

Madison County Extension Homemakers Newsletter

MAKING A DIFFERENCE!



Cooperative Extension Service
Madison County
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072
Fax: (859) 624-9510
extension.ca.uky.edu

February 2024

Dear Madison County Extension Homemaker,

February is Heart Health Month. Obesity and type 2 diabetes have been public health problems in the U.S. for some time. And although we have better access to health care, cases of obesity continue to rise. Increased weight gain leads to chronic conditions like obesity, type 2 diabetes, and heart disease. You can prevent them by including diet and exercise into your daily life. In fact, weight gain as a young adult can put you at risk for type 2 diabetes and an even greater risk of heart disease. These can lead to an early death. Research shows that eating a diet centered on plant foods, especially as a young adult, can result in a healthier heart.

What you eat when you are younger influences your health later in life. Eating foods high in fat and calories can lead to weight gain, causing obesity. Conditions such as obesity are associated with excess fat around the stomach area. They lead to type 2 diabetes and eventually heart disease. Yet, making lifestyle changes in young adulthood, like eating more nutritionally rich plant-based foods, can prevent this. A diet centered on plant foods is also more sustainable for the environment. Plant foods use fewer natural resources than animal-based foods.

When planned properly, plant-centered diets can provide what you need to stay healthy and prevent chronic diseases. Plant-centered diets contain a variety of fruits, vegetables, whole grains, legumes, nuts, and seeds. A plant-centered diet also allows you to eat some lean meats, low-fat dairy, fish or seafood, poultry, and eggs but mainly includes non-animal products. Studies show that significantly increasing plant foods as a young adult and/or maintaining steady consumption of plant-based foods over your lifetime lowers the risk of excessive weight gain and type 2 diabetes. That reduces your chance of getting heart disease. Your risk of getting diabetes is also lower because you are less

likely to gain weight from eating more plants which are naturally low in fat and calories.

Plant-based foods contain fiber, antioxidants, and anti-inflammatory properties. Eating these foods have added health benefits. They improve insulin sensitivity, blood pressure, and increase the feeling of fullness. That leads to less overeating. Eating a plant-centered diet also means eating less foods with saturated fat found in animal products. Less saturated fat means lower cholesterol levels and better blood glucose control.

There are many reasons to eat a plant-centered diet, many of which have been mentioned above. Less weight gain means less chances of type 2 diabetes and heart disease. Plant-based foods can be fresh, frozen, or canned. Try eating more servings of fruits, vegetables, legumes, whole grains, nuts, and seeds daily for better health.

Jessica Hunley,
Family & Consumer Sciences Agent
for Madison County
Hunley.jessica@uky.edu



SPECIALTY CLUBS & GROUPS

December 1 through April 1 is considered "Winter months" for Extension. *What does that mean for you? No meeting shall start before 10:00 am-* this includes club members setting up food, etc., ahead of time. Starting December 1st, clubs/groups that have a regular starting time of 9 am, will move to 10 am. Also, please review **SNOW POLICY** below!

MONDAY NIGHT SEWING SALON (sewing) normally meets 1st and 3rd Mondays, 5:00-7:30pm, Room 3. Questions, call Sarah Hart, 859-314-7626. **NOTE: Due to conflict, no meeting on February 19th.**

SEW MUCH OR SEW LITTLE (sew, knit, crochet, or whatever) 2nd and 4th Tuesdays, 10am-1pm, Room 3, annex bldg. **February 13th** meeting will be a **Bear Work Day** (see page 4 for details). Will meet again on Feb. 27.

GIFTS FROM THE HEART (sewing; community projects), 2nd and 4th Tuesdays, 12-3pm, Room 3, annex bldg., following Sew Much or Sew Little. Also every Wednesday, 10-4 at Southside Church on Lancaster Road in Richmond. Questions, call Chris Hannah, 859-779-5761. **NOTE: February 13th will be Bear Work Day.**

CREATIVE HANDS (quilting) 1st and 3rd Thursday @ month, 10-1pm, Room 3, annex bldg. Bring your sewing machine and a sandwich and quilt along with us. Questions, call Linda Calico, 859-582-2252.

SOUTHSIDE SLOW STITCHING (knitting, crochet, cross-stitch, English paper-piecing, embroidery or macrame) 1st and 3rd Mondays, 2-4pm, at Southside Church on Lancaster Road. Questions, call Terri Cooper, 859-866-4380.

GARDENERS OF MADISON COUNTY (gardening) Call Kathryn Bowers, 859-619-0166, 2nd Wed @ month, 1-3PM, check Board for room assignment.

PAPER KUTZ (paper crafting, cards, etc.) 3rd Thursday @ month, 6-7:45pm, check board for room assignment, main office bldg. Questions, call Connie Lawson, 859-582-5505, clawson123@roadrunner.com.

HAPPY SCRAPPERS (scrapbooking, paper crafts, crafting, etc.) 4th Wednesday @ month from 12-4pm, Room B, main office bldg. Bring your work in progress and catch up. Questions, call Kathy Langosh, 859-756-3288.

