

Homemakers F&CS

FCS - EXTENSION HOMEMAKER NEWSLETTER



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

Gallatin County
395 US Hwy 42 West
PO Box 805
Warsaw, KY 41095
(859) 567-5481
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FEBRUARY 2025

Reflections with Ronda

Hello All,

I hope everyone made it through the bad weather. It has been an adventure; however, when thinking about weather in other parts of the country, we have a great deal for which to be thankful!

On February 7th will be the Vaping Class here at the Extension Office at 1:00 p.m. I challenge you to bring a friend or family member if possible. We will have Sherri Broderick from the Three Rivers Health Department here to present the class. (Flyer to the Class included in this newsletter)

On March 14th will be the Know Your Cell Phone Class at 100 p.m. Rick Sellnow, Area Digital Technology Agent will be teaching the class. You do not want to miss this! Rick will help us with those store apps and how we can better maneuver in these apps.

Medicare 101 Class will be held at the Extension Office on April 17th at 10:00 a.m. Mark Veihman will be here to explain the Medicare basics.

Please call the Extension Office to register for all classes.

Until next month, stay warm and safe!

Ronda Rex

Co. Extension Agent for Family & Consumer Sciences

Important Dates To Remember!

February 6: 9:00am-4:00pm—The Sit, Sew & Socialize Club will meet at the Extension Office

February 7: 1:00pm—The Truth About Vaping—Gallatin County Extension Office— See Enclosed Flyer

February 11: Fun Time Quilters—9:00am-4:00pm—will meet at the Extension Office

February 11: Back to Basics Homemakers—6:00pm—will meet at the Extension Office

February 11: Napoleon Homemakers—6:00pm—will meet at Zalla Lodge

February 12: 10:30am—The Cross County Homemakers—will meet at the Extension Office

February 15—Happy Valentine's Day!

March 14: 1:00pm—Know Your Cell Phone & Apps—Gallatin County Extension Office—See Enclosed Flyer

April 17: 10:00am—Medicare 101—See enclosed flyer



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Disabilities
accommodated
with prior notification.

2025 KEHA State Meeting

Meeting Room Block Open – Next year’s KEHA State Meeting will take place **May 6-8, 2025**, at the Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block!

Find details at <https://keha.ca.uky.edu/content/state-meeting-information>



2025 Homemaker Council Dates

April 14, 2025 at 11:30 a.m.

July 14, 2025 at 11:30 a.m.

October 13, 2025 at 11:30 a.m.

All meetings will be held at the Gallatin County Extension Office

Monthly Organizational Tips!

Upcycling things in your home to accomplish another need. For example, use a stand-up coat rack in your bedroom, a walk-in closet or bathroom to hang totes, purses, scarves or other hangable items.



An eyeglass case, hard or fabric can be used to keep phone or other chargers or ear buds.

Magazine file-type racks are good for organizing your canned foods (depending on the sizes of your rack and cans).

Hope these tips help!

Cooking Through the Calendar

February: Cauliflower Bites

Ingredients:

Nonstick Cooking Spray
1/2 cup all-purpose flour
1/2 cup water
1 tsp. garlic powder
3 Tbsp. Buffalo sauce
1 head cauliflower, cut into florets
1 Tbsp. butter, melted
1 Tbsp. olive oil

Directions:

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick cooking spray
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool running water before preparing.
4. In a large bowl, combine flour, water, garlic powder and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan, use two pans if needed. Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and oil.
8. Remove pan from the oven. Drizzle the butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Air Fryer Version

1. Follow steps 2-5 above
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings

Cost per recipe: \$ 3.87

Serving Size: 1/2 cup bites

Cost per serving: \$.48

Nutrition facts per serving: 100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium.

Source: Jacqui Denegri, Fayette County NEP Assistant Senior, University of Kentucky Cooperative Extension



Homemaker Happenings

(Right) Members of the Back to Basics Homemakers enjoyed a day seeing the “Festival of Trees” at Lanthier Winery in Madison, Indiana during December.



Ronda conducted a Crafting Calm series of classes from October through December at the Senior Center teaching different crafting activities. Members had the opportunity to make Old-Time Santas, Clay Snowmen, Necklaces, punch needle embroidery, paint by number, beading and worry stones. The classes were enjoyed by all who participated.



