

Nicholas County Family Consumer Science Newsletter



February Agent Update

Happy Valentine's Day! We have a very busy month ahead here in extension with lots of opportunities for you to get active. Speaking of getting active, February is American Heart Month and there's no better time to get active for your heart health. Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. Sadly only 44% of women recognize that this is the number one threat they face. It's not just women that heart disease is affecting, it's men too and ranking as their number 1 cause of death as well. Though there are many ways to prevent cardiovascular disease like a healthy diet and monitoring your cholesterol and blood pressure levels, increasing your activity to just 30 minutes a day can help in the following ways:

- Improves blood circulation
- Keeps your weight under control
- Helps you quit smoking
- Improves cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Helps you fall asleep faster and sleep more soundly
- Reduces coronary heart disease in women by 30-40 percent
- Reduces risk of stroke by 20 percent in moderately active people
- Delays and chronic illness and disease associated with aging

With 1,440 minutes in every day, we all can give up 30 minutes for a walk or stroll to avoid cardiovascular disease. On page 9, I have included the warning signs of a heart attack or stroke. Make sure you stay self aware of your symptoms, and never hesitate to get them checked out rather than brushing them off.

Also, on page 10 you will find the LEADER LESSON ballot for the upcoming new HOMEMAKER year. You may complete your ballot on that paper and return to our office via drop-off or mail, or you can scan the code to complete it online. Please take time to complete this so we get the programming out to clubs that interests you. YOUR VOTE MATTERS! Some of you have also expressed interest in receiving this newsletter via email. If you would like to switch to receiving it via email, you can scan the code on page

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PRESIDENT'S CORNER

Hold on... Spring is just around the corner!

If you're like me, as soon as we start having cold weather, I start counting the days until spring. We've had it fairly good so far here in the Gateway to the North.

Homemakers Council met recently to begin to formulate a plan for our Bluegrass Area Meeting, to be held here in Nicholas County, this October. While the idea is quite exciting, the only way to success is to plan! Please share your input. We need each of you. This is not just for Council only!

Hope Burton, our Knit Wits chairperson, recently held a wood burning class, and the pictures were beautiful! Sorry I missed this one.

Pancake breakfast/ dinner is open to all members and their families at \$5 per person! Come out and enjoy! You'll be glad you did! It will be at the Livestock Pavilion on Monday, January 30th at 6 pm. If you get home a bit late... come on over! Hope to see y'all there!

Until next time...

Sandy Hamilton, President

Nicholas County Extension Homemakers



We are always needing extra hands during 4-H Sewing Club. If you would like to help, please let me or Lois Mitchell know!



*February Quilters Meeting
will be February 14th
at 10 a.m. at the office.*

Will be taught in clubs in March!

Leaders come February 13th @ 10 a.m.



Transferring Cherished Possessions: Estate Planning Tips for Non-Titled Property

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items - from treasured heirlooms to closets full of clutter. You will gain a better understanding of everything that makes up your "estate". Transferring Cherished Possessions will teach you how to create an Asset Distribution Plan and write a Letter of Last Instructions.

Want to learn more?
THEN MAKE SURE TO JOIN US ON
Leader Lesson
February 13th @ 10
a.m. @ Livestock Barn

Cooperative Extension Service
Agriculture and Natural Resources
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Disabilities
accommodated
with prior notification.

Want to switch to receiving this newsletter via email, scan the code below and we will get you switched.



Homemaker Leader Lesson-you can vote on the paper form on pg. 10 or scan the QR Code here:



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

Homebased Microprocessing Workshop



✓ FEBRUARY 2, 2023
✓ 9:30 A.M.- 2:30 P.M.
✓ NC LIVESTOCK BARN
✓ COST: \$50

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

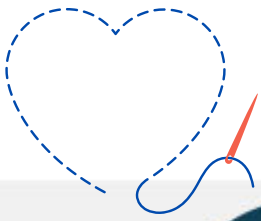
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*Cooking Through the
Calendar February*
**Cajun Seasoned Fish
with Rice**
Feb. 13th 11 a.m.
Livestock Barn





Homemaker News



February is American Heart Month



February is Heart Association Month

To celebrate, I would like to encourage you to wear red on the FIRST Friday in February which will be February 3rd. Also, encourage other to do the same to bring awareness. Check in with a friend and make sure they are keeping up with appointments and encourage them to be an advocate for their health if they have any changes.

