

Nicholas County Family & Consumer Sciences Newsletter



Agent Update:

When we think of February, we often first think of Valentine's Day and love being in the air. But, this month is also recognized as Healthy Heart Month, as well as Go Red month. This month we want to recognize the importance of caring for your heart and are working in conjunction with HMH and UK-Gill Heart Institute for a GO RED event on February 12th. I hope that you all will join us that evening for our guest speaker, Dr. Yaz Daaboul, and free meal. You can call our office or scan the QR code to register for the event. Here are some unique facts about our hearts:

- The heart pumps about 1 million barrels of blood during an average lifetime---that's enough to fill more than 3 supertankers.
- Your body has about 6 quarts of blood. These 6 quarts of blood circulates through your body every 3 minutes.
- In one day the blood travels a total of 12,000 miles---that's four times the distance across the U.S. from coast to coast.
- The aorta, the largest blood vessel in the body is almost the diameter of a garden hose.
- Capillaries are the smallest blood vessels. It takes about ten of them to be the size of a hair.
- Give a tennis ball a good, hard squeeze. You are using the same amount of force the heart uses to pump blood out to the body.
- Your heart beats about 100,000 times each day and about 35 million times in a year. In an average lifetime your heart will beat more than 2.5 billion times.

Be sure to check out the other events in this newsletter. Homemaker Council will be held on February 12th with Cooking Through the Calendar to follow. All homemakers are encouraged to attend this meeting. Please let me know if you need anything and we will see you soon.

Ashley H. Vice



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Save the Date
Next Blood Drive
Date:
March 18, 2024
Nicholas Co. Library



FEBRUARY 2024 IN THIS ISSUE

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ARE YOU READY TO GO RED?

Nicholas County Go Red For Women Events

- February 1** Paint the Town Red
- February 2** National Wear Red Day
- February 2** Wear Red to School Day
- February 11** Wear Red to Church Day
- February 12** Go Red For Heart Disease Awareness Seminar



Guest Speaker: Dr. Yaz Daaboul, HMH Cardiologist
Nicholas County Livestock Barn, 0 Concrete Road, Carlisle
Doors open at 5:30 p.m.
Speaker begins at 6 p.m.

Free meal and free screenings for cardiac and stroke risk will be provided. Door prizes will be awarded.
RSVP no later than February 8th by calling

(859) 289-2323



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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

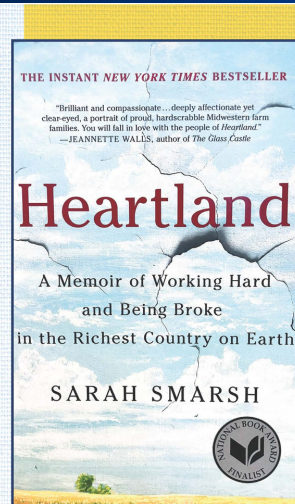


Join us to learn how to extend the same time, kindness, and consideration to yourself as you do to those around you.

WHERE:
Date YOUR FEBRUARY CLUB MEETING

WHEN:
Date 2/1 Ellisville, Moorefield, and Domestic Divas 2/6 Headquarters

FOR MORE INFORMATION OR TO REGISTER:
(859) 289-2312



WE ARE EXCITED TO READ WITH YOU THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with **Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth** by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024** will be **April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

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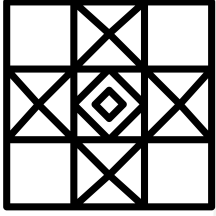


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Upcoming Events



Quilting Club Meets at 10 a.m. on 2/13 and 2/27
We will be working on our fundraiser quilt to send kids to 4-H Summer Camp. We hope you can join us!

**hand
crafted**

Knit Wits- 6 p.m. at the Office

February 6th and 20th

*February 6th Pom Pom Valentine Wreath

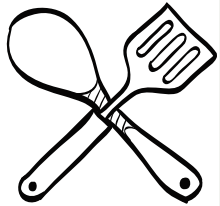
*February 20th Painting Class with Ms. Louise

Homemaker Council Meeting

February 12th at 10 a.m.

