

February 2024

Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston
Bourbon County Extension Agent
for Family & Consumer Sciences

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Cooperative Extension Service
Bourbon County
603 Millersburg Rd
Paris, KY 40361
(859) 987-1895
Fax: (859) 987-3120
bourbon.ca.uky.edu

2024 is off and running!

February is a busy month full of multiple opportunities and a tease of spring to come. Many of the little Jonquil flowers have started breaking through the ground. Winter is not over but the promise of spring has arrived. Many Extension opportunities and 2024 activities have arrived as well.

February is the month we celebrate love. Love of relationships with partners, family, and friends. This love also inspires us to celebrate International Friendship Month, Heart Health Month and Black History Month. Please join us in celebrating International Month by attending the 2024 International meal to Argentina. Chief Justice Laurance B. VanMeter and Judge Lucy A. VanMeter will share their travel experiences to the country and the love of the area. Judge VanMeter has shared her travel experiences at previous International Meals, and everyone has enjoyed her presentations.

February is also the month that clubs and individual members share their requests and dreams of lessons that they would like to see taught during the 2024-25 Homemaker year. Do not forget to share those requests by February 13. Please note the date change.

As soon as the calendar changes to March the annual Homemaker fundraiser, Farm Machinery Auction Concessions takes place! February is a busy month of planning and preparing for this major event. Not only is this the only fundraiser for Bourbon County Homemakers - it is time to unite as a county in fellowship and giving back to a community event. February is a busy month for everyone in preparation.

Check out other coming activities presented in this newsletter. Spring is full of opportunities and learning experiences.

Do not forget to contact us with any addition topics of interest or needs for research based information.

Kay Denniston

Agent for Family Consumer Science
Karen.denniston@uky.edu

TICKETS NOW AVAILABLE

Space Limited

2024 INTERNATIONAL MEAL

ARGENTINA

Thursday, February 22nd
6:00 p.m.

Bourbon County Extension Office
603 Millersburg Rd, Paris

Meal ticket \$15/person

Guest Speaker: Chief Justice Laurance B. VanMeter and Judge Lucy A. VanMeter

RSVP by: February 16th 859-987-1895

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506

Disabilities accommodated with prior notification.

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.



Food Facts

Proteins

Protein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products. Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout. Vegetarian protein choices include beans, peas, lentils, nuts, seeds, and soy products. How many protein foods should I eat a day? The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing. Most Americans eat enough from the protein foods group but need to select leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods. What counts as an ounce equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Source: Adapted from USDA Choose MyPlate





Bourbon County Extension Homemakers Scholarship

Applications available at
Extension Office or online at
<http://tinyurl.com/28ua6h36>

Completed application should be
returned to the Bourbon County
Extension Service, Family & Consumer
Sciences Agent,
603 Millersburg Rd, Paris, KY
All applications must be received
before **4:00 pm, March 28, 2024**

The \$1,000 scholarship will be awarded at the
Bourbon County Homemakers Annual Meeting.
Payment of the scholarship will be \$500 per
semester pending GPA and enrollment
qualifications.

Homebased Microprocessing Workshop



March 4, 2024 9:30 am - 2:30 pm Bourbon County Extension Office 603 Millersburg Rd, Paris, KY	Join our workshop! Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. The cost of the workshop is \$50.00.
--	---



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

For more information & to register:

ukfcs.net/HBM

or call 859-987-1895

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and are not restricted on the basis of race, color, ethnic origin, national origin, creed, religion, politics, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Division, Cooperative Extension Service, KY 40304



Accessibility accommodations with prior notification.

Leader Lesson

UK Cooperative Extension Service

Martin-Gatton
College of Agriculture,
Food and Environment

Coping with
Natural Disasters



Tuesday, February 13th
10:00 a.m.

Bourbon Co. Extension Office
Call to reserve seat:
859-987-1895

Lesson focusses 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 to prepare for the future.
Call now to reserve your seat!

“President’s Notes”

February, the month of love! What is something you love? I love to cook! This month, I encourage you to share what you love with someone else. Whether that is sharing something you bake or teaching/sharing a personal skill. Take time to share with others.

The fundraiser of the farm machinery auction concessions is a group project. All clubs come together to work as a Bourbon County Homemaker. This event is March 1 and 2, and we need your help. We are in need of eggs. If you have eggs you can donate, we would love to take them off your hands! Please bring them to the extension office by Thursday, February 29. We are also asking each club to donate 2 cases of soft drinks. Specifically, Coke, Diet Coke, Mt. Dew, Ale8 or water are needed. We also need full size M&M’s (plain), Snickers or Reese’s. By selling these specific items there is minimum leftover items.