Knit Wits

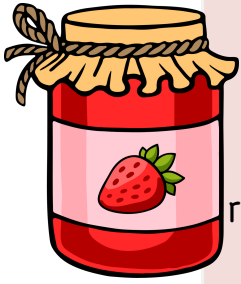
On January 17th, we had a wonderful turnout for our Knit Wits Club. Participants learned wood burning techniques and could choose between bringing their own wood or selecting a cutting board or picture frame. We hope that you will check out Knit Wits soon. The next meeting will be, February 7th here at the office.



Blood Drive

On February 13th we will be hosting our 2nd Blood Drive in collaboration with the Nicholas County Public Library. It will be from 1-6pm. in the basement of the library. We hope that if you donated in December, you will consider donating again. If you didn't get to donate, we hope that you will consider this time. We would like to exceed the 25 pints we collected last time and need your help saving lives.

Upcoming Events



February 2nd- Homebased Microprocessor Certification Class- Livestock Barn

Annhall Norris from the University will be with us. If you haven't registered and would like to come, please call our office. The test and Certification cost is \$50 and is due the day of the class.



Cooking Through the Calendar- February 13 @ 11 a.m.
On February 13th, I will be cooking the February Calendar Recipe: Cajun Seasoned Fish with Rice! I hope you will join me for an in-person demonstration at 11 a.m.. If you are here for Leader Lesson at 10 a.m., make plans to stay for lunch. If not, simply show up to the Livestock Barn at 11 a.m.



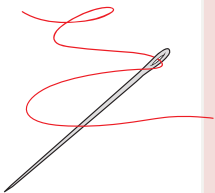
Leader Lesson for February 13th @ 10 a.m.

If you are in charge of the Leader Lesson for March on Estate Planning, join us for your training at the Livestock Barn on February 13th at 10 a.m..



2023 Bluegrass Area Homemaker Planning Meeting-February 13th @ 11 A.m.

Nicholas County Homemakers will host the 2023 Annual meeting on October 13, 2023 here in Nicholas County for all of our area homemakers. Please join us for a planning meeting on February 13th at 11 p.m..



Quilting Club February 14th @ 10 a.m.

Join us for our NEW Quilting Club!!!! Meet at the office at 10 a.m. on Tuesday, February 14th. Sweet Valentine treat will be provided! Yummy!

February Book Corner

FICTION for ENJOYMENT

Agent Recommendation: Light to the Hills by Bonnie Blaylock - if you loved *The Book Woman of Troublesome Creek*, I think you will love this one just as much...if not more! It's a great book and touches on our Appalachian roots and struggles. Great story line and I love the author's writing style.

CELEBRATE BLACK HISTORY MONTH with NONFICTION...

Chasing Me to My Grave: An Artist's Memoir of the Jim Crow South by Winfred Rembert with Erin I. Kelly (2021) "In this fascinating remembrance of his life story and the art he has made, Winfred Rembert recalls his encounters with racism, the American prison system, and the innovative means by which he spun lived experiences into art by expressively painting them onto leather." -ARTnews

THINKING AHEAD TO SPRING.....

Kentucky Heirloom Seeds: Growing, Eating, Saving by Bill Best and Doree Adams (2022). Practical advice for the homemaker on how to make the most of Kentucky's native heirloom produce varieties.