MEETING

All homemakers are encouraged to attend.
Meeting will be held at the Livestock Barn

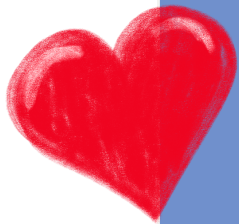


Cooking Through the Calendar

February 12th at 11 am after

Homemaker Council Meeting-

Livestock Barn



Go Red Heart Event- February 12th
in cooperation with HMH and UK Gill
Heart Institute

Registration begins at 5:30 with program
at 6



***Queen Elizabeth II: Celebrating the Legacy and Royal Wardrobe of Her Majesty the Queen, Who Reigned in Style for a Historic Seventy Years by Jane Eastoe (2023)**

Exquisite and sumptuous, immaculately tailored, dignified and, above all, practical. The wardrobe of Queen Elizabeth II was as distinctive in style as her position in the world was unique. This remarkable book is a fond reflection of the days when her Majesty led the field in fashion, showcasing some of the world's best designers.

***The Yellow Bird Sings by Jennifer Rosner (2020)**

Inspired by true stories of Jewish children hidden during the Second World War. As Nazi soldiers round up the Jewish people of their town, Roza and her 5-year-old daughter Shira flee to seek shelter in a neighbor's barn. Hidden day and night in a hay loft, Shira struggles to stay still and quiet.

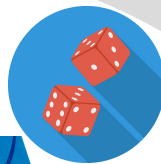
**notates books from the KEHA 2023-24 Book List*

AGENT RECOMMENDATION

Go as a River by Shelley Read (MY TOP BOOK OF 2023...AMAZING)

A sweeping, heart-stopping epic of a young woman's journey to becoming, set against the harsh beauty of mid-century Colorado. Go as a River is a heart-wrenching coming-of-age story and a drama of enthralling power. Combining unforgettable characters and a breathtaking natural setting, it is a sweeping story of survival and becoming, of the deepest mysteries of love, truth and fate.

BUNCO CLUB



If you are interested in joining the BUNCO specialty group, please call the office to get on the list! We are wanting to build participation or hear from more of you before putting this specialty group in motion!

FEBRUARY RECIPE

COOKING THROUGH THE CALENDAR-

FEBRUARY 12TH AT 11 A.M. AFTER HOMEMAKER COUNCIL



Everything Tuna Melts at the LIVESTOCK BARN



2023-24 HOMEMAKER LESSONS

February	Self-Care and Pampering
March	Coping with Trauma after Natural Disaster
April	Planning Thrifty Meals
May	Savor the Flavor-Herbs

SAVE THE DATE

Homemaker Council will meet February 12th at 10 a.m. at the Livestock Barn

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2024

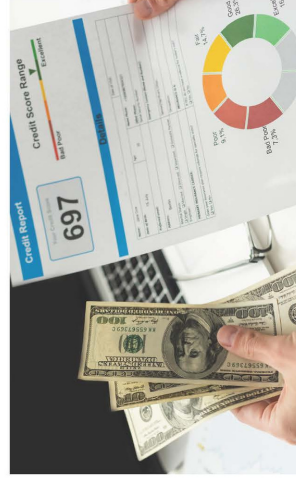
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THIS MONTH'S TOPIC: BULKING UP A THIN CREDIT FILE

Your credit score is used when you apply for new credit, but also it could be used to check your reliability for insurance, rent, or a new job. However, some people have not yet had enough credit to generate a file. FICO, the largest company that provides software for calculating credit scores, estimates that 53 million people in the U.S. do not have enough data in their credit files to generate a FICO Score.

A credit score tells businesses how likely you are to pay back what you owe in a timely way. Your score is based on the information in your credit report, such as payment history, length of time you've had accounts open, and how often you open new accounts. Those who don't yet have a file are sometimes called "credit invisible." Others may have a file, but their past credit practices may have led to a score that is not as high as they might wish.

The good news is, there are a few tools available to those who wish to bulk up a thin credit file, either to create a score or to improve the score they already have. Two of these tools are called Experian Boost and UltraFICO.



ULTRAFICO

UltraFICO is a free service that uses additional information that you agree to share to generate this special score. Using a secure online portal, you link your banking accounts, such as checking or savings, so that your banking activity can be weighed in with your credit report data. This score does not replace your traditional score or become part of your credit report. You use an opt-in feature to share it with lenders. This score may be helpful if you have consistently kept positive balances averaging at least \$400 in your bank account.

