

July, 2024

 Cooperative
Extension Service

Family & Consumer Sciences July Newsletter

Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 • 270-298-7441

Upcoming Events /Meetings to Remember!

- A **Nutrition Facts** class will be held at 10 a.m. July 2 at the Extension Office. Call the office to hold your spot!
- The Ohio County Homemakers Annual Picnic will be held on July 9 at the Extension Office. Registration will begin at 5:30 p.m. and the meeting will begin at 6 p.m. Please call the office to RSVP so we will know how much food to provide!
- **Crafters Clan** will meet at 5 p.m. July 16 at the Extension Office. Call the office to hold your spot! We will NOT meet in August or September!
- A CPR Training Session will be held at 5:30 p.m. July 17 at the McLean County Extension Office. Call 270-273-3690 to register before July 12.
- An **Air Plant Terrarium class** will be held at 2 p.m. July 25 at the Extension Office. You must call to hold your spot due to limited supplies!
- Basil, Cilantro & Chives, Oh My!-Part Two, How to Dry will be held at 10 a.m. July 30 at the Extension Office. Call to hold your spot.
- **Homemaker Council** will meet at 9:30 a.m. Aug. 7 at the Extension Office. Watch for more information in the next newsletter.
- The Ohio County Homemakers 92nd Annual Day will be held at 10 a.m. Aug. 20 at the Extension Office. Please call the office to RSVP so we have enough food!



Nan Montgomery

Nan Montgomery

Extension Agent, Family & Consumer Sciences

Brandy Garcia

Program Assistant, Family & Consumer Sciences



We need your help!

Ohio County Homemakers are hosting the 2024 Green River Annual Day on September 24! We need your help to crochet or knit dish cloths to put on the tables as favors for our guests that day! We will need 80, maybe more! Cotton yarn can be picked up at the Extension office. For more information, call Nan or Brandy, 270-298-7441!

**Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemaker Happenings



Beda

President Regina Hudson
270-298-3680
Meets second Thursday, 9:30 a.m.

Fordsville

President Cathy Green
270-256-4082
Meets second Tuesday, 10 a.m.,
Jack & Joan Edge's Community Room

Liberty Belles

President Norma Barrett
270-256-8044
Meets second Tuesday, 10 a.m.,
Liberty Church in Beaver Dam

Taylorstown

President Marsha Young
270-274-2633
Meets third Thursday, 10 a.m.

Specialty Club: Roadrunners

President Brenda Renfrow
270-298-4460

Specialty Club: Crafters Clan

Meets third Tuesday, 5 p.m.
Ohio County Extension Office



A July 4th crafting class was held June 14 at the Extension Office. Those who attended made faux tile stars decorated for the Fourth of July. Watch your newsletter and the Facebook page for upcoming classes!



Members of the Crafters Clan specialty Homemakers club made jewelry during their monthly meeting on June 18 at the Extension Office. It was so much fun to see everyone's creative pieces! The next meeting will be held at 5 p.m. on July 16. For more information, call the office at 270-298-7441.



Plan Ahead. Eat Well. Get Moving.

The Kentucky Nutrition Education Program (KYNEP) encompasses two USDA programs: The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program (SNAP-Ed). Both programs are administered by the UK Cooperative Extension Service in order to show limited resource families with young children and SNAP eligible individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behavior necessary to have a healthy lifestyle.

Looking for new recipe ideas?
Check out <https://www.planeatmove.com/>



Creamy Avocado Cucumber Salad

- | | | |
|--------------------------------|------------------------------------|---------------------------------------|
| 1 ½ cups diced cucumber | 1 cup diced yellow pepper | 2 tablespoons balsamic vinegar |
| 1 teaspoon dried basil | 1 cup chopped fresh parsley | 1 tablespoon fresh lemon juice |
| 1 cup diced tomato | 1 cup chopped fresh mint | 1 cup diced avocado |
| 1 cup diced sweet onion | 1 tablespoon olive oil | Salt and pepper, to taste |

Wash fresh ingredients. **Remove** cucumber ends and peel if skin is tough or bitter. **Slice** lengthwise, **remove** large seeds, if needed, and finely **dice**. **Place** diced cucumber in a colander over a bowl, **sprinkle** evenly with basil, **stir** and let **stand** 15 minutes. Finely **dice** and **chop** tomato, onion, avocado, yellow pepper, parsley, and mint. **Place** in a large bowl and **add** cucumber.

Drizzle with olive oil, balsamic vinegar, and lemon juice. **Toss**, **add** salt and pepper to taste, and **serve**.

Yield: 8, 1-cup servings

Nutritional Analysis:
70 calories, 3.5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 10 mg sodium, 9 g carbohydrates, 3 g fiber, 2 g protein, 3 g sugars, 0 g added sugars.



Basil, Cilantro & Chives, Oh My! Part Two - How to Dry!

Learn how to dry various types of herbs, how to incorporate them into your favorite dishes, and enhance flavor while cooking!



10:00 a.m. ~ July 30th

Ohio County Extension Office

1337 Clay St, Hartford
(building on the hill)

You MUST register by calling the Ohio County Extension Office at 270-298-7441.

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



OHIO COUNTY HOMEMAKERS

ANNUAL PICNIC

REGISTRATION BEGINS 5:30 PM
MEETING BEGINS 6 P.M.

FOOD, SILENT AUCTION & FUN!
ENTERTAINMENT PROVIDED BY
TRACE CROWE!
WEAR SOMETHING PATRIOTIC!



