

Homemakers

May 2024

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Family & Consumer
Sciences Agent for
Logan County



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Mark Your Calendars!

Logan County Homemaker Officer
Training/Council Meeting
June 11, 2024 @ 10 AM

Please make plans to attend our officer's training and council meeting on June 11, 2024 at 10am at the Logan County Extension Office. All County officers, chairmen, Club Presidents, and other club representatives are invited to attend. I will be distributing all new year materials for 2024-2025. Morning refreshments will be provided. I hope to see everyone there!

Upcoming Closures

The Logan County Extension Office will be CLOSED on Monday, May 27th for Memorial Day and again on Wednesday, June 19th for the Juneteenth holiday.

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Disabilities
accommodated
with prior notification.

Homemaker Club Meetings

ATTENTION ALL MEMBERS AT LARGE AND ALL NEW MEMBERS:

OUR CLUBS WOULD LIKE TO INVITE YOU TO ATTEND THE MEETING DAY OF YOUR CHOICE, WHICHEVER WORKS BETTER FOR YOUR BUSY SCHEDULE.

O & H Homemakers

President Donna Washington
270-893-1467

Meets 3rd Monday at 2:30 PM

Corinth

President Sharon Travis
270-539-4604

Meets 3rd Thursday @ 10 AM

Neighbors

President Emily Hayes
270-542-4287

Meets 4th Monday @ 4 PM

South Union

President Judy Kirkland
615-337-0999

Meets 2nd Wednesday @ NOON

Sew Fun Quilting Homemakers

President Sue Jordan
270-542-6403

Meets 3rd Saturday 9 AM—3 PM



Homemaker Leader Trainings:

ANY CHANGES IN LEADER TRAININGS WILL BE ANNOUNCED!

May Leader Training

“Day Trips”

May 8, 2024 at 10 AM

Logan County Extension
Office

THIS IS A NEW DATE

June Leader Training

“Travel the World Without
Leaving Your Kitchen”

June 5, 2024 at 10 AM

Logan County Extension
Office



**FOLLOW THE LOGAN COUNTY EXTENSION
HOMEMAKERS ON FACEBOOK!**

Homemaker Highlight



The Neighbors Homemaker Club met during the month of April at the home of member, Kim Miles, and made beautiful flower arrangements using flowers from Kim's home flower garden.

Logan County Fair Open Exhibits

If you are interested in entering exhibits in the Logan County Fair, here are some important dates to remember:

June 18- Exhibits turned in to Extension Office

June 22- Exhibits on display

June 24- Exhibits ready for pick up

Please contact the Logan County Extension Office if you have any questions about fair exhibits!



Homemaker Highlight

The Sew Fun Homemaker Club ventured on another retreat during the month of April. Homemakers attending were Brenda Baugh, Sandra Lennon, Linda Chapman, Cheryl Goley, and Sue Jordan.



If your club has participated in an outing, event, or activity that you would like to highlight in our monthly newsletter please feel free to send me information and photos!

Powered By Connection



Reports about the impact of loneliness and social isolation warn of the dangers to overall health and well-being. It is important to note that people can feel lonely, even when surrounded with people. Recognizing the power of meaningful social connection, the Administration for Community Living declared that the theme for the 2024 Older Americans Month, which takes place every May, is Powered by Connection. The ACL recognizes the research that supports the many ways meaningful connection and social relationships support overall health and well-being. These include reducing the risk of heart disease, stroke, dementia, anxiety, and depression. In addition, the Centers for Disease Control and Prevention reports that staying socially connected with others in meaningful ways can also improve recovery from stress, anxiety, and depression. It can also promote healthy lifestyle choices, improve sleep, reduce the risk of violent and suicidal behaviors, prevent death from chronic disease, and enhance overall well-being and quality of life.

In addition to enhancing individual health, meaningful connection also powers a community's well-being, according to the CDC. Supportive and inclusive community connections can happen within neighborhoods, parks, work environments, recreations centers, schools, places of worship, and other community settings. These connections build overall community support, a sense of safety, and resilience. People living in supportive communities are more likely to give back, which further strengthens connection.

To connect to an older adult in your life or to help your community engage older adults, the ACL, CDC, and the Virginia Senior Navigator suggest that you do the following:

- Promote a community event, club, or volunteer opportunity.
- Help older adults overcome barriers that prevent them from connecting, including transportation so they can get places where they can establish meaningful relationships.
- Create regular and meaningful social exchanges, like telephone calls, lunches, or outings.
- Tell an older adult in your life that you care for them, love them, value and/or appreciate them.
- Select appropriate technology, including devices, apps, and websites, which are designed to help strengthen relationships and stay active and connected.
- Help someone step outside of their comfort zone and try something new like recreation, an education program, or craft.
- Provide a random act of kindness.
- Contact local resources such as the county Extension office, senior center, or area agency on aging.
- Tap into friendship cafes, support groups, and telephone check-in programs.
- Add something to count on and look forward to on the calendar. Browse community events, look for virtual and in-person support groups.

If you or someone you know is struggling with loneliness and/or social isolation, reach out to a health-care provider. If you or someone you know is having thoughts of hurting themselves, call the Suicide and Crisis Lifeline at 988.