DON'T MISS A THING! Following us online is an easy way to stay "in the know" with Madison County Extension FCS and Kentucky Extension Homemakers' Association:

- **Madison County Family & Consumer Sciences on Facebook** @[MadisonCoFCS](https://www.facebook.com/MadisonCoFCS/) or <https://www.facebook.com/MadisonCoFCS/>
- **Check out our County website for information on all program areas:** <http://madison.ca.uky.edu/>



SNOW POLICY: If inclement weather closes the Madison County Schools, then all homemaker clubs, 4-H clubs, horticulture classes, Leader Lessons, and other workshops will be cancelled. In some cases, these events may be rescheduled. If in doubt, call **859-623-4072**. Tune into local news broadcasts and radio stations for school cancellations. We will also post closures and delays on our Facebook page, [Madison County Extension Office](https://www.facebook.com/MadisonCountyExtensionOffice/), or check our website for the Facebook feed, madison.ca.uky.edu.

From now until April 1st, no class will start before 10 AM to allow us enough time to plow the parking lot, shovel sidewalks, and spread salt when needed. Please be careful and remember *walk like a penguin in ice and snow!*



SAVE THE DATE . . .

- ◆ **Madison County Extension Homemakers Board Meeting, Monday, April 8th.**
- ◆ **Madison County Extension Homemakers Annual Meeting, Tuesday, April 30th** (Luncheon); Cultural Arts competition, Monday, April 29th.
- ◆ **2023 KEHA State Meeting May 7-9**, Bowling Green.
- ◆ **Madison County 4-H Camp, June 24-27.** Call Look for Application announcement on Madison County 4-H Facebook page, <https://www.facebook.com/madisoncountyky4h>
- ◆ **Madison County Fair & Horse Show, July 27-August 3rd.** Open Division Check-in details to come.
- ◆ **Madison County Extension Presents: FARM, HOME & GARDEN EXPO, September 28, 9-2** at the Fairgrounds. More details to come.

LEADER LESSONS

Coping with Natural Disasters



**Wednesday, February 28th
10:00 a.m.**

Madison Co. Extension Service
230 Duncannon Lane—Richmond

**Call to reserve your space:
859-623-4072**



**Coping With Natural Disasters
February 28—10 a.m.**

Lesson focuses 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 to reserve a space, 859-623-4072.**

Seed Swap

Monday, March 4; 12:00 - 1:30 pm

Interested in learning more about saving seeds? This program will discuss the basics of the seed saving process and be followed by a seed swap.



If you have seeds to share, bring them. But if you don't have any seeds, that's OK! There should be plenty to share. Acceptable seeds to bring include those you have saved from open pollinated varieties of plants or

any unused seed from packets. If you have questions, let me know (amanda.sears@uky.edu).

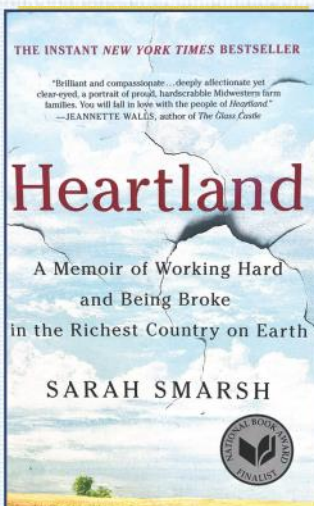
Call 859-623-4072 if you plan to attend so we will know how many handouts to prepare. Everyone is welcome!

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.



Join our Watch Party at the Extension Office:

If you don't have access to zoom join us each Thursday morning and we can watch together then discuss what we've learned .

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



Sewing Corner

BEAR DAY

February 13, 2024
10am—3pm (Annex Bldg.)

We need your helping hands! What can you do? We have bears in various stages of completion. Some need to be stuffed, some need faces embroidered on them, and some hand sewing still needs to be done. Finally, we will iron on labels to complete the project.

Please come help us make these bears ready to be given to a deserving child! Bring your lunch and plan to stay awhile. No reservation necessary.



INTERNATIONAL DRESS SEWING DAY

March 19, 2024
10am—3pm (Annex Bldg.)

We will be sewing dresses for girls in Africa. All materials and instructions are provided and all fabrics are already cut and ready to assemble. Rita Hardman from Fayette County will lead this program, we just need your sewing skills! If possible, bring your own sewing machine and essentials (thread, scissors, seam ripper, needles and pins). If you do not have a swing machine, it will be provided. We will also receive information on how to make little boys' pants and sanitary napkins. Bring your lunch.

Please call if you plan to come, 859-623-4072.

Homebased Microprocessing Workshop

SAVE THE DATE
APRIL 10, 2024 - 9:30am-2:30pm

Wednesday, April 10, 2024
9:30am—2:30pm

Madison County Extension Office
230 Duncannon Lane, Richmond, KY 40475

offered in-person and virtual



For more information & to register:
ukfcs.net/HBM

or call 859-744-4682

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.

