

PULASKI COUNTY EXTENSION HOMEMAKERS NEWSLETTER

Feb. & March 2022



Miss Kentucky visits the Pulaski County Extension Office

Haley Wheeler is making the most of her time as Miss Kentucky 2021. Miss Wheeler visited Pulaski County on Wednesday, February 2, as the guest speaker at the Pulaski County Agriculture Extension Breakfast. The breakfast and guest speaker were sponsored by Citizens National Bank. A native of Powell County in Eastern Kentucky, she is now traveling around Kentucky, talking about the many benefits of the Agriculture Industry. While visiting in Pulaski County she had the opportunity to go by Citizens National Bank, the Chamber of Commerce Office, and other sites of interest in our community. Miss Wheeler graduated from Western Kentucky University with a degree in Communication Disorders and Speech Pathology. At the present time she is working with the Department of Agriculture and visiting communities in Kentucky, promoting Kentucky Proud Products.

Reminders

Feb. 15th at 11:30 am:

Cooking from the Calendar:
Egg Roll in a bowl

Feb. 17th 11:30 am:

Homemaker Council Meeting

Feb. 28th 10 am: Card Making

Class- Come learn a lot of new techniques for making cards.

You can save money by making your own cards.

Feb. 28th 6 pm: "What to do

about those "ticks"- Hal Rogers Training Center- Learn how to control ticks at this class

March 3rd: Area Cultural Arts

Competition- Taylor County

KEHA State Meeting

If you plan to attend the meeting held in Owensboro, you need to be making reservations! It will be held May 10-12 at the Convention Center. More information to come!

Cultural Arts Competition

Congratulations to our Pulaski County Extension Homemakers who participated in the 2022 Homemakers Cultural Arts Competition. Pulaski County had more than 40 entries, with 27 blue ribbon winners. Earning blue ribbons and the opportunity to participate in the Area Competition included:

Gwen Bland, Quilt Piece; Emily Branscum, recycled jewelry; Jana Brown, handmade jewelry; Sharon Dobbins, wall hanging; Mary Ann Cooper, pen and ink painting; Jill Eaton, brown bag apparel; Joann Fredieu, quilt; Ann Hall, quilting piece; Cassandra Hurst, jewelry; Melinda Hutcheson, counted cross stitch; Gina Irvine, tuffett stool miscellaneous; Nancy Kincaid (5 blue ribbons) non-wearable beaded item, pen and ink blue box, wooden stool painting, Christmas decoration, Eifel Tower acrylic painting; Judy Kluempke, color photography; Debbie Peppers (3 blue ribbons) black and white photography, autumn decoration, and scrapbooking; Suzanne Pogue (2 blue ribbons) oil painting, water color painting; Marie Richardson (3 blue ribbons) handmade doll, lap quilt, recycled art; Donna Wheeldon, handmade card and Rebecca Williams, Afghan.

The Area Competition will be held in Taylor County on March 3rd. Blue ribbon winners can either leave their items at the Extension Office or pick them up and return to the office by March 3rd. Those that want to pick up their items can do so any day until 4:30 pm or can pick them up downstairs when their club meets.

Birds of a Feather Family Tree Painting Class

Feb. 21st at 1 pm
At the Extension Office
Limited to 15 people
Call 606-679-6361 to sign up



Your choice of any solid color gradient background or Sunrise background.

You can personalize your painting with any number of birds to represent your family.



**Our previous painting class was a success
be sure to join us for the next class.**

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.



first
200

GET A FREE BOOK!

Clubs Giving Back to the Community

Just Among Friends Extension Homemakers Club provided Christmas gifts and cards to all residents of Crestview Personal Care Home. The ladies received purses that included a scarf, a brooch and other jewelry items, lotion, socks, tissues, and chap stick. The men received toiletry bags that included razors, shaving cream, socks, tissue, and chap stick. Members attending the work session were Joyce Faulkner, Marie Arvai, Gwen Bland, Cheryl Burnett, Nancy Kincaid, Rebecca Williams and Jana Brown.