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

Food Preservation 101: Dehydrating Fruits, Vegetables, and Herbs

Who: Anyone interested in food preservation

What: Learn about the benefits of drying to preserve, techniques, and equipment

When: March 2 at 6:00 p.m. at the Nicholas County Livestock Barn



**STAY TUNED...
WALKING CLUB
STARTING
SOON**

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2023

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

THIS MONTH'S TOPIC: PUT COMPOUND INTEREST TO WORK FOR YOU

The current rising interest rates may mean higher costs for mortgages and other variable rate credit, such as credit cards. However, it also means higher interest paid on savings. Take advantage of compound interest and put those rates to work for you to earn more on your money.

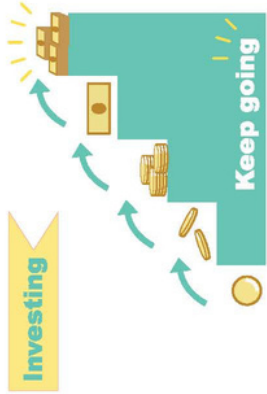
UNDERSTANDING COMPOUND INTEREST

When interest is compounded, you earn profit on the money you save, as well as on the interest you have already earned. The money you save is known as the principal. Compound interest offers an advantage over simple interest where you only earn profit on the principal and not any interest paid.

Compound interest helps your money to grow faster over time. The more frequently it is compounded, the greater the compound interest will be. For example, an account that compounds daily will build faster than an account that compounds monthly or annually.

PROS AND CONS OF INTEREST

Compounding interest can work for or against you, depending on the products you use. Compound interest on a savings account, especially a high-yield account, provides benefits. The larger the account or the higher the interest rate earned, the faster your money will grow. If you are able to withstand the risk, an investment account or retirement account may be able to offer this opportunity.



However, when used on a loan product or a credit card, compounding may cause your debt to build faster. Be aware of the terms of all accounts you have. If you have high-interest debt, work to pay that off as quickly as possible.

RISING INTEREST RATES

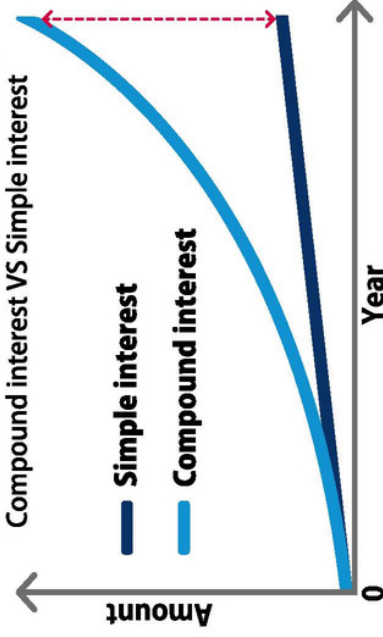
The Federal Reserve's Federal Open Market Committee has raised the federal funds rate seven times in 2022 to combat inflation. Currently it is between 4.25% and 4.5%, up from near zero in 2020 to combat the pandemic's effect on the economy. Average bank interest rates on savings accounts are still low in the U.S., at a national average annual percentage yield, or APY, of 0.30%. However, high-yield accounts may earn between 3% and 4% for those who qualify. Talk with a representative from your financial institution to see what products they offer with compounding interest.



THE MORE OFTEN THE INTEREST COMPOUNDS, THE FASTER IT WOULD GROW

THE POWER OF COMPOUNDING

Compound interest VS Simple interest



COMPOUND INTEREST AT WORK

This chart shows how much money you would earn if you deposited \$500 in an account that earns 3% compounded annually. If no other deposits are made, the account owner would earn \$79.64 on the initial deposit after five years.

Years	Future Value (Compounded at 3% annually)
Initial Deposit (Year 0)	\$500.00*
Year 1	\$515.00
Year 2	\$530.45
Year 3	\$546.36
Year 4	\$562.75
Year 5	\$579.64

*Chart assumes no further deposits are made.

The more often the interest compounds, the faster it would grow. And if you add additional funds to the account, the interest would be compounded on the new principal as well.

Commit to saving today by taking the Kentucky Saves Pledge at www.kentuckysaves.org. The pledge is a personal commitment to save money, reduce debt, and build wealth over time. You simply type your name, choose a savings goal, and pledge how much you plan to save each month to reach your goal. There is no commitment, and you will receive free information on ways to save via email or text message.

