

Washington County Homemaker Newsletter

SEPTEMBER 2023

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



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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CredibleMind is the free online platform that brings together expert rated and vetted videos, podcasts, apps, online programs, books and articles all in one easy to use place. Confidential and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment and browse our library of thousands of mental well-being resources.

Mental health is vital to our overall well-being. Though when we hear “mental health” we tend to think of the negative things like feeling anxious, depressed, or stressed. Did you know that mental health also includes emotional, psychological, and social well-being? Things like our happiness, eating habits, and job or relationship satisfaction can affect our mental health, too!

Free resources on over 200 mental well-being topics, including:
happiness | stress | anxiety | sleep | mindfulness | parenting | aging
self-care | grief | relationships | depression | substance use
plus local resources for Marion, Nelson, & Washington Counties!

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

2021-2022 KEHA Report Highlights



Cultural Arts & Heritage: KEHA clubs & county organizations generated more than \$26,400 to support KEHA and community projects through sales of cultural arts & craft items.



Environment, Housing, & Energy: More than 2,100 members implemented landscaping practices to attract bees, birds, or butterflies.



Family & Individual Development: About 1,064 participants were reached through the Nurturing Aging program



4-H Youth Development: KEHA clubs & county organizations provided more than \$12,200 in 4-H camp scholarships.



Food, Nutrition, & Health: More than 1,900 members bought fresh foods at a local farmers' market.



International: KEHA counties & clubs raised \$4,324 for Coins for Change.



Leadership Development: KEHA members & clubs reported more than 163,600 volunteer hours for community activities & events.



Management & Safety: More than 1,800 members indicated they feel prepared to protect their money from fraud as a result of KEHA programming.



Thought of the Month:

**"Every leaf speaks bliss to me, fluttering from the autumn tree."
-Emily Bronte**

Roll Call:

Fall begins in September. What is your favorite type of tree?

Book of the Month

Kentucky: Off the Beaten Path: Discover Your Fun by Jackie Sheckler Finch (1999)

This book will show you the Bluegrass State you never knew existed. Soothe your ailments and your hunger at the Poke Sallet Festival; take an expedition through Walt Whitman's "vale of the Elkhorn" in a canoe; or stay in your own personal concrete teepee in Cave City. If you've "been there, done that" one too many times, get off the main road and venture Off the Beaten Path.



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2023. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at facebook.com/WashingtonCountyNutritionEducation.

September 28 - 4pm
Washington County Public Library
One Pan Shrimp and Veggies

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

KEHA News & Notes

2024 State Meeting

Mark your calendars! The next KEHA State Meeting will take place May 7-9, 2024, at the Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Fort Harrod Area is the host area. The lodging room blocks are now open for reservations at a group rate of \$126/night (1-2 people; scaled pricing for more people per room). Details and contact information can be found on the State Meeting webpage.

Sign Up to Present

Calling all homemakers with information to share! Learning session proposals for the 2024 KEHA State Meeting are due by October 15 to First Vice President Ann Porter. KEHA members are encouraged to share their knowledge by presenting a learning session. The form can be found on the State Meeting webpage.

2022-2023 KEHA Report Deadline

All county-level reports were due August 15. We will begin compiling the data September 1, so if you have not submitted your county information, please do so as soon as possible.

All area level VSUs are due to new state Leadership Development Chair Nancy Snouse by September 15. The area report form is found in the Manual Appendix page 20a. For instructions and links to reporting forms, visit the Reports page of the website. Be sure to use forms dated 2022-2023 to cover the period from July 1, 2022 to June 3, 2023.

Washington County reports were submitted to the Lincoln Trail Area level.

KEHA Census Quilt at the Kentucky State Fair

The 2020 Census Quilt created by KEHA in the fall of 2019 once again will have a featured display at the Kentucky State Fair.

KEHA Week is Coming Soon

Now is the time to start planning for KEHA Week October 8-14, 2023. Refreshed materials are coming soon to the KEHA Week webpage. Materials will be based around the theme of "Plant the seed - Help us grow."

NVON Success

KEHA was well represented at the National Volunteer Outreach Network (NVON) Conference in Parkersburg, WV, from July 18-20, 2023. Kentucky brought seven attendees. Harlene Welch was elected as NVON treasurer for the next three years. For more conference details, read the featured story on the website. The next NVON conference will be July 16-18, 2024, in Asheville, NC.

Manual Updates

The KEHA Manual Handbook and Appendix have been updated and the revised editions are now online. Links to the manual can be found on the home page Quick Links and from within the Member Resources tab. The website includes complete files for each section, the tables of contents for each section, and a separate PDF file with only the pages that were changed this year. As you review each table of contents, please note that the pages with updates are in bold. Each county will be receiving one printed copy of the revised manual pages. Additional copies can be printed from the website. The Educational Program Chair pages have also been updated.

Dates to Remember

- September 15 - due date for area volunteer service unit logs to be submitted to state chair for Leadership Development (Nancy Snouse)
- October 8-14 - KEHA Week
- October 15 - Deadline for submitting session proposals for the 2024 KEHA State Meeting
- October 31 - due date to send Area KEHA Officer Directories to the KEHA President and State Advisor

Dates to Remember

September 5 - Washington County Homemaker
Potluck & Kick Off Meeting - noon

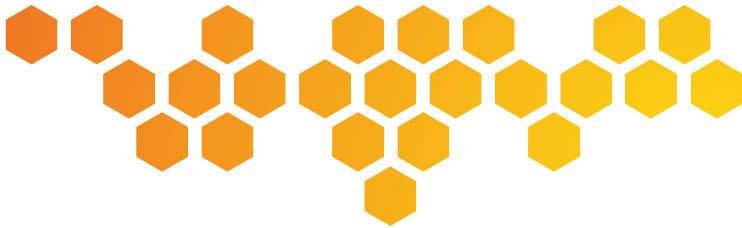
September 14 - Monthly Food Distribution at
Idle Hour Park - 8:30am