EXPERIAN BOOST

Experian is one of the three credit reporting bureaus, and it offers its own free service

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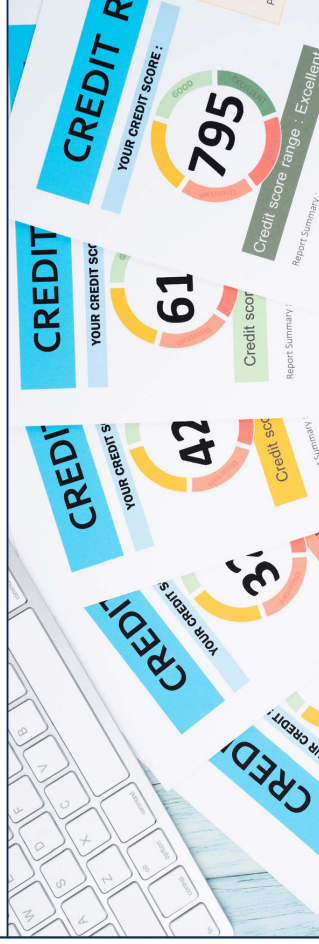
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accommodated
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THE BEST WAY TO BUILD AND MAINTAIN A
GOOD CREDIT SCORE IS TO PAY BILLS ON TIME,
PAY DOWN BALANCES, AND AVOID NEW DEBT.



called Experian Boost. Boost considers monthly bills you pay that are not normally included in your credit report. You connect the bank account you use to pay your bills and select the bills you want to have counted in your Experian credit file. The system will look through two years of payment history for qualifying bills with recent on-time payments. The following types of bills and payments could qualify: phone, rent, utilities, television, insurance, internet, and video streaming services.

VANTAGESCORE

VantageScore is an additional scoring model that lenders and businesses might use. Its scoring model can generate a score as soon as one month after a credit account is opened, which is faster than FICO's 6-month or more model. Most of the time there is no way to know in advance whether a lender will use Vantage or FICO scores. However, if credit is denied, the lender will disclose the score and the factors that led to the outcome.

A NOTE OF CAUTION

Be aware that once you grant access to the additional information counting toward your score, you must be willing to accept the consequences. Just as paying on time and keeping credit charges low will help, the opposite can hurt your score. If you grant access to either your bill payment history or your bank accounts, you will need to ensure that you make those payments on time, that you maintain a balance, and don't overdraw your account in order for it to reflect positively on your score.

These programs may help pad your file, but they aren't a "cure-all." Remember, the best way to build and maintain a good credit score is to pay bills on time, pay down balances, and avoid new debt.

REFERENCES:

- <https://www.fico.com/ultrafico>
- <https://www.experian.com/consumer-products/score-boost.html>
- <https://www.vantagescore.com/consumers/how-credit-scores-work/>

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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

FAMILY CAREGIVERS AND SLEEP

Family caregivers support the health and well-being of family members with chronic conditions and illness. Although caregiving can be a rewarding experience, it can also take a toll on a caregiver's physical and emotional health, including sleep. It is common for caregivers to experience poor sleep quality, such as short sleep duration, frequent night awakenings, and increased time to fall asleep. Figuring out what's causing poor sleep and changing it can improve a caregiver's quality of life.

Caregivers may struggle with sleep because of chronic worry, hypervigilance, listening for a family member while in bed, and attending to overnight caregiver needs (toileting, medication, re-settling, etc.). Types of caregiving also affect caregiver sleep quality. For example, nighttime dementia-related behaviors, including sundowning and agitation, can often disrupt quality sleep.



Continued on the next page →



Disabilities accommodated with prior notification.

If you are struggling with sleep, be sure to talk with a health-care provider.

➔ **Continued from the previous page**

Various cancer treatments, conditions associated with pain, and hospice care are also associated with increased caregiver sleep disturbances.

One study says caregivers living with a care recipient report worse sleep than those who live apart.

