

Estill County Extension Family & Consumer Sciences

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

Estill County Extension Homemakers

February 2025

Hi everyone,
I hope you had a wonderful holiday season and are staying safe and warm during all of this winter weather. I know I am ready for Spring.

We have a lot of meetings and classes set up for the beginning of the year. Emma and I will be having a Homestead Series Lunch and Learn. Sign ups are going on now. You can call the office to sign up for one or all of the lessons. Homemaker meetings are starting back after the holiday break. We will start planning for next years lessons. I have included a lesson ideas sheet in the newsletter. You can fill out and return it by mail or drop it off or simply e-mail me any ideas. We put the Estill County Homemaker's Annual Meeting on the calendar for April 29th. Cultural Arts drop off will be on April 28th. The Kentucky Extension Homemakers' Annual Meeting will be held in Lexington May 6th through the 8th. I will be taking the van to the meeting each day. I will send out the registration form as soon as it is available.

Have a great February!

If you have any questions or program ideas, you may contact me at my e-mail judy.vaughn@uky.edu or by calling the Estill County Extension office at 606-723-4557.



Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

Dates of Interest

- February 4th at 4:45—Not Your Mama's Homemaker Meeting
- February 13th at 12:00—Homestead Series - The Buzz about Honey Lunch & Learn (call 606-723-4557 to sign up)
- February 25th at 4:00—A Bad Deal in Disguise: Types of Scams Lesson
- February 26th at 10:30—Laugh and Learn at the Library
- February 27th at 12:00—Homestead Series, All About Mushrooms
- March 4th at 4:45—Not Your Mama's Homemaker Meeting
- March 7th at 9:30—Microprocessing Workshop
- March 13th at 12:00—Homesteading Series— Beginner Gardening Lunch & Learn (call 606-723-4557 to sign up)
- March 25th at 4:00—Using Your Air Fryer
- March 27th at 12:00—Homesteading Series, Farming and Estate Planning
- April 29th—Estill County Extension Annual Homemaker Meeting
- May—6th-8th Kentucky Extension Homemaker Annual Meeting

Cooperative Extension Service

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

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Homemaker News

Estill County Homemaker Clubs

- **Not Your Momma's** - Meet the first Tuesday of each month at 4:45 p.m. at the Estill County Extension Office
- **Sugar & Spice** - Meet the second Tuesday of each month at 11:30 a.m. at El Ranchito Mexican Restaurant in Ravenna
- **Rather Bee Quilting** - Meet the second Saturday of each month at 1:30 p.m. at the Estill County Extension Office
- **Acts in Motion** - Meet the fourth Thursday of each month at 6:00 p.m. at the Estill County Extension Office
- **Irvine School Apartments Homemaker Group** - Meet on the fourth Thursday of each month at 4:30 p.m. at Irvine School Apartments

Hello Estill Homemakers,

Hope everyone has been staying safe and warm in this cold winter weather.

A few of our January meetings have been cancelled for snow, ice, and cold weather. Hopefully the weather in February will be kinder to us and we can once again meet and have fun activities. In our next meeting we can start planning some fun things for Spring. Please bring some ideas for activities, service projects, and trips. We have Not Your Momma's group that meets the first Thursday of the month at 4:45 p.m.; Acts in Motion group meet on the 4th Thursday of the month at 6:00 p.m.; Sugar & Spice meet on the second Tuesday of each month at 11:30 a.m. at El Ranchito Mexican Restaurant in Ravenna; Irvine School Apartment group meet on the 4th Thursday of the month at 4:30 p.m. as well. We also have an indoor house plant group that meets on the 3rd Monday of the month at 5:30p.m.. If you are interested in any of these please come and join us or contact the Estill County Extension Office for more information.

Judy Vaughn, FCS Agent, is planning some workshops and learning seminars. There is a quarterly cooking workshop, monthly leader lessons, and cooking through the calendar with Jessica Webb, NEP Assistant.

The annual State KEHA meeting is in Lexington this year May 6 – May 8, 2025. More details to come. We are planning to go as a group and hope to have many of our members join us. Information and sign-up information will be available closer to that date. Also, Bluegrass area will be the host area for the State Meeting in 2026 and it will be in Lexington as well.

Hope to see you all at many of our exciting events!

