

Taylor County FCS

Extension Newsletter

February 2023

Cooperative Extension Service
Taylor County
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Honor A Caregiver

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Patricia Z. Handberg

Sincerely,

**Taylor County Contact
Agent for FCS**



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

It is likely that you know someone who is a caregiver. A caregiver is someone who provides help with someone's daily living and/or medical needs because of temporary or long-term limitations caused by injury, illness, disability, aging, etc.

RespectCaregivers.org reports that in 2022, 1 in 5 Americans (21.3% of the population) served as a caregiver. Caregivers include formal caregivers like paid health-care providers (doctors, nurses, therapists, social workers, aides, etc.) and informal caregivers who can include family members, neighbors, clergy, and others who are most often unpaid for their time or care. AARP reported in 2022 that approximately 53 million people across the United States provide care for partners, children with disabilities, friends, and other loved ones. Informal caregivers will provide a range of care including medical and personal care, meal preparation and feeding, running errands, cooking, transportation, financial help, cleaning, communicating with health-care professionals, serving as a patient advocate, and monitoring medication. RespectCaregivers.Org calls caregivers "unsung heroes." They call them the "backbone of our country."

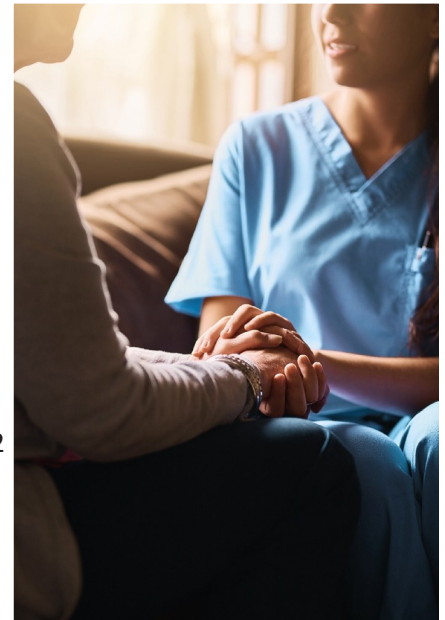
To celebrate the tireless work of caregivers, the Providers Association for Home Health & Hospice Agencies created National Caregivers Day to remind people that caregivers are important and should be honored. Let Feb. 17, be a reminder to support caregivers just as they support the people we care about. Honor a family member, friend, or neighbor who provides selfless personal, physical, and/or emotional care and support to someone who needs it. You can write them a note, send them a picture, or give them a gift. There are endless ways to thank a caregiver.

References:

- AARP. (2020). Caregiving in the United States 2020. Retrieved <https://www.aarp.org/ppi/info-2020/caregiving-in-the-united-states.html>
- RespectCaregivers.org. (2022). Caregiver statistics: 1 in 5 Americans is a Caregiver! Retrieved <https://respectcaregivers.org/caregiver-statistics>
- NationalToday.com. (2022). National Caregivers Day—February 17, 2023. Retrieved <https://nationaltoday.com/national-caregivers-day/#history>

Source:

Amy F. Kostelic, associate Extension professor for adult development and aging



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



TAYLOR COUNTY HOMEMAKERS SOUP LUNCHEON

A fundraising effort for the
homemaker scholarship fund.

A donation of **\$8.00** gets you
soup, the fixins, dessert, and a drink

SOUPS AVAILABLE:

Pinto Beans, Chili, Potato,
Taco, Chicken Noodle,
Vegetable & More!