The negative effects of poor sleep can last a lifetime. Poor sleep is associated with:

- Daytime sleepiness
- Impairment in daily function
- Depression
- Anxiety
- Fatigue (physical and mental)
- Health problems (increased risk of stroke, obesity, diabetes, hypertension cardiovascular disease)
- Increased negative affect (negative emotions and expression, like sadness, disgust, lethargy, fear, and distress)
- Burden
- Distress
- Lack of focus or concentration
- Decreased reaction time
- Emotional instability
- Napping
- Cognitive problems
- Medication mismanagement
- Caregiver safety concerns (driving, operating equipment, mistakes at work)
- Caregiver errors (forgetting to administer medication, missing an appointment)

To improve sleep, some studies suggest trying meditation or yoga. Others recommend stress management, relaxation, and massages. Some caregivers find it helpful to work with a health-care professional to learn behavioral interventions like learning how to re-establish the relationship with sleep and the bed environment.

It is important for family caregivers to fall asleep and stay asleep. AARP suggests these five tips for better sleep:

- Create a sleep sanctuary that is dark, cool, quiet, and free from stressful paperwork and thoughts.

- Sleep in a separate room from the person for whom you provide care.
- Get a baby monitor to keep from straining your ears to hear your family member.
- Train yourself to worry during the day.
- Create to-do lists and note concerns you can put away until the next day.
- Establish proper sleep routines and sleep hygiene. In addition to maintaining regular sleep cycles, this may also include nightly relaxation, meditation, gentle stretching, and deep breathing exercises.

The Centers for Disease Control and Prevention recommends these general tips for better sleep:

- Go to bed and get up at the same time.
 - Sleep in a dark, quiet, relaxing space.
 - Set the thermostat at a comfortable temperature.
 - No electronic devices in bed.
 - Avoid large meals, caffeine, and alcohol before bedtime.
 - Engage in physical activity throughout the day.
- Sleep is restorative. Caregivers need sleep to maintain their own health and well-being as well as the health and well-being of their loved one. If you are struggling with sleep, be sure to talk with a health-care provider.

REFERENCES:



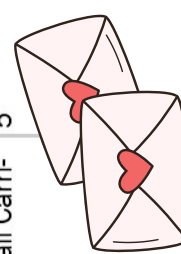




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February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
February is: Black History Month American Heart Month Self Check Month				1 Ellisville Home-makers Moorefield Homemakers Domestic Divas	2 National Wear Red Day 	3
4 Thank a Mail Carrier Day 	6 Knit Wits at 6 p.m. Headquarters Homemakers	7 National Send a Card to a Friend Day	8	9	10	
11 Wear Red Sunday 	12 Homemaker Council 10 am at BARN Cooking Through the Calendar at 11 a.m. at BARN GO RED Heart Event at Live-stock Barn 6 p.m.	13 Quilting Club at 10 a.m. Fat Tuesday	14 Happy Valentine's Day 	15	16	17 National Random Acts of Kindness Day
18	19 President's Day Family and Consumer Sciences Agent Training Week	20 Knit Wits at 6 p.m.	21	22	23 Kentucky 4-H Volunteer Forum— Lexington, Kentucky	24
25	26	27 Quilting Club at 10 a.m.	28	29 LEAP DAY! 		



Baked Broccoli Frittata

1 cup broccoli florets
½ cup tomato, diced
1 small red bell pepper, sliced
2 green onions, sliced into 1 inch pieces

1 tablespoon olive oil
6 whole eggs
¼ cup Dijon mustard
2 tablespoons water
¼ cup 2% milk
¼ teaspoon salt

¼ teaspoon black pepper
½ teaspoon Italian seasoning
1 cup low fat mozzarella cheese, divided

Preheat oven to 375 degrees F. **Place** broccoli florets, diced tomato, bell pepper and green onions in a 9 x 13 inch baking dish. **Spoon** olive oil evenly over vegetables. **Roast** the vegetables in the oven until crisp-tender, approximately 10 minutes. In a bowl, **combine** eggs, Dijon mustard, water, milk, salt, black pepper and Italian seasoning. **Whisk** mixture until frothy. **Stir** in ¼ cup of shredded low fat mozzarella cheese. **Pour** the egg

mixture over the roasted vegetables. **Stir** gently with a fork to combine. **Sprinkle** the remaining ¼ cup of mozzarella cheese over the top. **Return** to oven and **bake** 20-25 minutes or until set and cheese is browned on top. **Serve** immediately.

Yield: 8 servings.

Nutritional Analysis: 130 calories, 8 g fat, 3 g saturated fat, 170 mg cholesterol, 400 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g sugar, 9 g protein.



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

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Return Service Requested