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

Don't Get Caught in the Cold! Create a Vehicle Emergency Kit

Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.

Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:



- Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)
- Blankets
- Ice/snow scraper
- Bottled water
- Shelf-stable snacks (choose high protein foods to provide energy)
- Flashlight

- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

During the winter months, always keep your gas tank full.

- Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.
- Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Keep your vehicle(s) and home safer this winter season with these helpful tips.

Contact Gallatin County Extension Office at (859) 567-5481 for more information on preparing for severe weather or other natural disasters.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment

THE TRUTH

 Cooperative Extension Service

ABOUT VAPING



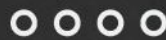
As we age, it's important to stay informed about products that could impact our health. Vaping, or the use of e-cigarettes, has become increasingly popular in recent years. This class provides key facts to help you understand vaping and make informed choices about your health and the health of your loved ones.

GUEST SPEAKER: SHERRI BRODERICK, THREE RIVERS COMMUNITY HEALTH EDUCATOR

FEBRUARY 7, 2025

1:00 PM

GALLATIN COUNTY EXTENSION OFFICE
395 US HWY 42 W, WARSAW, KY 41095



CALL (859) 567-5481 TO REGISTER

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Disabilities accommodated with prior notification.



SPAGHETTI DINNER



Saturday, February 8, 2025

5:00 PM-7:00PM

**Gallatin County Extension Office
395 US Hwy 42 W, Warsaw, KY**

Dinner Includes:

- Spaghetti
- Meat sauce
- Garlic or Cheese Bread
- Tossed Salad and Dressing
- Drink



\$30 for a family of four

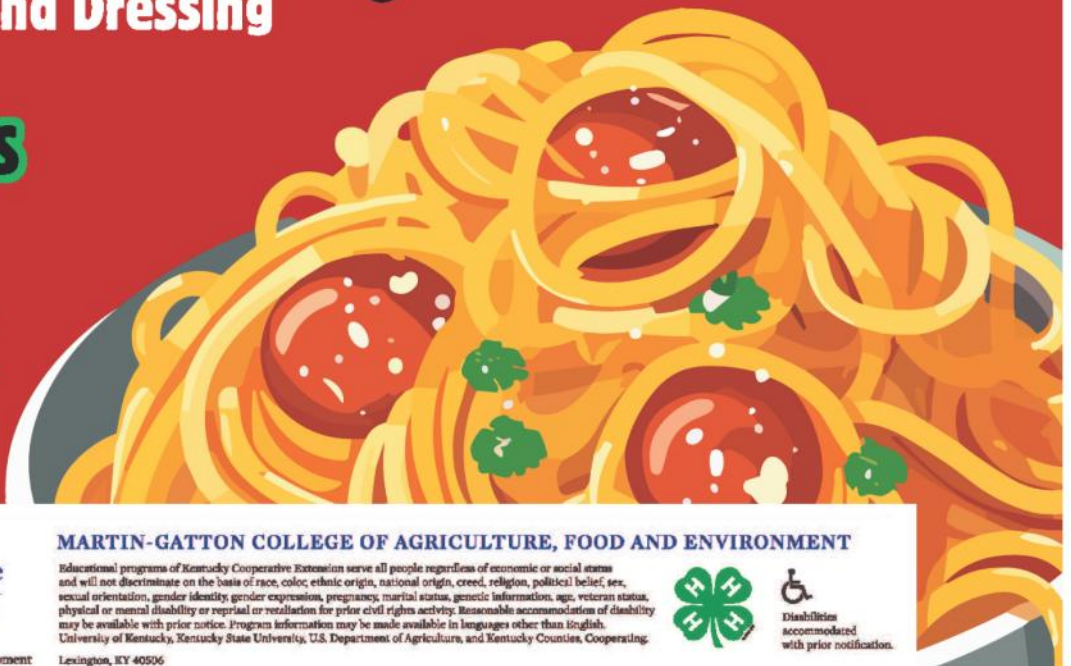
OR

\$10 per person

3 and under eat free

**ALL PROCEEDS
GO TO
GALLATIN
COUNTY 4-H**

**Questions?
Call (859) 567-5481**



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KNOW YOUR

CELL PHONE & APPS

Come join us for this informative class about how to use your cell phone to your advantage. The class will also focus on how to use some necessary apps and recognize fraudulent calls and texts.