Tuesday, February 21, 2023

11:00 AM – 2:00 PM

Taylor County Extension Office

1143 South Columbia Avenue

(270) 465-4511

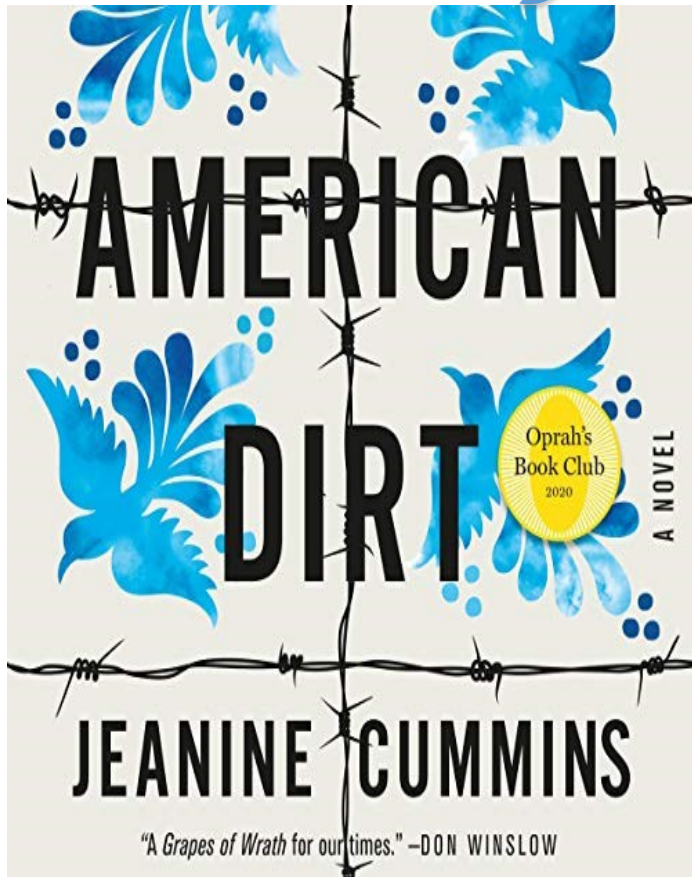
CALL AHEAD TO PLACE ORDERS TO GO

OR

EAT IN



Book of the Month



American Dirt is a story of incredible courage and hope. Lydia, her son, Luca, and her husband (who was a journalist) lives in a wonderful life in Acapulco. But after her husband's tell-all profile of the newest drug lord is published, none of their lives will ever be the same. Forced to flee, Lydia and Luca find themselves joining the countless people trying to reach the United States border. From the first sentence to it's very last, you are drawn into the lives of immigrants and what they face every day as they travel thousands of miles through various climates. And, how along the way, they met violent people and compassionate heroes.

American Dirt is a combination of pure terror, unmitigated joy and a mother's love for her son. It's a riveting read. You practically live and breathe the experiences they go through every minute of every day.

It has profoundly changed me in the way I look at the humanitarian crisis at our southern border! A must read!

American Dirt is not found on the KEHA Booklist but can be listed in the fictional category.

Patti Sears: Homemaker member of Mannsville Club



Leader Training Lesson

Savor the Flavor

Cooking with

Oils & Vinegars

Oils and vinegars are perfect for adding great flavor and health benefits to any dish. There are many different types of oils and vinegars to cook with that can be both flavorful and healthy. Oils are known for their anti-inflammatory, antibacterial and antioxidant properties. Vinegars have been used for centuries for their "healing" properties because of the antioxidants that they contain as well. Knowing what types to use for different dishes is the best way to get started in adding more flavor to your meals.

Thursday, February 23, 2023

10:00 AM

Taylor County Extension Office

1143 South Columbia Avenue

Campbellsville, KY 42718

Join us as we make more blankets to donate to the Taylor Regional Cancer Center!

No sewing required!

February 8, 2022

1:00 - 3:00 PM

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718



Souper Bowl



2023



Help Taylor County Extension Homemakers tackle hunger in our community in the 3rd Annual Souper Bowl.



Drive by and drop off
**Soups, Canned
Goods, and Non-
perishables through
February 28, 2023.**

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718

**Look for the
Soup Can!**

Starting out the new year with a fresh house!

Join us for a Organizing and Decluttering Workshop

Friday, February 10, 2023

1:00 PM

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718

RSVP to (270) 465-4511



A red background with a white border and scattered hearts of various shades of red and pink. The text is centered within the white border.

Valentine Earring Workshop

Join us in painting adorable Valentine's Day heart earrings!

Thursday, February 16, 2023

1:00 PM

Taylor County Extension Office

1143 South Columbia Ave.

Campbellsville, KY 42718

Spots are limited! Call (270) 465-4511 to RSVP

A photograph of a red ceramic casserole dish filled with a golden-brown, cheesy casserole. A wooden spoon is placed diagonally across the dish. The background is a grey, wood-grain surface.