References:

ACL. (2024). Older Americans Month 2024 Theme: Powered by Connection. Retrieved January 21, 2024 from [4](#)

CDC. (2024). How Does Social Connectedness Affect Health? Retrieved January 21, 2024 from <https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm>

Virginia Senior Navigator. (2024). 12 Ways for Older Adults to Stay Socially Connected. Retrieved January 21, 2024 from <https://seniornavigator.org/article/77382/12-ways-older-adults-stay-socially-connected>

Source: Amy F. Kostelic, associate Extension professor for adult development and aging

National Weather Observers Day is May 4

Every year on May 4, the National Weather Service recognizes National Weather Observers Day.

On this day, the NWS thanks the many people who contribute to “its mission of protecting life and property with their observations and weather reports.” This is a day to acknowledge those who follow and report on the weather conditions where they live and work.

If you want more information or are interested in getting involved, there are several groups with the National Weather Service you can connect with:

- a. Cooperative (COOP) Observers – A network of volunteers across the country who submit their weather observations and other possible readings to assist in the most accurate and up-to-date weather reporting. <https://www.weather.gov/coop/>
- b. SKYWARN Storm Spotters and Ham Radio Operators – This volunteer program focuses on severe weather and being part of the system that keeps local communities aware and informed of developing weather hazards. <https://www.weather.gov/SKYWARN>
- c. CoCoRaHS Observers. The Community Collaborative Rain, Hail and Snow Network (CoCoRaHS) program uses volunteers such as backyard observers or school classes to take readings and report their findings to aid in giving a complete weather picture. <https://www.weather.gov/rah/cocorahs>
- d. The general public, <https://www.weather.gov/> or <https://www.weather.gov/contact>

References:

<https://www.weather.gov/gjt/WeatherObserversDay> Accessed 1/16/24

<https://www.weather.gov/coop/Overview> Accessed 1/22/24

<https://www.weather.gov/SKYWARN> Accessed 1/22/24

<https://www.weather.gov/rah/cocorahs> Accessed 1/22/24

<https://www.cocorahs.org/> Accessed 1/22/24



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Disabilities accommodated with prior notification.



Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- Optional: serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



8. amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
9. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2

Makes 6 servings

Serving size: 1/6th of pie

Cost per recipe: \$10.20

Cost per serving: \$1.70



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Source:

Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service





The First Fruits at Farmers' Markets – Fresh Strawberries

Strawberries in Kentucky make their appearance at farmers' markets near you around May each year. Of course, strawberries are available almost all year long at supermarkets but are in greatest abundance from spring through mid-summer.



Since they are highly perishable, choose brightly colored, plump, highly aromatic berries that are free from mold.

Eight whole large strawberries measure about one cup. When you buy a pint of strawberries, it will yield about 2 cups of sliced berries.

Gently wash the strawberries in cold running water and pat them dry before removing the caps and white hull. Research suggests that strawberries begin to lose their nutritional value (vitamin C and polyphenol antioxidants) quickly, usually within two days. Store the unwashed and unhulled berries in a sealed container to prevent unnecessary loss of moisture. Storing in the refrigerator can increase storage time but cannot prevent the loss of nutrients. Freeze washed strawberries in a single layer, before transferring them to a heavy-duty freezer container. Freeze for up to six months for the best quality.

Besides their sweet, delicious flavor, the nutritional value of strawberries is well known and growing. Besides vitamin C, strawberries are a collection of polyphenol antioxidants, including flavonoids, phenolic acids, lignans, tannins, and stilbenes. Strawberries are also an excellent source of manganese, a trace mineral that your body needs in small amounts. Because of the strawberry's rich antioxidant and anti-inflammatory properties, recent research is providing us with more evidence that strawberries may reduce the risk of cardiovascular disease. Research is also

promising in the area of blood sugar regulation and improved cognitive processes as we age.

Tested strawberries are commonly high in pesticides, but the reports rarely list the pesticides found or how much was found. Certified organic strawberries are not guaranteed to be free of pesticides but may have a lower risk of the rate of detection than conventional produce. Since eating fruits

and vegetables is far healthier than not eating them, don't let the naysayers keep you from enjoying nature's bounty.

While there are ways to use strawberries besides eating them (like home beauty treatments and teeth whitening), Plate it Up! Kentucky Proud has a website with several recipes using strawberries. Try the Strawberry Salsa on your next grilled chicken dinner or on top of your favorite pancakes or oatmeal for breakfast.



Strawberry Salsa

1 tablespoon olive oil	2 cups , coarsely chopped fresh strawberries	2 cups chopped cherry or grape tomatoes
2 tablespoons white vinegar or white balsamic vinegar	8 green onions, chopped	½ cup chopped fresh cilantro
½ teaspoon salt		

- 1. Whisk** olive oil, vinegar, and salt in large bowl.
- 2. Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- 3. Cover** and chill for 1 hour.
- 4.** Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

Source: www.fruitsandveggiesmatter.gov

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



For more strawberry recipes, visit <https://fcs-hes.ca.uky.edu/piukp-recipes>.

Reference: USDA National Agriculture Library Strawberries. Retrieved Jan. 29, 2020 from <https://www.nal.usda.gov/fnic/berries>. Source: Dr. Sandra Bastin, RDN, LDN, Extension Professor, Food and Nutrition Specialist

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