CALL TO REGISTER

(859)567-5481

March 14, 2025

1:00 PM

**Gallatin County Extension
395 US Hwy 42 W
Warsaw, KY 41095**

**Guest Speaker:
Rick Sellnow, Digital
/Technology
Literacy Extension
Agent**

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Presented by: Mark Viehmann

MEDICARE 101

THURSDAY, APRIL 17 - 10:00 AM—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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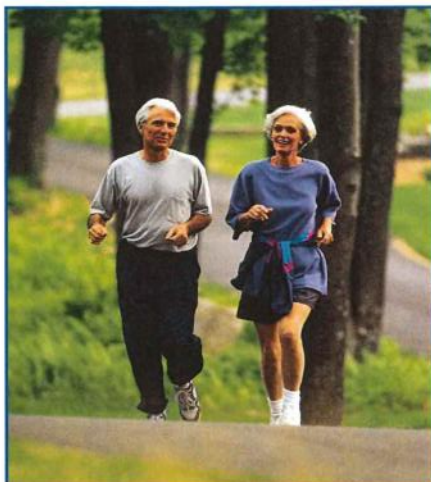


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Stand Up to Falling

Physical Activity, Exercise and Fall Prevention

Amy F. Hosier, Family Life Specialist, Department of Family Studies



Physical inactivity leads to muscle weakness and loss, and has a negative effect on flexibility and balance, increasing a person's risk of falling. To significantly minimize the chances of falling, **strength, balance, and flexibility** must be increased. This increase can be accomplished through ordinary physical activity (daily activities that involve movement, such as housework, gardening, walking, and climbing stairs) and exercise (planned activity performed for the purpose of obtaining fitness and health benefits, such as swimming, cycling, golfing, and working out at a health club).

Talk to your physician before starting an exercise program. But also talk to your doctor if you avoid activity and exercise because you fear you will fall. Your physician can work with you or recommend a physical therapist who can help you create an exercise program designed especially for you. A physical therapist can also use techniques such as electrical stimulation, massage, or ultrasound to help improve flexibility and reduce fall risks. Physicians can also help you if falling is related to a medical condition, medications, or a balance disorder.

Start slowly, set realistic goals, and listen to your body. If 10 to 30 seconds or 3 to 5 repetitions is too challenging, perform as many repetitions or hold for as long as you feel comfortable. Work your way toward more.

Regardless of the exercise you choose, your physical activity should match your needs and abilities. Some people can walk three miles without thinking twice about it, but others may be able to only walk down the hall and back. At whatever level you begin, a fall prevention program should include an appropriate exercise plan that addresses strength, balance, and flexibility. The Mayo Clinic recommends walking, water workouts, and tai chi; your routine may be as simple as walking, using hand weights, and stretching to music.

Strength

Decreased muscle strength is associated with increased risk of falling. Because gradual muscle loss is a natural part of the aging process, physical activity and exercise habits that improve strength are

Falling Facts

The risk of falling and of being seriously injured in a fall increases with age, but older adults (65+) are not falling because they are old. Some older adults may be at increased risk of falling because of a neurological disorder or a disease that causes trouble with walking, posture, and balance. Others may fall because of a number of preventable risk factors including

- Lack of exercise
- Unsafe home environments
- Vision problems
- Lack of balance
- Medication usage

By addressing such risk factors, a person can lower his/her chance of falling or prevent a fall from occurring.

In a given year, one in three older adults can expect to fall. Falls are the leading cause of injury and injury-related death among older adults. Falls are also the leading cause of nonfatal injuries and hospital admissions for trauma among older adults. Men age 65 and older are more likely to die from a fall; older women are more likely to experience a nonfatal fall injury, such as a hip fracture. Regardless of gender, after the age of 60, both the incidence of falling and the severity of fall-related complications increase. Such falls among seniors jeopardize health and independence.