REFERENCES:

Federal Open Market Committee meeting calendars, statements, and minutes (2022). Washington, DC. Board of Governors of the Federal Reserve System. <https://www.federalreserve.gov/monetarypolicy/fomtccalendars.htm>

Personal savings rate (2022). Washington, DC: U.S. Bureau of Economic Analysis. <https://fred.stlouisfed.org/series/PSAVER>





ADULT

HEALTH BULLETIN

FEBRUARY 2023

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:

HEART-HEALTHY CHOICES EVERY DAY

Every February, the American Heart Association sponsors American Heart Month to increase awareness about heart disease. During February, and throughout the year, the AHA encourages all Americans to consider ways they can increase their heart health and decrease their risk of cardiovascular disease.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. By taking action, you can lower your risk of heart disease and improve your overall health and well-being.



Continued on the next page →



Small changes in dietary habits are often more sustainable than making a drastic change to eating patterns all at once.

Continued from the previous page

Preventing heart disease starts with knowing what your risks factors are and what you can do to lower them. Some risk factors you cannot change. These include your age, sex, and a family history of early heart disease. Many others you can modify. For example, being more physically active, not smoking, and eating healthy are important steps for your heart health.

Risk factors such as high blood pressure or cholesterol do not have obvious signs or symptoms. A crucial step in determining your risk is to see your health-care provider for a thorough checkup and risk assessment. Your provider can be an important partner in helping you set and reach goals for heart health. Ask about your risk for heart disease at your annual checkup. Since your risk can change over time, keep asking each year.

Healthy choices that everyone should take also decrease a person's chances of developing heart disease. These include eating a healthy diet and being physically active. A heart-healthy eating plan includes fruits, vegetables, whole grains, lean protein, and low-fat dairy. It also limits sodium (salt), saturated fat, added sugars, and alcohol. Small changes in dietary habits can add up over time. They are often more sustainable than making a drastic change to eating patterns all at once.

Regular physical activity can help you lose excess weight, improve physical fitness, lower many heart disease risk factors such as "bad" LDL cholesterol levels, increase "good" HDL cholesterol levels, and manage high blood pressure, lower stress, and improve your mental health. Talk with your health-care provider before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

To encourage people to add heart-conscious practices into their daily routine, the AHA partnered with the National Institute of Health. They created a calendar for the month of February that includes one heart-healthy activity to complete each day.



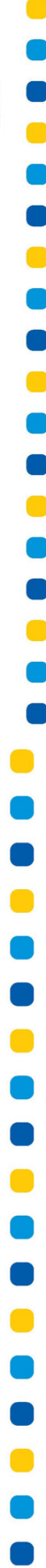
These activities range from completing a specific physical activity, to adding heart-healthy foods, to health behaviors such as having your blood pressure checked. You can download *28 Days to a Healthy Heart* at <https://www.nhlbi.nih.gov/resources/28-days-towards-healthy-heart>.

REFERENCE:

<https://www.nhlbi.nih.gov/health/heart-healthy-living>

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Stock Images:
123RF.com

ADULT HEALTH BULLETIN



Know the warning signs of heart attack and stroke

You could save your life






Heart attack and stroke are life-or-death emergencies — every second counts. If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. A clot-busting drug received within 3 to 4.5 hours of the start of symptoms may improve your chances of getting better faster.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. The warning signs are:

-  • Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
-  • Shortness of breath. This may occur with or without chest discomfort.
-  • Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
-  • Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

-  • Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
-  • Sudden confusion, or trouble speaking or understanding
-  • Sudden trouble seeing in one or both eyes
-  • Sudden trouble walking, dizziness or loss of balance or coordination
-  • Sudden, severe headache with no known cause

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke. The letters stand for:

-  • **Face drooping** — Ask the person to smile. Does one side of the face droop or is it numb?
-  • **Speech difficulty** — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?
-  • **Arm weakness** — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?
-  • **Time to call 911** — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

The American Heart Association and National Heart, Lung, and Blood Institute are working together for women, for healthy hearts.