September 15 - registration deadline for the
Lincoln Trail Area Meeting on October 12

September 22 - Senior Resource Summit at the
Taylor County Extension Office from 4-8pm

September 27 - Golden Years Wellness +
Awareness Conference at the Hardin County
Extension Office from 10am-2pm

October 12 - Lincoln Trail Area Meeting in
Meade County; submit Cultural Arts items by
October 9 for the area contest



Lincoln Trail Area Annual Meeting **Buzzing Along** with Lincoln Trail Area Extension Homemakers

The Area Annual Meeting will be held at the Meade County Extension Office on October 12, 2023. The guest speaker, Steve Flairty, will talk about "Shining Light on Kentucky's Everyday Women Heroes."

Registration costs \$15 per person and includes lunch.

Please see the enclosed registration sheet for full details.



Senior Resource Summit

September 22 from 4-8pm
Taylor County Extension Office
1143 S. Columbia Avenue, Campbellsville, KY

Speakers & Topics Include:

4pm - *How to Prepare for the High Cost of Growing Older* - John Dotson, KY Elder Law, PLLC Attorney at Law

5pm - *Understanding a Hospital Stay Today* - Taylor Regional Hospital Case Management

6pm - *FCS Embracing Life as We Age* and *Understanding Hospice vs. Palliative Care* -

Hosparus Health & Palliative Health Partners
7pm - *Pharmacy 101: Everything You Need to Know about Pharmacy* - Hometown Pharmacy and Eastridge Phelps Pharmacy

To RSVP or learn more, contact Jennifer Van Mersbergen, Hosparus Health Community Outreach Manager at 270-403-2413

Golden Years Wellness + Awareness Conference

September 27 from 10am-2pm
Hardin County Extension Office
111 Opportunity Way, Elizabethtown, KY
Sponsored by the Hardin County Extension Homemakers

Free Lunch | Door Prizes | Free Flu Shots
Wellness on Wheels Bus

Speakers on Keeping Your Mind Sharp, Signs of Dementia, Wills + Estate Planning, Elder Abuse, Protecting Your Information + Finances

Information from Hardin County Extension Homemakers, Extension Food & Nutrition Program, Alzheimer's Association, Baptist Health Hardin, and more!

Limited seating available, RSVP by September 15 to the Extension Office at 270-765-4121



HOLIDAY card WORKSHOP

Make your own holiday cards with Michelle Sutton, Independent Stampin' Up Demonstrator! Each person will make a set of 4 cards - Halloween, Thanksgiving, Christmas, & snowman. If you don't celebrate these holidays, we can accommodate other requests. No special skills are required.

**\$15 FOR
4 CARDS**

**9:00-11:00AM - YOUTH
1:00-3:00PM - ADULTS**

**OCTOBER
3**

AT THE WC EXTENSION OFFICE

Classes are limited to 10 youth (ages 8 & up) & 20 adults. Call 859-336-7741 to reserve your spot!

2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



Metcalfe County

Creator: Teresa Hapney

Pattern: Embroidered

Description: The block features the Metcalfe County Historical Courthouse which is located in the heart of Edmonton, Kentucky, our county seat. The beautiful brick building was built in 1869 after Confederate guerrillas burned the original building in 1865.



Monroe County

Creators: Carol Wheeler and Ina Graves

Pattern: Applique

Description: The quilt block is in the shape of Monroe County and displays a watermelon in honor of the Monroe County Watermelon Festival. The festival celebrated its 40th anniversary in 2019.

Understanding Trauma Series: Coping with Trauma

Trauma is our body's response when we experience an event that is physically life-threatening or emotionally hurtful. There are several tips that can help you, your friends, family, and the community handle trauma and stress:

Tip Number 3: Restore Your Routine

- Eat at the same time each day and drink plenty of water
- Take time for rest to boost your recovery
- If possible, take your medicines
- Take time to grieve
- Call, text, or talk to someone you trust daily.

Source: Paul Norrod, DrPH, RN, Extension specialist for Rural Health and Farm Safety

Balsamic Stir Fry Vegetables

Sweet peppers are low in calories, high in vitamin C and a good source of vitamin A. Peppers can be served raw, grilled, stuffed, or roasted. Add them to salads, casseroles or Chinese and Mexican dishes.

Source: Plate It Up KY Proud, UK Cooperative Extension



Balsamic Stir Fry Vegetables

¼ cup olive oil	¼ teaspoon pepper	2 medium carrots
1 tablespoon soy sauce	1 small eggplant, unpeeled	1 green bell pepper
1 tablespoon balsamic vinegar	1 medium zucchini	1 red bell pepper
¼ teaspoon salt	1 small onion	Cooked rice or pasta, optional

In a large bowl **combine** olive oil, soy sauce, balsamic vinegar, salt and pepper. **Chop** eggplant, zucchini, onion, carrots and bell peppers into bite sized pieces. **Add** vegetables to bowl with balsamic mixture. **Stir** to coat. In a large pan or electric skillet **cook** vegetables over medium-high heat until crisp tender, about 10 minutes. **Remove** from heat and **serve** over rice or pasta.

Yield: 8, 1 cup servings

Nutritional Analysis: 110 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 230 mg sodium, 10 g carbohydrate, 3 g fiber, 6 g sugars, 2 g protein. (Analysis does not include optional rice or pasta)

Add Physical Activity at Home

Do stretches, exercises, or pedal a stationary bike while watching television.

Source: planeatmove.com/get-moving/adding-activity-in-daily-life/