

Homemakers F&CS

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



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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

FEBRUARY 2024

Thoughts from Ronda

Hello All,

I hope everyone is doing well and managing the various winter temperatures. If you are like me, winter may not be your favorite time of year. This is why I make it my goal to do fun things to keep me motivated. My motivators are embroidery, cross stitch and sewing. I also love reading and coloring, yes, coloring. It helps to slow down and be in the moment and not have to make any decisions and just relax. Even though winter is not my favorite, I still love taking walks with my dogs during this time. We bundle up and enjoy nature. Before I know it, I am warmed up from the walk and guess what...my heart rate is up as well. A good cardiovascular walk is always good for the health.

So, I challenge you to find your happy place and do what helps you to stay motivated. If you do not have a hobby, search one out. I am teaching Bingocize at the Gallatin County Senior Center, and a huge goal of the program is focusing on staying active even if you are sitting and watching TV. Chair exercises are great! Keeping your body moving is so important for your mental health, staying balanced and for the prevention of falls. Walking in place or from a sitting position is easy to do and vital for both the body and mind. So, add little movements into your day when you can. If you would like to join us at the Senior Center for Bingocize, please let me know. We would love to see you there!

On another note, we have a Medicare Class coming up and our Chocolate Class is right around the corner (both flyers included in this newsletter). Registration is required for all classes.

A huge Thank You to our District Board members who do so much for our office. Two of our members (Sallie Ingram-Brooks and Keith Crigger rotated off our board on January 12th and two new members joined us. Thank you, Sallie, and Keith, for years of work on our board, and thank you Debbie Plybon and Chris Schwab for agreeing to be a part of our board. I also want to Thank Judge Ryan Morris for conducting the installation process.

Ronda Rex

Co. Extension Agent for Family & Consumer Sciences

Upcoming Dates to Remember

February 1—9 am—4 pm—The Embroidery Club will meet at the Extension Office.

February 7, 14, 21, 28—6:00-8:30 pm—Stitch & Lounge Beginning Sewing will meet at the Extension Office. See Enclosed Flyer

February 8—1:30 pm—The Basics of Chocolate—at the Extension Office. See Enclosed Flyer

February 13—9 am—4 pm—The Fun Time Quilters Club will meet at the Extension Office.

February 13—12 pm—The Back to Basics Homemakers will meet at the Extension Office

February 13—6:30 pm—The Napoleon Homemakers will meet at Zalla Lodge.

February 14—10:30 am—The Cross County Homemakers will meet at the Extension Office.

February 14—Happy Valentine's Day!

February 19—Presidents' Day



 **HAPPY VALENTINE'S DAY!** 

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

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Lexington, KY 40506

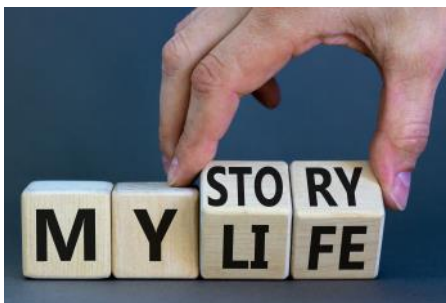


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Exercising the Brain through Life Story

A life story is an account of the series of events and experiences that make up our life and represent who we are. Our life story is important because it helps explain who we are, where we have been, how we got there, and even where and what we will be doing in the future. Life story also contributes to brain health, as the process of documenting and sharing life story is a form of brain exercise.

Start Writing Your Life Story Today! Create a list of 10 significant life events and experiences and think about the different key life domains into which these



experiences fall—family/friends, place/ home, education, work/ volunteer, recreation/leisure, spirituality, historical contexts, and health. Expand your list with additional

memories along the life domains. Look at old photos or memorabilia and talk to family and friends to help jog memories. Write about what your memories mean to you and how they make you feel. You may want to write about your family and the way that you see them, examine the good and bad in your life, or explore the role religion or a job has played. Organize your information into life chapters—childhood, adolescence, young adulthood, middle adulthood and old age. Share your story with others.