GoRedForWomen.org



2023 - 2024 Bluegrass Area Homemakers Leader Lesson Ballot

Please choose the top 8 lessons you would like taught in the 2023-2024 homemaker lesson year.
Return to the _____ County Extension Office no later than _____.

Understanding Your Credit Score

Does one number define you? What is "good credit?" Find out more about the meaning behind credit scores, what are some factors that go into calculating a credit score, and tips on how you can potentially improve yours.

KEHA Plays Pickleball

It the fastest growing sport that all ages and skill levels can play and are talking about. That's right ... PICKLEBALL. It is a cross between ping-pong, badminton, and tennis. Come learn as well as teach other KEHA members to play a format with several health benefits associated to it and allows for both social and physical activity.

A Guide to Beginner Meal Planning and Meal Prepping

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Recognizing and Coping with Trauma after a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

Self-Care and Self-Pampering

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

Planning Thrifty and Healthy Holiday Meals

Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

Mentoring and Empowering Youth

Mentoring is very important to our youth today. It is versatile and can be done in many ways. This lesson will help to identify needs in your community and provide ideas for creating and accessing opportunities to mentor.

Savor the Flavor: Seasoning with Spices

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Savor the Flavor: Building Flavor with Herbs

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Personality Assessment

That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This workshop will shed light on different personality traits, help you learn more about yourself, and allow you to see other perspectives.

Radon: A Silent Killer

Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also due to Kentucky's high radon levels. Radon is more than an element on a chemical chart. This lesson will provide information and resources about radon and how to make sure your home is safe for you and your family.

Lead Your Team: Health Literacy for the Wini

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

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LEXINGTON, KY 40546



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accommodated
with prior notification.

February 2023



Sun	Mon	Tue	Wed	Thu
			1	2 Homebased Microprocessor Class Ellisville Club Moorefield Club
	6	7 Bluegrass Area Homemaker Meeting Headquarters Meeting Knit Wits 6 p.m.	8 Busy Bees at the Library	9
5		13 Leader Lesson @ 10 am Cooking at 11 with Homemaker Council Planning Meeting	14 Quilter's Club at 10 am HAPPY VALENTINE'S DAY	10 National Flannel Day
12 Superbowl Sunday	13 Leader Lesson @ 10 am Cooking at 11 with Homemaker Council Planning Meeting	14 Quilter's Club at 10 am HAPPY VALENTINE'S DAY	15	16
19	20 President's Day	21- Knit Wits @ 6 p.m. Sewing Club A-if you can help, please come	22 Sewing Club B- if you can help, please come	17 Random Act of Kindness Day
				23 Domestic Divas @ 6 p.m.
				24
26	27 National Strawberry Day	28		Shading- Ashley at Training
				4 National Homemade Soup Day



BBO SWEET POTATO NACHOS



Ingredients:

2 sweet potatoes (long and evenly round is ideal), washed and sliced into ¼ inch rounds
2 tablespoons olive oil
½ teaspoon salt
½ teaspoon pepper
½ red onion, diced
1 (15 ounce) can black beans, drained and rinsed
½ bell pepper, diced
½ avocado, pit removed and diced (optional)
Dressing:
1 ½ teaspoons lemon juice
½ cup plain Greek yogurt
1 ½ tablespoons barbeque sauce
½ teaspoon chili powder

Directions:

Preheat oven to 425 degrees F.
Spread sweet potato rounds on a large sheet pan and toss with olive oil, salt and pepper.
Roast potatoes for 10-15 minutes, toss and continue roasting for another 10-15 minutes. Meanwhile, combine ingredients for dressing in small bowl.
Remove sweet potatoes from oven. Sprinkle onion, black beans, bell pepper and avocado (if using) over the sweet potatoes and let cool.
Drizzle with dressing or use dressing to dip.



THIS RECIPE IS AWESOME!!!