Cook with me

Monthly Family Cooking Series

Tuesday February 27th
5PM

Madison Co Extension Office

To be added to the list contact Jessica Hunley: FCS Agent.
hunley.jessica@uky.edu

Cook with Cheri

Join Cheri for a **free** monthly lesson and healthy hands-on cooking class, then stay to enjoy your efforts!

Two sessions available, 4th Thursday of the month (Jan-July): 11am-1pm or 5-7pm, seating is limited.

Registration is a must for setup & supplies: Call 859-623-4072

Location: Madison County Extension Center
230 Duncannon Lane, Richmond, KY 40475



PARENTS PLACE

If you are interested in being a part of our group(s) or have any questions, need referrals, or just to talk, call Pam Francis at 859-623-4072, or psfr222@uky.edu.

NOTE: See Snow Policy on page 2.

GAP - Grandparents As Parents: Our GAP meeting on **February 7th** will be at the Richmond Library in Room 138, 11am-1pm. We are working through “Mind in the Making” for Grandparents As Parents again. If interested, please give Pam a call for reservations and meeting information. Due to discussions, children do not attend GAP during the school year. We share parenting tips, resources. Our lunch is provided but potluck desserts are welcomed. New members are always welcome to join us. For more information, please contact Pam @ 859.623.4072.

SMALL FRIENDS: Our Small Friends meeting will be on **February 20th** at the Madison County Cooperative Extension Office in Room 1. Our meeting time is from 10:30 AM to Noon. Every month is a celebration with Small Friends. Small Friends is for little ones from ages prenatal through age 5, and those who love and care for them. We share play time, a fun craft, story time, parenting tips, and a healthy snack. In the midst of all the fun and giggles, there is time for adults to have conversations to build relationships. Any questions or to RSVP for set up and supplies contact Pam.

PARENT MATTER (Parenting Encouragement): **Richmond Library, Room 136—first Tuesday @ month, 10-11:30 am.**

Berea Library Meeting Room—second Tuesday @ month, 10 to 11:30 am.

We use research based curriculum: *Active Parenting*, by Michael H. Popkin, PhD. These are parent only meetings; new members are welcome; coffee and tea provided. Contact Pam for questions and reservations, 859-623-4072.

KEYS TO GREAT PARENTING (KGP): Keys is an informal a FREE 10-week course designed for all parents, grandparents, to be parents, caregivers, relatives as parents, teen parents, single parents, and foster parents. This is an informal gathering of parents to learn and grow in a supportive and encouraging community. Children do not attend classes and child care is not provided. If interested or to sign up call Pam Francis, 859-623-4072.

LAUGH AND LEARN PLAYDATES

2023-2024 Playdates SCHEDULE

November 10	no class today @SJE	Waco 1:30PM
January 12th	Whitehall Elementary@10AM	
January 19	Shannon Johnson 10:30AM	Waco 1:30PM
February 9th	Whitehall @ 10AM	
February 16	Shannon Johnson 10:30AM	Waco 1:30PM
March 8th	Whitehall @ 10 AM	
March 22	no class today	Waco 1:30 PM
April 12th	Whitehall @ 10AM	
April 19	Shannon Johnson 10:30 AM	Waco 1:30PM

For more info contact:
 Jessica Hunley- FCS Agent
hunley.jessica@uky.edu

HOSTED AT LOCAL ELEMENTARY SCHOOLS!

20th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference will be back on **March 21, 2024**, Clarion Hotel in Lexington. For more information and reservations, visit, gapofky.org

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

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>

Madison County Extension Office
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072
madison.ca.uky.edu

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 →

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://kidshealth.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



THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior

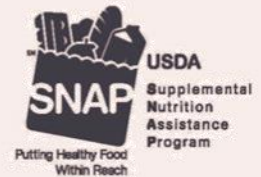


Recipes from the 2024 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Everything Tuna Melts



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts

per serving:

320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

Source:

Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with

apple slices and cheese. Sprinkle with everything bagel seasoning.

7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

Note: This recipe is very adaptable.

If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

Makes 5 servings

Serving size: 2 bagel halves

Cost per recipe: \$7.52

Cost per serving: \$1.50



The 2024 Food & Nutrition Recipe Calendar is still available. We have a limited supply and it is not mailed out. Please come by the office at your earliest convenience to pick up a copy while they last. Also available in Spanish. First come first served; we do not hold them.

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

Madison County Extension Homemakers
ART & CRAFT MARKET



230 DUNCANNON LANE RICHMOND KY
40475

**SATURDAY
MARCH 23RD
10AM TO 4PM**

HANDMADE ITEMS
ART • JEWELRY • CUSTOM CRAFTS

VENDORS SETUP [AT] 8-10 AM
MEMBERS: \$25/ TABLE
NONMEMBERS: \$30/ TABLE
CHECKS PAYABLE TO:
**MADISON COUNTY EXTENSION
HOMEMAKERS**



CALL THE MADISON CO. EXTENSION OFFICE TO SIGN UP!
(859) 623-4072