OHIO CO. EXTENSION OFFICE
1337 CLAY ST., HARTFORD

JULY 9, 2024

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OHIO COUNTY HOMEMAKERS

92nd Annual Day

Planting Seeds for Future Homemakers

AUGUST 20, 2024
10 A.M. REGISTRATION
10:30 A.M. MEETING

Ohio County Extension Office
1337 Clay Street, Hartford

PLEASE RSVP TO THE OFFICE AT 270.298.7441 SO WE KNOW HOW MANY TO EXPECT! SILENT AUCTION ITEMS MAY BE BROUGHT THE DAY OF THE EVENT!

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UK Martin-Gatton
College of Agriculture,
Food and Environment

AIR PLANT TERRARIUM WORKSHOP

LEARN HOW TO CREATE A MINIATURE GARDEN OASIS TO TAKE HOME! EVERYTHING IS PROVIDED!

JULY 25, 2024 | 2 PM
OHIO CO. EXTENSION OFFICE, 1337 CLAY ST., HARTFORD (BUILDING ON THE HILL)

LIMITED SPOTS AVAILABLE! CALL THE OFFICE TODAY AT 270.298.7441 TO HOLD YOUR SPOT!

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The Tea Party membership drive scheduled for Aug. 23 has been canceled. We will share details if and when it is rescheduled.

Wits Workout promotes brain health in older adults

Our brains control essential executive functions, such as speaking, thinking, learning, making sound decisions, and remembering. In addition to physical exercise, getting at least seven to eight hours of quality sleep and eating a heart-healthy diet improves brain fitness for maintaining long-term cognitive health in older adults. University of Illinois Extension developed Wits Workout based on brain health and aging research. Try the Wits Workout below and watch for the answers in next month's newsletter!



Do You Know the Musical Number?

COOL DOWN Fill in the lyrics with the missing numbers.

1. "Oh, what a night, late December back in _____"
2. "Workin' _____ to _____ what a way to make a livin'"
3. "Say say two thousand zero zero party over, oops out of time, so tonight I'm gonna party like it's _____"
4. "She looked at my palm and she made a magic sign she said, 'what you need is love potion number _____'"
5. "Will you still need me, will you still feed me, when I'm _____"
6. "_____ coins in the fountain, each one seeking happiness"
7. "Sitting cross-legged on the floor, _____ or _____ to _____"
8. "Hey fifteen, there's never a wish better than this, when you only got _____ years to live"
9. "You load _____ tons, what do you get? Another year older and deeper in debt"
10. "Knock _____ times on the ceiling if you want me, twice on the pipes if the answer is no"
11. "I got my first real _____ string, bought it at the _____ and dime, played it 'til my fingers bled, was the summer of _____"
12. "So I repeat myself, at the risk of being cruel, there must be _____ ways to leave your lover"
13. "Hold me, love me, hold me, love me, ain't got nothing but love babe, _____ days a week"
14. "Floating in the summer sky, _____ red balloons go by"
15. "If you ever plan to motor west, travel my way, take the highway that is best, Get your kicks on Route _____"



Follow us online!

Classes are listed on our county website and our Facebook page!

<https://ohio.ca.uky.edu/>



<https://www.facebook.com/OCExtensionService>

Listen to the UK Family & Consumer Sciences podcast at <https://ukfcsext.podbean.com/>

2024-2025 Homemaker Lessons

Trainings will be given at the Daviess County and Henderson County Cooperative Extension Offices.

10:00 a.m. Lesson Training

September Lesson ALL ABOUT SUCCULENTS

Aug. 20 (Daviess) Aug. 21 (Henderson)
Learn why succulents are popular houseplants. Learn the different families and varieties, as well as requirements for growing them successfully.

★ Miscellaneous

11:00 a.m. Lesson Training

October Lesson INDOOR AIR QUALITY

Aug. 20 (Daviess) Aug. 21 (Henderson)
Raise awareness & knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health & steps for improvement. Presented by Hardin Stevens, UK

★ Environment, Housing & Energy

November Lesson COMPOSITION PHOTOGRAPHY

Oct. 15 (Daviess) Oct. 16 (Henderson)
Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

★ Cultural Arts & Heritage

January Lesson TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Oct. 15 (Daviess) Oct. 16 (Henderson)
Learn how clutter and disorganization can negatively affect productivity. You will gain ideas for better ways to organize your time and workspace.

★ Management & Safety

February Lesson CREATING WELCOMING COMMUNITIES

Jan. 21 (Daviess) Jan. 22 (Henderson)
Become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of ourselves and others, and gain an understanding of oppressive experiences and their effects.

★ International

March Lesson HOW TO GET OUT OF A MEALTIME RUT

Jan. 21 (Daviess) Jan. 22 (Henderson)
Share creative strategies that can be used to overcome mealtime ruts. Find out why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas and identify ways to reduce barriers related to preparing meals at home.

★ Food, Nutrition & Health

April Lesson COMMUNICATION ESSENTIALS FOR GOOD IMPRESSIONS

March 18 (Daviess) March 19 (Henderson)
Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.

★ Leadership Development

May Lesson STRONG BONES FOR LIFE: PREVENT OSTEOPOROSIS

March 18 (Daviess) March 19 (Henderson)
Examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It's never too early or too late to make bone health a priority.

★ Family & Individual Development

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