Rebecca Lamb

Estill County Homemaker - President

HOMEMAKER LESSON IDEAS

NAME:

HOUSING LESSON

FOOD AND NUTRITION LESSON

CLOTHING LESSON

FINANCIAL LESSON

HEALTH AND WELLNESS LESSON

FAMILY AND LIFE SKILLS LESSON

Nutrition Education Program Update

Brrr. It's been a cold start to the year so far and although I have enjoyed the snow days and being home with my kids when our office was closed, I am dreaming of a warm spring day with flowers blooming and clear blue skies. Unfortunately with snow and cold comes lots of cancellations and closures so most of my programming for the month was canceled but I was able to start cooking through the calendar at the Estill County Public Library on January 17th. We only had a few brave the cold but we had fun cooking and trying the Split pea Soup. Don't worry, if you would like to try that recipe with me I will be doing Cooking through the Calendar here at the Extension office on January 31st from 12-1pm.

We also have a great new program starting in February. I will be teaching Couples Cooking 101 on February 7th from 6-8pm here at the Extension Office, so bring your Special someone and have a great FREE date night with me. I look forward to what 2025 has to hold for the NEP Program and all the participants and partnerships still to come.

Stay warm.
All the best,

Jessica Webb
Nutrition Education Program
Assistant
Estill County Cooperative
Extension
606-723-4557
Jessica.coker@uky.edu

Lunch & Learn Cooking through the Calendar

Join Jessica Webb, Estill County Nutrition Education Program Assistant, for lunch as she demonstrates this months recipe from the Food & Nutrition calendar. We will also talk about food substitutions.

Friday, January 31st

Program will be 12:00 noon - 1:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine



This program is FREE!
Please call 606-723-4557
to let us know you will be
attending this program.



Couples Cooking 101

This new class for 2025 with Jessica Webb, Estill County Nutrition Education Program Assistant, will guide couples step-by-step to create healthy, delicious meals for two. Not only will you create a meal to enjoy during this program, but you will learn culinary and food safety skills as well.

Friday, February 7th

Time: 6 p.m. - 8 p.m.

Location: Estill County Extension Office
76 Golden Court, Irvine

Limited spots available. Please call 606-723-4557 to sign up for this program no later than Tuesday, February 4th.



For more information contact
Jessica Webb, Estill County
Nutrition Education Program
at 606-723-4557.



Homebased Microprocessing Workshop

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 a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

\$50
Fee

March 7, 2025

9:30 a.m. - 2:30 p.m.

Estill County Extension Office
76 Golden Court
Irvine, KY 40336

To register & for additional
dates/locations:
ukfcs.net/HBM

(606)723-4557

judy.vaughn@uky.edu

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Lexington, KY 40506



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**SCAM
RED
FLAGS**
AND
AVOIDING
FRAUD

**Cooperative
Extension Service**



A Bad Deal in Disguise: Types of Scams

Can you recognize common scams? Scammers may try to trick us by appearing in disguise. This makes it difficult to know when something is “too good to be true”. The Federal Trade Commission received 2.9 million fraud reports in 2021, with a total of \$6.1 billion in losses. Join us to learn about scammers who trick us with their disguises, as well as steps you can take to avoid fraud.

DATE: February 25

TIME: 4:00 p.m.

**LOCATION:
Estill County
Extension Office
76 Golden Court,
Irvine, KY 40336
606-723-4557**

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LUNCH & LEARN: HOMESTEADING BASICS

**Martin-Gatton
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Join Agents Emma Lee and Judy Vaughn for this four-part Lunch & Learn series on Homesteading Basics.

- **Thursday, February 13 - The Buzz About Honey**
- **Thursday, February 27 - All About Mushrooms**
- **Thursday, March 13 - Beginner Gardening**
- **Thursday, March 27 - Farming & Estate Financial Planning**

Each program will begin at 12 noon at the Estill County Extension Office, 76 Golden Court, Irvine.

*This lunch and learn is free and open to the public.
Please call 606-723-4557 to sign up.*

Emma Lee
Emma Lee, County
County Extension Agent
for Agriculture & Natural Resources

Judy Vaughn
Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

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FEBRUARY 2025

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

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76 Golden Court
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(606) 723-4557



An important first step is to reflect on your body image.

Do you talk in a positive or negative way about your body?

The way you feel and talk about your body, or other people's bodies,

will affect how your child feels and talks about their body.



Continued from the previous page

You are an important resource to support your child. Regardless of the age of your child, these tips can help your child, and you, develop a more positive body image.