Nancy Kincaid wrapping purses for Crestview Christmas Project.



Gwen Bland, prepares a purse for Crestview Christmas Project. Also pictured, in background, is Rebecca Williams

FOOD, FARM & FUN NIGHT

Tuesday March 8 2022 @ 6pm ET

Speaker: Lindsey New, Farm Service Agency

WHERE: Wayne County Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633
RSVP: Facebook Event page or Extension office
(606)348-8453

Bring an Ag related item to swap



KENTUCKY WOMEN
IN AGRICULTURE

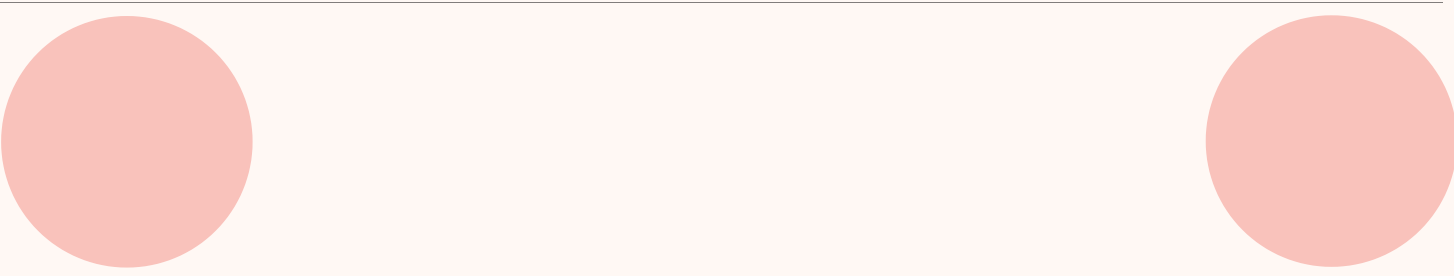
Herbs in the Kitchen

Learn how to grow your own herbs in your kitchen as well as how to use herbs to season your food. This class will discuss how to start a kitchen herb garden, which herbs grow well indoors, how to harvest and store herbs, and how to use fresh herbs when cooking. We will be getting our hands dirty planting our own herbs. **Supplies needed: 3-4 quart-size jars (these can be recycled spaghetti sauce jars, canning jars, tin cans, etc.- clean with labels removed).** This class will be held on Monday, February 28, starting at 1:00 o'clock.

Join us for this fun class!



March: Up coming events

- **March 1: Don't forget you must submit your grants for Area and State Competition before March 1. Check with the office if you need more information.**
 - **March 1: KEHA Creative Writing entries are due to the KEHA Cultural Arts Chairman, Barbara Seiter, 8669 Valley Circle Drive, Florence Kentucky 41042 by March 1. Contact the office if you need more information about your entries. There is a cover letter that is required for all entries that is in the KEHA Manual that you can get online, from the Extension Office, or your president of your club.**
 - **March 3: Taylor County Area Cultural Arts Competition Thursday, March 3 in Taylor County. If you have picked up your blue-ribbon local winners, don't forget to have these items back to the Extension Office by Wednesday, March 2. Paperwork must be completed on all entries.**
 - **March 8 and 22, 9:00 a.m: Via-ZOOM. "Looking for a Job" Link: <https://bit.ly/JOBCLUBKY> or contact the office for more information**
 - **March 8, 6:00 p.m.: Women in Agriculture, a Food, Farm and Fun Night, Tuesday, March 8 at 6:00 p.m. at the Wayne County Extension Office. Interested farm women are invited to ride with me to this meeting. Just contact the office.**
 - **March 13: Day Light Savings Time Begins and ends November 6, 2022.**
 - **March 15: Calendar Food Recipe Class starting at 11:30 at the office.**
 - **March 28: Card Making Class at 10:00 o'clock Extension Office**
 - **March 28: What Can I Do with my I Phone, Leader Lesson for Homemakers 1:00 o'clock Bring your IPhone to find out what all you can do with your phone.**
 - **March 30 1:00 o'clock: Let's Plant a Garden- space is not an issue. Call the office to register. Must have at least 5 people registered for the class.**
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Clutter Free-New Year