Volunteers are needed to work the event on both days. If you are able to volunteer, please let us know!

Let’s make this the best year yet!
Remember we are “Better Together”!

Mallory Lowe
County President



Save the Date

- February 12.....Lesson Ballots Due
- February 13.....Leader Lesson
- February 22.....International Meal
- March 1 & 2.....Farm Machinery Concessions
- March 4.....HBM Training
- March 12.....Council Meeting
- March 21.....GAP Conference
- March 28.....Scholarship Deadline
- April 25.....Homemaker Annual Meeting
- May 6.....Council Meeting
- May 7-9.....KEHA State Annual Meeting
- June 14 & 15.....Horse Show Hospitality Tent
- June 25-29.....Bourbon County Fair

Family Resource and Youth Service Centers
Appreciation Week
February 5-9

THANK YOU



To our Family Resource
and Youth Service Center
Coordinators!



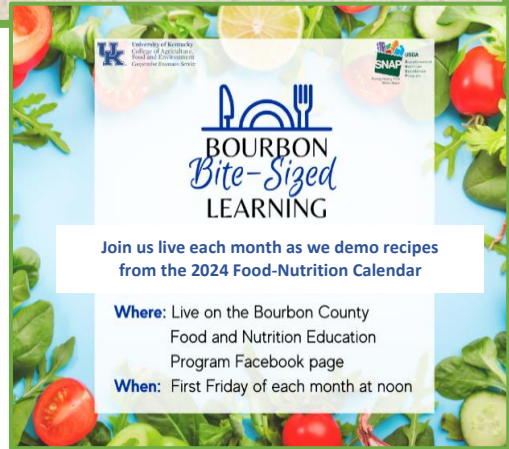
We appreciate all you do!

Your paragraph text.

Coming to you on Bourbon County Nutrition Education Facebook page.
If you missed the 1st Friday, it is still available on FB and YouTube.



Stop
by the
Extension
Office
and pick up
your
2024
calendar
to cook
along!



Join us on Bourbon County Nutrition Education Program Facebook page, March 1st to view Kay preparing "Veggie Egg Rings" or even better - get your new calendar, your ingredients and prepare along with us. Mark your calendar for March 1st at noon!

Did you know?
WE CAN TAKE OPEN PACKAGES, PARTIAL PACKAGES, ANYTHING HELPS!!

Diapers will be donated to
Life House Pregnancy Center, in Paris.

Diaper Drive
BOURBON BELLES DONATE THRU FEB 15TH

SAVE THE DATE

3 21 24 **GAP**
Grandparents As Parents of Kentucky

20th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference


Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and relatives caregiving in Kentucky. This conference includes workshops, speakers, legal consultation, resources, exhibits and more!

WE WILL BE BACK AT THE NEWLY RENOVATED - CLARION HOTEL, 1950 NEWTOWN PIKE, LEXINGTON, KY

For more information and to view helpful resources, please visit our website at www.gapofky.org
Follow us on Facebook-Grandparents as Parents Conference

BOURBON COUNTY CONSIGNMENT AUCTION

Bourbon County Homemakers Concessions Fundraiser



NEEDED FROM EACH CLUB

<p>2 Cases of Soft Drinks Diet Coke Coke Mt Dew Ale8 Water</p>	<p>Candy Bars Snickers Reese's Plain M&M's</p>	<p>VOLUNTEERS VOLUNTEERS VOLUNTEERS</p>
---	---	--

100% of proceeds going to Bourbon County Homemakers

Call 859-987-1895 for more details



Cooperative Extension Service

FARMER Heart 2 Heart



Saturday March 2nd, 2024
10 AM - 2 PM

Bourbon County Consignment Auction
at the Bourbon County Fairgrounds

TAKE CARE OF YOUR HEART
February is American Heart Month

Stop by for a simple health screening and receive the goodies below (while supplies last)



Bourbon County Homemakers looking for volunteers for Farm Machinery Show Concessions Fundraiser

March 1-2

Contact Brenda Mason for time options: 859-749-6577

ZOOM WEBINAR: INJURY PREVENTION IN THE GARDEN

with Special Guest **Gabriela Murza**
Utah State Extension Assistant Professor of Health and Wellness





MARCH 21st, 2024
11AM-12:30PM EST

REGISTER HERE: <https://ukfcs.net/RegistrationGardening>

- Preventing common garden injuries
- Minimizing pain from repetitive movements
- Using proper posture
- Maximizing tool use
- Incorporating stretches

Bourbon County Homemaker Annual Meeting

Save the Date

April 25, 2024

Details to follow



Practical Ways to Love Your Valentine

Valentine's Day can be a good reminder for us to stop and cherish our partner. However, it can easily get a bit too commercialized and have you believing that buying something is the only way to show them love and appreciation. Maintaining a strong and loving relationship with a mate requires intentional effort and commitment rather than a bouquet of flowers or a box of chocolates. Here are three practical ways to express love and strengthen the bond between you and your Valentine this year:

Effective communication: Open and honest communication is the foundation of a healthy relationship. Research shows couples who communicate effectively tend to be more satisfied. Practice active listening, expressing emotions, and discussing both positive and challenging aspects of your lives. Regular, meaningful conversations foster understanding and emotional connection, creating a sense of intimacy between partners.