- **Be a positive role model.** An important first step is to reflect on your body image. Do you talk in a positive or negative way about your body? The way you feel and talk about your body, or other people's bodies, will affect how your child feels and talks about their body. Also consider the eating and physical activity habits you model. Eating nutritious foods and doing physical activity set a positive example for children about how to care for their body.
- **Talk about health and habits instead of weight.** Skip talking about diets or losing weight. Instead, focus on how eating nutritious foods provides energy to play, learn, and grow. Encourage your child to be active in ways they enjoy. Discuss how they feel after eating tasty, nutritious foods or after physical activity. Help them link the benefits of food and activity to what their body can do and how they feel, not its size.
- **Honor bodies as they are.** Bodies come in all shapes, sizes, and colors. Talk in a way that celebrates differences. Focus on what bodies are capable of rather than how they look. Rather than

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THIS MONTH'S TOPIC
SUPPORTING SELF-LOVE
THROUGH A POSITIVE BODY IMAGE



February may get you thinking about hearts or love. Love for children, family, friends, someone special, or even yourself. What are some ways you show children you love yourself? A positive body image is one piece of self-love. Body image is the way you think and feel about your body. When children have a positive body image, they have greater confidence, self-esteem, and overall well-being.

Body image is affected by social media, pop culture, friends, and family. Body image changes over time, and your child will need support as they grow and change. Children can have a negative body image at any age. But adolescence is the time of highest risk for developing a negative body image.

praising your child for how they look, provide praise about character traits like work ethic, courage, or humor. Teach your child a person's value is not linked to their body size or appearance.

- **Teach children to be critical consumers of media.** The media often portrays edited or unrealistic images that can lead to harmful comparisons. Discuss images and messages your child sees online. Manage settings and help your child unfollow accounts that say harmful things about body size or extreme diet or activity behaviors.
- **Encourage your child to talk with a trusted adult.** Preparing children for the changes they will experience as they grow and develop can help them understand and adjust to changes. Let children know you are available to talk about feelings, changes, or concerns with their body, or they can talk to another trusted adult.

REFERENCE:

Mental Health Foundation. (2019). Body image report - Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

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THIS MONTH'S TOPIC

IN SICKNESS AND IN HEALTH: CARING FOR AN AGING SPOUSE OR PARTNER



Caring for an aging spouse or partner has its challenges, mainly when the health of one or both partners declines. It is not rare for older couples touched by issues of health and aging to reexamine their relationship expectations.

When a spouse becomes a caregiver for their partner, it is common for one or both partners to have many feelings.

- **Guilt.** The caregiver feels guilt for being the “healthy” one, and the care receiver may feel guilt for being a burden.
- **Anger.** One or both partners may feel angry that they have been robbed of a healthy lifespan and may not be able to do things they had planned.
- **Resentfulness.** The caregiver may feel like the act of caring is taking over the relationship and they are being overlooked or ignored.

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- **Depression.** Both spouses are at risk of depression because of fear and worry over things like loss of freedom, pain, money stress, anticipatory grief, loss, role shifts, social comparison to other couples who do not have health problems, etc.
- **Unpreparedness.** Shifts in health and relationships can happen quickly. This might leave little time to plan for the mental toll of health decline and caregiving.

What can you do to prepare for times of sickness?

- **Talk.** When couples start out, it is common to talk about career, housing, and family, but it may not be a priority to think or talk about life in old age. But you should have this conversation. You also need to revisit it to help plan for a time when health fails and you need caregiving for one or both partners. Sharing both care and end-of-life wishes is vital because it stresses

Don't be afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

personal values and help caregivers make better choices. This deep level of connection fosters trust and closeness.

- **Accept change.** A changed relationship can cause grief. Take time to process the change and new roles and duties that may result. Talk to family and friends about your situation and any sorrow you may feel. Think about talking to a health-care expert or support group.
- **Teach yourself.** Learn about your partner's health issue(s), outlook, treatment, and choices. Ask their health-care provider questions. Check with trusted health websites and disease-specific groups. Local support groups can also offer educational support.
- **Share decision-making.** Talk about treatment choices and health-care decisions as a team.