Clutter can do more than make a home look messy. It can affect the well-being. According to the Mayo Clinic, those with cluttered homes tend to be more anxious and stressed than those without clutter. When places are cluttered, it is more difficult to find what we need, focus, and use the space effectively.

One way to minimize clutter is to dedicate 10 minutes each day to picking up around the house. This keeps things tidy throughout the week, without feeling overwhelmed with a large cleaning task. When clutter accumulates, it becomes harder to see and find the items we have. This can lead to unplanned purchases of duplicate items. Additionally, when we have more than we need, unused items become wasted money. Start the new year off by decluttering your home in small parts. This could range from one drawer or closet to one room at a time.

If you have duplicates of something, keep one and set the other aside to donate or sell. Discard trash and items in disrepair. Think back to when you last wore a piece of clothing; unless it has sentimental value or is a seasonal item, donate or sell what you have not worn in the last year. Once you have finished decluttering, consider a yard sale to earn extra income from the items you no longer need or want. You can also post new and items in good condition on resale websites. If you choose to donate items, get a receipt from the organization you gave them too, as donations can often be deducted from your taxes.

Despite our best attempts at home organization, many of us are constantly bombarded with paper. Paper is the most common type of clutter. When you think about it, this is not surprising considering the amount of junk mail, bills, coupons, completed schoolwork's and publications that many of us have lying on tables or stuffed in drawers at our homes.

You can get a handle on this type of clutter by following these tips:

1. Immediately act when you get a new piece of paper. Read it, file it, shred it or throw it in the trash.
2. Keep a shredder or waste basket near the area where you go through your mail so you can immediately eliminate junk mail.
3. Sign up for online bill pay so you get fewer statements in the mail.
4. Remove your name from direct mailing lists and magazines and catalogs that you no longer want.
5. Determine a day of the week to organize papers around your home and workplace. It doesn't have to be the same day.
6. Set aside one day during the year to purge your files.
7. Keep your children's' mementos, such as crafts or memorable school assignments, in a container. AT the same time, realize you don't have to keep everything your child creates.
8. Organize your credit card receipts by putting them together in a container so you can match and attach them to the bill when you pay it.
9. Keep your coupons in a container

Don't get discouraged if you have years of papers to go through. Start small; set a goal of cleaning out one drawer. Once that drawer is complete, move on to the next one. As you go through your papers, decide what you need to keep and how you are going to store it. Put what you need to keep in some type of container; it can be as simple as a cardboard box. Then label the container so you know what's inside. Shred or throw away unnecessary papers.

These statements has to be publicized each year. The Cooperative Extension Service prohibits discrimination in its program and employment on the basis of race, color, age, sex, religion, disability or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, Food and Environment, 859-257-3879, Dr. Sonja Feist-Price or Terry Allen, UK College of Agriculture, 859-257-3879; UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA Director Office of Civil Rights, Room 326 W-Whitten Building, 14th and Independence Avenue, SW Washington, DC 20250-9410, (866-632-9992.)

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FAMILY CAREGIVER HEALTH BULLETIN



FEBRUARY 2022

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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THIS MONTH'S TOPIC:

RESOLVE TO SELF-CARE AND SELF-PAMPER



Self-care includes keeping your physical, mental, and spiritual self healthy. According to Dr. Mathew Glowiak from the University of Southern New Hampshire, self-care can “clinically reduce and even eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, and improve energy.” Glowiak also emphasizes that physically, proper self-care reduces cardiovascular disease, stroke, and cancer; and spiritually, it can help people discover purpose or meaning in life.

