 3.5g fat, 12g protein, 10g carbohydrate, 3g fiber, 30mg cholesterol, 420mg sodium.



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



For more Plate it up recipes visit
<https://fcs-hes.ca.uky.edu/piukp-recipes>