Acts of service: Demonstrating love through actions can be powerful in strengthening your bond. Gary Chapman, in his book "The Five Love Languages," identifies acts of service as one of the primary ways people express and receive love. Simple gestures such as helping with household chores, preparing a meal, or helping when needed show a willingness to invest time and effort for the well-being of the relationship. These acts reinforce a sense of partnership and mutual support.

Quality time together: Spending quality time is essential for maintaining emotional connection. Research suggests that couples who prioritize shared experiences report higher relationship satisfaction. Set aside dedicated time for activities you both enjoy, whether it's a date night, a weekend getaway, or simply relaxing together at home. Quality time fosters a sense of togetherness, creating lasting memories, and reinforcing the emotional bond between partners.

References:

Chapman, G. (2015). *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*. Northfield Publishing.

Gottman, J. M., & Silver, N. (1999). *The seven principles for making marriage work*. Harmony.

Larson, D., & Arp, C. (2014). *The 10 Great Dates Series*. Zondervan.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Prevent Dry Skin in Winter

Cold temperatures, gusting wind, and limited exposure to sunlight can be the perfect storm for producing dry skin and itching in the winter months. If you are prone to dry, itchy skin, there are some things you can do to prevent its onset.

- Use creams instead of lotion, particularly on skin that is commonly exposed to the outdoor elements such your face or hands. Creams are thicker and provide a better barrier between skin and harsh weather conditions.
- Avoid skin and hair products with fragrance. Many products that include synthetic fragrance can cause irritation and make itching worse when skin is already raw or inflamed.
- Avoid long, hot showers. As tempting as a steamy shower can be to remedy cold weather blues, extreme heat can be additionally drying to your skin, compounding the problem.
- Seek professional help for persistent problems. If over-the-counter attempts to resolve itching and irritated skin are not working, see a dermatologist. Sometimes winter weather can trigger underlying skin conditions that need professional care and prescription treatment.

Source: Katherine Jury, Extension Specialist for Family Health

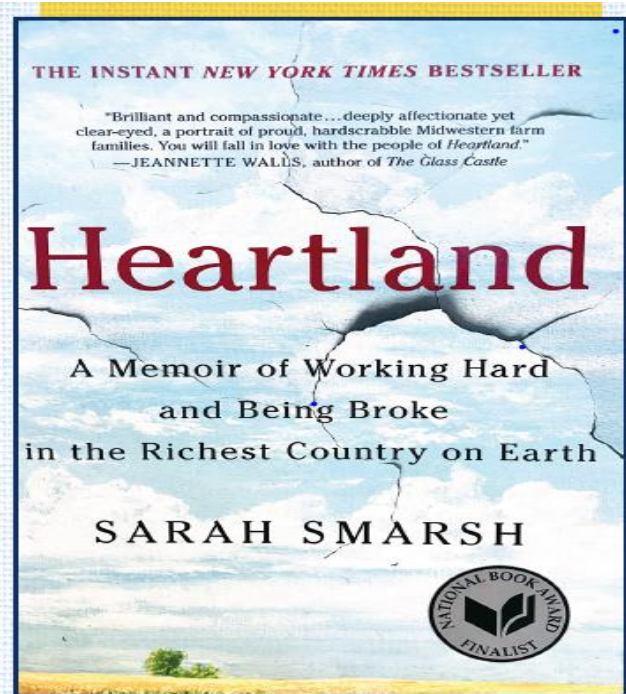


BIG BLUE BOOK CLUB

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.



WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

**All are invited to
Join us at the Extension Office
for a Watch Party
to participate in Book Club**

If you have limited or no internet access for Zoom connection, please join us each Thursday morning of Book Club to watch together and share our thoughts on the book.

Everyone is welcome – even if you have internet service but would like to enjoy in person book club with others.

Link: <https://ukfcs.net/BBBC24book1>

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.