- **Respect wishes.** Both partners need to set limits that respect wishes and ability.
- **Ask for help.** As caregiving tasks build, you might not be able to do it alone. Don't be

afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

- **Take rest.** Rest gives you time to recharge, even if it is just for a short time.
- **Keep up your partner's dignity.** When fitting and appropriate, involve an aging or ill partner in decision-making about daily living and care. When you're able, give your partner tasks to help them feel a sense of purpose, value, and success. Remember that your partner is not a disease or health issue. Your partner is a living person with unique needs, life experiences, and identity.
- **Stop blame.** Do not judge or blame your partner for their situation.
- **Stay positive.** A good frame of mind lowers stress, helps strength, and adds to a caregiver's ability to handle challenging situations. A good outlook adds to total well-being, quality of life, and relationships.
- **Be loving and keep your connection.** Make room in your life to be partners, friends, and lovers. Do loving things like you did before the disease, even if you must alter it to the present situation. Date nights might change into movie nights at home or listening to a book, for example. Celebrate anniversaries, honor traditions, write love letters. If possible, keep up a physical and/or loving relationship. Thank each other for both the big and little things.

Do not let age or sickness rock the basis of your union. When prepared, loyal partners can work together through challenging health situations.

REFERENCES:

- Johns Hopkins Medicine. (n.d.). Supporting a Spouse through a Health Challenge. Retrieved 12/17/24 from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/supporting-a-spouse-through-a-health-challenge>
- Nelson, C. (n.d.). Caring for an Aging Spouse: Unique Challenges. Retrieved 12/17/24 from <https://caregiver.com/articles/aging-spouse-challenges>
- Woodruff, L. (2022). AARP: How to Be a Partner, Not a Parent, When Providing Care for a Spouse: Ways to Keep the Romantic Connection Alive Despite Illness or Injury. Retrieved 12/17/24 from <https://www.aarp.org/caregiving/health/info-2022/keep-romance-alive.html>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
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Edited by: Alyssa Simms
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Stock Images:
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THIS MONTH'S TOPIC
CAN YOU STOP CANCER BEFORE IT STARTS?

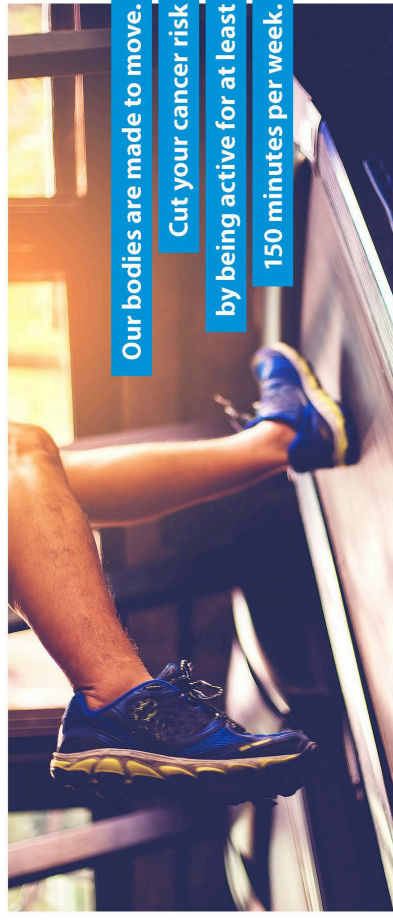


The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

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**Our bodies are made to move.
Cut your cancer risk
by being active for at least
150 minutes per week.**

→ **Continued from the previous page**
five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

Testing

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

Avoid tobacco and limit alcohol

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

Keep a healthy weight

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

Eat healthy foods

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

Be active

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

Protect your skin

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

REFERENCE:
<https://prevention.cancer.gov>

ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock Images: Adobe Stock



Estill County
76 Golden Court
Irvine, KY 40336

RETURN SERVICE REQUESTED



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

1. **Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
2. In a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce removing from pan.
3. **Add** dry ingredients and stir until moistened.
4. **Fill** a greased or paper-lined muffin pan $\frac{2}{3}$ full.
5. **Bake** at 400°F for 15-18 minutes.
6. **Cool** 10 minutes before removing from pan.

Yield: 12 muffins.
Nutrition Analysis:
150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.

Honey Raisin Muffins

- | | |
|-------------------------|------------------------|
| 1/2 cup + 2 tablespoons | all purpose flour |
| 1/2 cup + 2 tablespoons | whole wheat flour |
| 3/4 teaspoon | baking powder |
| 1/2 teaspoon ground | cinnamon |
| 1/2 cup skim milk | 2 egg whites |
| 3 tablespoons | unsweetened applesauce |
| 2 tablespoons | canola oil |
| 1/4 teaspoon salt | with raisins |
| 2 cups | bran flake cereal |
| 1/4 teaspoon | baking soda |



For more Plate it up recipes visit
<https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>