While many know to make self-care a priority, it is often pushed aside when faced with life’s challenges such as COVID-19, busy schedules (jobs, school, caregiving), poor health, financial crisis, various losses, etc.

Ignoring self-care can lead to distress. According to the CDC, common signs of distress include “feeling fear, anger, sadness, worry, numbness, or frustration; changes in appetite, energy, and activity levels; difficulty concentrating and making decisions; difficulty sleeping

Continued on the back 



When you take time to spend time on yourself, you ultimately benefit everyone around you.

➔ Continued from page 1

or nightmares; physical reactions, such as headaches, body pains, stomach problems, and skin rashes; worsening of chronic health problems; and increased use of alcohol, tobacco, or other drugs.” Burnout can also lead to depression, anxiety, resentment, and many other negative consequences (Glowiak, 2020). If such negative experiences, behaviors, and feelings persist and/or prevent your ability to carry out daily responsibilities, it is important that you call a health-care provider and seek professional services (CDC).

Many self-care plans focus on various domains of wellness that strengthen, develop, and nourish who we are at our core so that we do not fall prey to distress and burnout. For example, Glowiak highlights the Substance Abuse and Mental Health Services Administration’s (SAMHSA) eight dimensions of wellness that make us whole: (1) emotional; (2) environmental; (3) financial; (4) intellectual; (5) occupational; (6) physical; (7) social; and (8) spiritual. When we keep these dimensions in balance, we reach higher levels of wellness for the long-term.

Drs. Bernecker and Becker have found that the practice of self-care and self-pampering can complement each other. While self-care focuses on prevention and health maintenance over time; self-pampering is something we engage in for temporary pleasure. In terms of a car, the engine can represent self-care — it may not be visible, but the car will not run smoothly without keeping it in good shape. The exterior of the car represents pampering — washing and polishing it makes it shiny, at least temporarily (Howard, 2020).

When used in moderation, pampering yourself in healthy ways can be a form of self-care that we should not feel guilty about. According to some researchers, taking a timeout to enjoy a simple pleasure leads to a higher sense of well-being (Bernecker and Becker, 2020). This is because temporary pleasures, even when unassociated with long-term/ongoing self-care goals, can make you feel great and provide a recharge.

Self-care, including self-pampering, can provide the necessary reset that allows you to get back to a healthy point where you can maximize

daily productivity and your part in relationships. When you take time to spend time on yourself, you ultimately benefit everyone around you.

Self-pampering activities might include:

- Soak in a hot bath
- Sleep in or take a nap
- Go to a spa or create a spa day at home (dim the lights, play relaxing music, give yourself a foot massage)
- Unplug from technology
- Watch a movie in your pajamas
- Eat ice cream out of the container
- Buy something for yourself
- Explore your surroundings: take walks and tours within your own city and surrounding communities
- Play music
- Connect with nature: walk, pick fresh flowers, feel the wind, smell the smells
- Meditate
- Order a sweet treat and don’t feel guilty about it
- Take an afternoon off and do nothing
- Sign up for a class you always wanted to take
- Look in the mirror and compliment yourself
- Buy new sheets for your bed
- Declutter a closet

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FAMILY CAREGIVER
HEALTH BULLETIN

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Dijon Chicken Asparagus Roll Ups

3 tablespoons Dijon mustard	2 teaspoons dried thyme	4 skinless, boneless chicken breast halves (about 5 ounces each)
½ cup low fat mayonnaise	2 teaspoons black pepper	4 slices skimmed mozzarella cheese
1 lemon, juiced (approximately 3 tablespoons)	½ teaspoon salt	1 cup panko bread crumbs
	16 spears fresh asparagus, trimmed	

Preheat oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high.
Yield: 4 servings
Nutritional Analysis:
370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

TRY SOMETHING NEW!!!