

Will March come in like a lion, or a lamb? That is the question. If the storms we have had this past week are any indication of what's to come, I'm going to predict LION! As we prepare for spring weather, our leader lesson for this month focuses on the mental health aspects and trauma that can occur along with experiencing natural disasters.

To the right you will see the flyer for the next blood drive. In January, your blood drive surpassed all blood drives in the past year for blood collection. We hope that this March we will get "LUCKY" and be able to save even more lives. Please pass this opportunity around to all that you meet, and be sure to remind them they will get a free t-shirt because everyone loves a good t-shirt!

Also in this newsletter you will find information on the 2024 International Dinner. We have received confirmation that Ms. Lydia Wilson Kohler, daughter of David and Sharon Wilson and Nicholas County native, will be our guest speaker. Please join us that evening to hear about her travels to France as we dine on some special French cuisine. Remember this event is open to your significant others as well, just remember to call the office to register so that we have an accurate count for our meal.

Lastly, please complete your 2024-25 Leader Lesson Ballot and return to the office as soon as possible. You simply need to select the lessons that you feel are the most interesting/beneficial. All Bluegrass Area Homemaker votes will be tallied to determine your lessons for next year.



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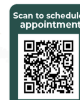


Nicholas County Community BLOOD DRIVE

Monday, March 18 | 1-6 p.m.

Nicholas County Public Library
Community Room in Basement
223 N. Broadway
Carlisle, KY 40311

SCHEDULE YOUR DONATION



Sponsored by the Nicholas County Extension Office

kybloodcenter.org 800.775.2522 Please bring photo ID
Appointments preferred. Walk-ins welcome. Photo ID required. Drive details are subject to change. Please check before donating. Donors with appointments will be notified of changes. Appointments can be made up until the day before the drive.



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Lexington, KY 40506



Disabilities accommodated with prior notification.

2024 - 2025 Bluegrass Area

Homemakers Leader Lesson Ballot



Please choose the top 8 lessons you would like taught in the 2024-2025 homemaker lesson year.

Return to the Extension Office no later than March 29, 2024.

— Inspiring Grandchildren to Become Grand Cooks

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll have ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

— Creating Welcoming Communities

All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

— Gardening Safely

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

— Using Your Air Fryer

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

— Composition in Photography

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

(OVER)

— How to Get Out of a Mealtime Rut

When you or a family member find out what is on the menu for dinner, is the typical response "Again?" If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

— Understanding Your Credit Scores

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

— Understanding Medicare and Medicaid

Understanding the in and outs of government health insurance plans can be difficult. With this lesson, we hope to help you navigate details and answer any questions you may have regarding these programs and make the best informed decision of what is the best option and plan for you.

— Savvy Online Grocery

You can buy food from a variety of locations - grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around for decades, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way. This lesson will help consumers feel informed when using online grocery shopping platforms or deciding if online grocery shopping meets their personal needs.

— Nutrients: Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

— A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

— Movement Breaks

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. This lesson focuses on modified movement to help improve balance, posture, muscular strength, and ability to perform daily living activities.

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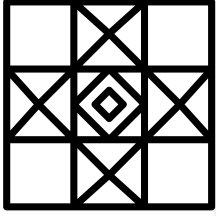
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Lexington, KY 40506

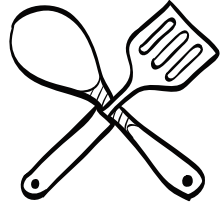
Upcoming Events



Quilting Club Meets at 10 a.m. on March 8th at the office. If you want to sew one of the quilt blocks for this project, please stop by the office to pick up your block pattern and fabric.

Cooking Through the Calendar/Brunch
and Learn

March 12th at 10 am after Homemaker
Council Meeting- At the office



Knit Wits- 6 p.m. at the Office

March 19th

*Pen and Bracelet Key Ring Class- Please call the
office to register

**hand
crafted**

Nicholas County Homemaker International
Dinner

March 25th at 6 p.m. at the Livestock Barn

Guest Speaker: Ms. Lydia Wilson Kohler



Homebased Microprocessor Class

March 26th at 9 a.m.