CASSEROLE WORKSHOP

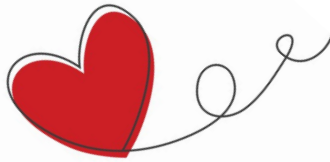
**LEARN NEW CASSEROLE RECIPES ALL
OF THE FAMILY WILL LOVE!**

TUESDAY, FEBRUARY 28

1:00 PM OR 5:30 PM

Spots are limited!

Call (270) 465-4511 to RSVP



The need is constant.
The gratification is instant.
Give blood.



**American
Red Cross**



Taylor County Extension Homemakers Blood Drive

Taylor County Extension Office

1143 South Columbia Avenue

Campbellsville, KY 42718

March 6, 2023

1:00 PM – 6:00 PM

redcrossblood.org | 1-800-RED CROSS

© 2010 The American National Red Cross, Mid-America #0368 Oct. 2010



Ovarian Cancer Screenings

The University of Kentucky offers free Ovarian Cancer Screenings as a result of donations through the Homemaker's Association. You may call 1-(800)-766-8279 to schedule an appointment or we will be taking a van in April. If you want a seat on the van, please call the Extension Office at (270) 465-4511 to reserve your seat. You will need to provide your name, birth date and phone number.

Cultural Arts and Heritage

Guidelines for Creative Writing Contest

General:

- Only one entry per person is allowed in each category.
 - Entries are open only to members of KEHA.
 - All entries must be original.
 - Entries should not contain words of profanity.
- The KEHA Executive Board reserves the right to not print any entry due to content.
- Entries should be typed, *however* legible hand written entries will be accepted if there is no way the entry can be typed.
- Entries submitted in electronic format, preferably in Microsoft Word, are encouraged.
- Each entry should be submitted for state judging with the completed Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form. This is found on KEHA Handbook page 39.
 - Entries will not be returned; be sure to make a copy.
- All entries are due by March 1 to KEHA Cultural Arts Chairman.

Poetry:

- Entries are limited to 30 lines.

Memoirs:

- Entry is limited to 2 pages, double spaced.
- Entry is limited to one memory, written in first person.
- Entry should have a particular focus or element that receives the most emphasis.
- Entry should focus on a person, place, or animal which has a particular significance in the writer's life.
- Entry should recreate for the reader incidents shared with the person, place, or animal.
- Entry should reveal writer's knowledge of and feelings about the person, place, or animal.
 - Entry should make the person, place, or animal come alive for the reader.
- Entry should share new insights gained when recalling the significance of the subject of the Memoir.

Short Story:

- Entry is limited to 3,000 words.
- Entry may be written in the first or third person
 - Entry should contain:
 - A plot, rising action and a climax
 - A focused purpose
- Setting details woven into the text of the story, allowing the reader entry into the story
- Development of at least one character through the character's own words, thoughts, or actions and/or those of another character
 - A tightly woven plot limited to one main idea or purpose
 - A problematic conflict, developed as the story progresses
 - A resolution of that conflict
- Idea development through snapshots, thoughtshots, dialogue, description, etc.



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

Taylor County
1143 South Columbia Avenue
Campbellsville, KY 42718

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Fiesta Potatoes

8 small to medium russet potatoes, peeled and diced	1 medium onion, chopped	parsley, chopped
1 green bell pepper, chopped	1 cup Mexican blend cheese, shredded	1 tablespoon dried basil, crushed
1 red bell pepper, chopped	½ cup margarine, melted	¾ teaspoon salt
	½ cup low-fat milk	¼ teaspoon black pepper
	2 tablespoons fresh	

Preheat oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, ½ cup servings

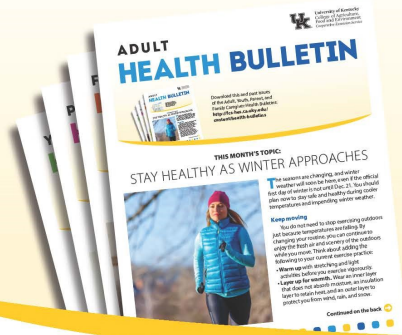
Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



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

<http://plateitup.ca.uky.edu>

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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC:

HEART-HEALTHY CHOICES EVERY DAY



Every February, the American Health 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.

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Preventing heart disease starts with knowing what your risk 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>

ADULT
HEALTH BULLETIN

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123RF.com