Continued from the previous page

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appointment for problems such as:

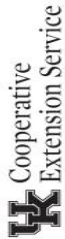
- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

REFERENCE:
<https://kidshealth.org/en/parents/emergencies.html>

Written by:
 Katherine Jury, MS
Edited by: Alysa Simms
Designed by: Rusty Manseau
Stock images:
 Adobe Stock

ADULT HEALTH BULLETIN



ADULT

HEALTH BULLETIN



FEBRUARY 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>

Jourban County Extension Office
 603 Millersburg Road
 Paris, KY 40361
 (859) 987-8950

THIS MONTH'S TOPIC
WHEN AND WHERE TO GET MEDICAL CARE



The types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

Continued on the next page



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, creed, religion, political beliefs, sex, sexual orientation, gender identity or expression, age, marital status, or any other characteristic. Services are available to persons with disabilities. Reasonable accommodations will be provided to persons with disabilities. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



accommodated
 and your satisfaction

PARENT

HEALTH BULLETIN



FEBRUARY 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>

Bourbon County Extension Office
603 Millersburg Road
Paris, KY 40361
(859) 987-1895

THIS MONTH'S TOPIC
LIMIT YOUR CHILD'S EXPOSURE TO CAFFEINE



Many adults drink a cup of coffee in the morning to help wake up or a soda in the afternoon for a pick-me-up. That's because of the caffeine. Caffeine is a natural chemical found in tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (gives cola its flavor). Caffeine is classified as a drug because it stimulates the central nervous system. It can make people feel more alert and energetic, and has similar effects in kids and adults. While food and drinks with caffeine are everywhere, it is wise to limit caffeine consumption, especially in children.

Continued on the next page →

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, creed, religion, political beliefs, sex, physical or mental disability or handicap or realization for prior civil rights activities. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.

University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

Lexington, KY 40506

Disabilities: Individualized accommodations available with prior notification

Children should consume water throughout the day and milk as a part of some meals. Fruit-flavored water, club soda, and seltzer are other drink alternatives that are low in sugar and do not contain caffeine.

Continued from the previous page

In both children and adults, too much caffeine can cause negative health effects such as:

- jitters and nervousness
- upset stomach
- headaches
- problems with concentration
- trouble sleeping
- faster heart rate
- higher blood pressure

Especially in young children, it doesn't take a lot of caffeine to produce these effects. Caffeine sensitivity refers to the amount of caffeine that will cause an effect in someone. Caffeine sensitivity is mostly related to daily caffeine intake, but the smaller the person, the less caffeine you need to produce side effects. Kids are more sensitive to caffeine than adults.

Caffeinated drinks, like sodas, coffee, tea, and energy drinks, often also contain lots of sugar. Kids and teens who fill up on them get lots of empty calories without the vitamins and minerals they need for their bodies to grow and develop. Children ages 12 and younger do not need any caffeine at all; teens are encouraged not to consume any more than 100 mg daily.

Parents can help children look at food and drink labels to determine if the item contains caffeine, help monitor how much they consume, and guide children toward alternative drink and treat choices. The list below contains common sources of caffeine and how much caffeine a serving contains.

- Jolt soft drink (12-ounce can): 71.2 mg
- Mountain Dew (12-ounce can): 55 mg
- Coca-Cola (12-ounce can): 34 mg
- 7-Up (12-ounce can): 0 mg
- Brewed coffee, drip method (5 ounces): 115 mg
- Iced tea (12 ounces): 70 mg
- Dark chocolate (1 ounce): 20 mg
- Milk chocolate (1 ounce): 6 mg



Children should consume water throughout the day and milk as a part of some meals. Fruit-flavored water, club soda, and seltzer are other drink alternatives that are low in sugar and do not contain caffeine. You can still allow the occasional soda or tea — just make it decaffeinated.

If your child consumes a lot of caffeine, cut back slowly. Abruptly stopping caffeine may cause withdrawal symptoms (like headaches, low energy, and irritability), especially for those who consume a lot of it.

REFERENCE:
<https://kidhealth.org/en/parents/child-caffeine.html>

ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock



2024-2025 LEADER TRAINING IDEAS

Name or Club Name: _____

We are seeking ideas for Leader Lessons you would like in the 2024-25 year. Please suggest as many as you like and return by **Tuesday, February 13th**

Lesson:	Suggestion
HOUSING	
FOOD & NUTRITION	
HEALTH & WELLNESS	
FINANCIAL MANAGEMENT	
FAMILY LIFE	
CLOTHING/SEWING	
OTHER	

WHAT IS THE MAIN IDEA OF BLACK HISTORY MONTH?



Black History Month is an opportunity to understand Black Histories, going beyond stories of racism and slavery to spotlight Black achievement. This year's theme is The Black Family: Representation, Identity and Diversity, and will explore the African diaspora.