Source: Amy Hosier, *Family Sciences*; Brian Downer, Faika Zanjani, and John Watkins, *Graduate Center for Gerontology*

County Homemaker Officers and Chairs

Marie Allison	President
Louise Hiles	Vice President/President Elect
Sherri Broderick	Secretary
Ange Morris	Treasurer
Sandy Stockdill	Cultural Arts
Tina Wehrle	Environmental
Shirley Chipman	Food & Nutrition
Charlene Giles	4-H
Doris Knepper	Family Life
Mary Jane Day	Leadership Development
Bonnie Bond	International
Doris Sullivan	Management & Safety
Tina Wehrle	Past President

Cooking Through the Calendar

February-Everything Tuna Melts

Ingredients:

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

Directions:

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 bags 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

Nutrition facts per serving: 320 calories; 13g 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, Specialist, University of Kentucky Cooperative Extension Service

Homemaker Happenings



The Cross County Homemakers met in January at the Extension Office. Several members were missing as they are spending time in Florida! Hurry back! We miss you!



Above: Judge Executive, Ryan Morris, swearing in two new Extension District Board Members, Chris Schwab and Debbie Plybon.



Right: Ronda recognized outgoing District Board Member, Sallie Ingram Brooks. Thank you Sallie for your years of service on the District Board.



Several Homemakers had birthdays in January. Someone snuck in the office and decorated Cindy's desk for her birthday and Ronda was surprised with lunch at Hometown with co-workers. Happy birthday to all the Homemakers celebrating in January!

Be sure to send us your pictures of club activities! You can email those to Ronda at: rrex@uky.edu or Cindy at: cindy.sullivan@uky.edu



Stitch & Lounge

Beginner Sewing Series for ages 16 years and up

Gallatin County Extension Office
February 7th, 14th, 21st, 28th
6:00—8:30 p.m.

Materials you need to bring to the classes: sewing machine w/the manual, (if you do not have one, call Ronda Rex at the Extension Office), 3 yards of cotton, flannel, or fleece material (pre-washed). Elastic band, (1-inch wide, 2 yards)

Materials provided by the Extension Office: sewing supplies such as pins, thread, scissors, seam guides, etc., irons and ironing boards.

The Northern KY Area Master Clothing Volunteers will be at the Gallatin County Extension Office to teach basic sewing skills. Come join us and make your own pair of lounge pants.

Space is limited to 10. Registration is required by phoning the Gallatin County Extension Office at 859-567-5481.



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Lexington, KY 40506



Disabilities accommodated with prior notification.

The Basics of Chocolate



Cooperative Extension Service

Gallatin County

395 US Hwy. 42 West

PO Box 805

Warsaw, KY 41095-0805

(859) 567-5481

Fax: (859) 567-5432

Gallatin.ca.uky.edu



February 8, 2024

1:30 - 3:00 pm

Gallatin County Extension Office

Learn the basics of chocolate and take a taste test to see which kind you like best. Included in the lesson is information on tempering chocolate. Registration is required by calling (859) 567-5481. Space is limited! Call today!

Instructor: Christy Eastwood
Carroll County Extension Agent for Family & Consumer Sciences

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Presented by: Mark Viehmann

MEDICARE 101

THURSDAY, MARCH 7 - 1:00 PM—GALLATIN CO. EXTENSION OFFICE

An Education based class to discuss Medicare, drug plans, Medicare supplement plans, what coverage is like from an employer's perspective and what coverage is like from an employee's perspective.

This class is for you if...

- ◆ You are turning 65 within the next year or two
- ◆ Retiring within the next year or two
- ◆ Already retired and not confident with your current benefits

Call the Extension Office at (859) 567-5481 to register!

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DINNER

SATURDAY, FEBRUARY 10 - 5-7 pm

Gallatin Co. Exhibit Hall, Glencoe, KY (Fairgrounds)

Dinner includes...

- *Spaghetti*
- *Meat sauce*
- *Garlic or cheese bread*
- *Tossed salad*
- *Drink*

- \$30 for a family of four or
- \$10 per person
- 3 and under eat free

Photo Op Available

All proceeds go to 4-H Camp

Cash Only

Cooperative Extension Service

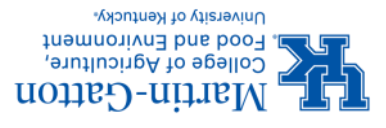
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