The Kentucky Injury Prevention and Research Center (KIPRC) reports that older patients who are hospitalized for falling are six times more likely than younger patients to be discharged into a nursing home for intermediate or long-term care.

important. According to the Fall Prevention Institute, 30 to 40 percent of muscle mass is lost by age 65, and by age 70 or 80, the average loss of muscle strength in the upper thigh muscles is about 20 to 40 percent. Such muscle loss can create potential problems for people trying to stand or walk without falling. In addition, those who have experienced a fall or feel weak or unsteady on their feet might stop or decrease physical activity and exercise in order to feel safer. Disuse, however, can cause more harm than good, as muscle and tissue loss affect the muscle's ability to function properly.

The good news: It is never too late and you are never too old to begin strength training. Even though muscle mass decreases with age, research has demonstrated that older adults, even those 85 years old and older, who strength train are able to increase muscle mass and strength. In older adults, increased strength, especially in the leg muscles, often results in greater levels of independence and improvements in the ability to walk and carry out daily living activities. Strength training helps with muscle tone and balance, and it aids mobility, all of which help reduce the risk of falling.



Leg straightening strengthens your thighs.

- Sit in a sturdy chair with your back supported by the chair. (For added comfort behind the leg, you may choose to put a rolled bath towel at the edge of the chair, under your thighs.) Breathe in slowly.
- Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee.
- Flex foot to point toes toward the ceiling. Hold position for 1 second.
- Breathe in as you slowly lower leg back down.
- Repeat 10 to 15 times, then switch to the other leg.
- Perform two sets of 10 to 15 repetitions on each leg.

Balance

Poor balance is an important predictor of falling. Our muscles are continually making slight movements to help our body maintain a balanced position. Muscle strength, vision, and sensation are essential to good balance. Weak leg muscles, poor vision, and slow reaction time decrease an older adult's balance and increase the risk of falling. Medical complications, medications, and

various balance disorders—dizziness, vertigo, problems with equilibrium—also affect some older adults. When balance becomes impaired, older adults are more likely to experience general postural unsteadiness and falls.

The good news: Just as we can train our bodies to improve strength, we can train our bodies for better balance to prevent falls. Good balance facilitates independent daily activity and increases quality of life. Many exercises that help to improve balance can be done anytime and anywhere.



Good balance begins with good posture.

- Hold head erect with chin parallel to floor.
- Keep shoulders level.
- Point knee caps and ankles straight ahead.
- Slightly elevate your chest with a straight upper back.
- Practice good posture while sitting, standing, and moving.



Stand on one foot to improve balance.

- Stand on one foot behind a sturdy chair, holding on for balance.
- Hold position for up to 10 seconds.
- Repeat 10 to 15 times, then switch to the other leg.
- Perform two sets of 10 to 15 repetitions on each leg.

Flexibility

Aging can affect a person's ability to be flexible. Flexibility is important because it helps prevent muscle tension and allows muscles to move smoothly, and keeps the body protected from injury, including falls. Cartilage—the tough, flexible connective tissue found in many joints—helps support the bones and allows the joints to move. With age, the cartilage in the joints becomes rough, especially in the joint areas that receive the most stress, such as the hips and knees. Stiffness, soreness, or the natural aging of the skeletal system can force a change in posture to accommodate the aches and pains. Poor posture can lead to tight muscles, impaired balance, and inflexibility.

The good news: Stretching is an easy way to keep the body

flexible. Although it is often the most overlooked part of an exercise routine, stretching can improve your performance and reduce your risk of falling and injury, so don't overlook it. Stretching can reduce muscle soreness and lower back pain, increase blood and nutrients to the tissues, improve your coordination, and reduce stress. The flexibility you develop will help you enjoy exercise more.



Back stretch helps you develop a flexible back.

- Sit up toward the front of a sturdy chair. (A chair with armrests works well too.) Stay as straight as possible. Keep your feet flat on the floor, shoulder-width apart.
- Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and reach toward the back of the chair. If you can reach the back of the chair, you may use that to hold onto. Place your right hand on the outside of your left thigh. Twist farther, if possible.
- Hold the position for 10 to 30 seconds.
- Slowly return to face forward.
- Repeat on the right side.
- Perform at least 3 to 5 more repetitions in each direction.



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