Please call the office to register

Class Cost is \$50



***Sown in the Stars: Planting by the Signs by Sarah L. Hall (2023)**

A collection of practices from eastern and central Kentucky farmers that follow astrological signs when growing their crops. Some believe the moon's impact on crop growth is seeded in science, while others believe the tradition has a broader influence on our lives. Through the lens of astrology and astronomy, Hall examines the connections between the natural world and these traditions.

***The Clover Girls by Viola Shipman (2021)**

Four girls meet at Camp Birchwood in 1985 and become fast friends. But, in their last summer, they are pulled apart. Approaching middle age, they are brought together again by strange and tragic circumstances.

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

AGENT RECOMMENDATION

THE WOMEN by Kristin Hannah (2024)

From master storyteller Kristin Hannah, #1 New York Times bestselling author of *The Nightingale* and *The Four Winds*, comes the story of a turbulent, transformative era in America: the 1960s. *The Women* is that rarest of novels—at once an intimate portrait of a woman coming of age in a dangerous time and an epic tale of a nation divided by war and broken by politics, of a generation both fueled by dreams and lost on the battlefield.

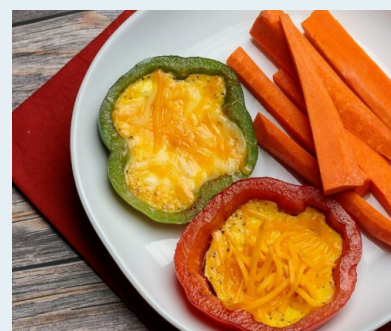
MARCH RECIPE- VEGGIE EGG RINGS

COOKING THROUGH THE CALENDAR ALONG WITH INFORMATION ON NATIONAL

COLORECTAL CANCER AWARENESS MONTH

MARCH 12TH AT 10 A.M.

*at the
Office!*



**2023-24 HOMEMAKER
LESSONS**

March	Coping with Trauma after Natural Disaster
April	Planning Thrifty Meals
May	Savor the Flavor-Herbs

Nicholas County Homemakers
present:

International Dinner



Guest Speaker:
Mrs. Lydia Wilson Kohler

Sharing about her
travels to France

CALL THE OFFICE TO
REGISTER! 859-289-2312



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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

THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.



Disabilities
accommodated
with prior notification.

ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. "Do I buy what I can afford today, or do I wait and save more money for the nicer option?" This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child's understanding of others' needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

- Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.
- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? *University of Minnesota*.
- Trautner, T. (2017). The benefits of chores for your child. *Michigan State University Extension*.

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ADULT HEALTH BULLETIN



MARCH 2024

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 SAVE YOUR VISION

March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

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If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



Continued from the previous page

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
 - Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
 - Quit smoking or don't start.
 - Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.
- If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>


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Designed by: Rusty Manseau
Stock Images: Adobe Stock

ADULT HEALTH BULLETIN



March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Share a Smile Day	2
3	4	5 Headquarters	6	7 Ellisville Moorefield Domestic Divas	8 Quilt Club at 10 a.m.	9
10	11 4-H Sewing Club	12 Cooking through the Calendar with Brunch and Learn	13	14 CEC Meeting	15 Ides of March	16
17 St. Patrick's Day	18 Blooddrive at Li- brary	19 Knit Wits-pen/ bracelet kit class	20	21	22	23
24	25 International Din- ner	26 Homebased Mi- croprocessor Class	27	28	29 Good Friday	30
31 Easter						



HAPPY
EASTER





Spring Harvest Salad

5 cups torn spring leaf lettuce

2½ cups spinach leaves

1½ cups sliced strawberries

1 cup fresh blueberries

½ cup thinly sliced green onions

Dressing:

4 teaspoons lemon juice

2½ tablespoons olive oil

1 tablespoon balsamic vinegar

1½ teaspoons Dijon mustard

2 teaspoons Kentucky honey

½ teaspoon salt

¼ cup feta cheese crumbles

½ cup unsalted sliced almonds

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

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

