

# FAMILY AND CONSUMER SCIENCES

## FRANKLIN COUNTY COOPERATIVE EXTENSION APRIL 2023 NEWSLETTER



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Franklin County  
101 Lakeview Court  
Frankfort, KY 40601-8750  
(502) 695-9035  
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franklin.ca.uky.edu



### Preparing for Tax Season Is Half the Battle

Source: Nichole Huff, extension specialist for family resource management

Now is the time when we start thinking about filing our income taxes. Even though it's an annual event, it can cause anxiety for many. By preparing now, you can ease the process for yourself or your tax preparer.

Begin by gathering the necessary forms including your social security number and that of your spouse if filing jointly, plus the numbers of any dependents. In addition to W-2 forms, you want to include information about any taxable interest you earned from savings accounts, stocks, mutual funds and virtual currency transactions. You will need to gather other 1099 forms from any earned compensation, including unemployment compensation, pension distributions, annuity or retirement plans or contract employment.

Additionally, have a copy of last year's federal and state tax returns accessible, and your bank account and routing number to receive any refunds by direct deposit. Depending on your circumstances, you may need to include Form 1095-A, Health Insurance Marketplace Statement.

*(Continued on pg. 2)*

#### IN THIS ISSUE

<b>PREPARING FOR TAX SEASON IS HALF THE BATTLE .....</b>	<b>1-2</b>
<b>AARP TAX AIDE .....</b>	<b>2</b>
<b>A MESSAGE FROM THE FCS AGENT &amp; FC HOMEMAKER PRESIDENT .....</b>	<b>3</b>
<b>MARK YOUR CALENDARS.....</b>	<b>3</b>
<b>APRIL IS CESAREAN AWARENESS MONTH .....</b>	<b>4-5</b>
<b>HAPPINESS FOR HEALTH AND WELL-BEING .....</b>	<b>6-7</b>
<b>BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER ...</b>	<b>8-9</b>
<b>REDUCE STRESS THROUGH MINDFULNESS .....</b>	<b>10</b>
<b>2023 CULTURAL ARTS WINNERS .....</b>	<b>11</b>
<b>FRANKLIN COUNTY HOMEMAKERS 2023 SCHOLARSHIP.....</b>	<b>12</b>
<b>FRANKLIN CO. HOMEMAKERS 90TH ANNUAL MEETING REGISTRATION.....</b>	<b>13</b>
<b>UPCOMING EVENTS.....</b>	<b>14-19</b>
<b>STRAWBERRY GREEN TEA/COUNTRY HAM AND BROCCOLI GRITS.....</b>	<b>20</b>

***(Continued from pg. 1, Preparing For Tax Season Is Half The Battle)***

One of the largest deductions many people can claim is mortgage interest. If you have a mortgage, you should have a 1098 form from your lender specifying how much interest you paid in the last year. Mortgage interest and points paid for a 2022 home purchase in 2022 are tax deductible if you itemize.

If you expect a refund, different factors may impact it when you receive your return. The IRS issues most refunds within 21 days, however, the IRS cautions taxpayers not to rely on receiving a refund by a certain date. Returns that require additional review can take longer, especially considering the record number of identity theft and refund fraud claims brought about by the pandemic.

To receive your refund quickly, electronically file your taxes as early as possible and choose the direct deposit option.

If you owe the IRS money this year, you may want to consider changing your withholding status with your employer moving forward. This will allow the employer to withhold more money from your check throughout the year, so you're not hit with a big payment next year.

For general information on filing taxes this year, visit <https://www.irs.gov/newsroom/tax-time-guide-things-to-consider-when-filing-a-2022-tax-return>.

If you have questions about whether certain tax laws apply to your individual circumstances, consider using the IRS Interactive Tax Assistant tool at <https://www.irs.gov/help/ita>. This free online tool can help you determine if you need to file a tax return, your filing status, if you can claim a dependent, if your income is taxable, tax credit eligibility, or if you can deduct certain expenses.

To get more information on family financial topics, contact the Franklin County office of the University of Kentucky Cooperative Extension Service.



**Be sure to follow our Facebook page for all the up-to-date information and articles.**



@FranklinCountyKyCooperativeExtension



**Tax Aides Prepare 2022 Income Tax**

**WHEN: Tuesdays, Feb 7—April 11**

**WHERE: Paul Sawyer Public Library**

**HOW: BY APPOINTMENT ONLY**

On January 23 or after, between 9 am and 6 pm: Call 502-783-7035 on Monday, Wednesday, or Thursday to schedule an appointment.

1. Leave your name and phone number; your call will be returned in the order tax aides receive it.
2. After tax aides have scheduled your appointment, and in advance of your appointment, you will pick up a packet at the library so you can complete the paperwork prior to your appointment.



Carla A. Carter

### From the Desk of Your FCS Agent

The pages of my monthly calendar keep on turning, April is here. Do April showers bring May flowers? I hope so. I have enjoyed a few days away from the office with a stay-cation spending time with my family.

I ask that you keep the family and friends of Barbara Butler, former member of Ridgeview Homemakers in your prayers. A memorial service in her honor will be held at LeCompte-Johnson-Taylor Funeral Home on April 29<sup>th</sup> at 10AM.

Congratulations to our County Cultural Arts Winners! You guys are the best. I put out a plea and you did above and beyond.

Thank you to our staff, Emma and Julie, who keep things running smoothly while agents are away.

May each and everyone of you have a wonderful Easter holiday!



## Mark Your CALENDAR

April 18<sup>th</sup> - Area Cultural Arts (**Reception in evening**)

April 28<sup>th</sup>, 10 AM - Leader Lesson "Living with Loss"

April 21<sup>st</sup>, 2-4PM - Healthy Aging Workshop at First Baptist Church, 100 Clinton St., Frankfort

April 25<sup>th</sup>, 10AM - AARP Driver Safety Course, 101 Lakeview Court, Frankfort

May 9-11<sup>th</sup> – KEHA State Meeting – Crowne Plaza, Louisville

July 17<sup>th</sup>-22<sup>nd</sup> - Franklin County Fair, Lakeview Park

### From your FC Homemaker President, Denise Boebinger

I am so proud of our homemakers! We had 25 entries into our County Cultural Arts Fair. There was cross stitch, quilting, paintings, crochet, wreaths and many more entries. Twenty entries will be going on to the Ft. Harrod Area Cultural Arts this month.

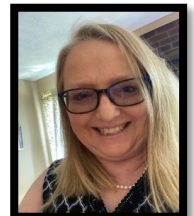
I was excited to see our Quilt Guild were planning on making bags for the Beads of Courage on their Saturday Sew Day. My granddaughter, Molly is enrolled in this program through the UK Hospital. I brought Molly to meet our wonderful ladies while they were sewing the bags. She and her mother spoke about her beads and what medical procedures she has been through to earn the beads. Molly enjoyed going around to each guild member helping put together a bag. Ladies, she has already asked when she can come sew again! I'm sure she will have a great time telling her nurses about her sewing day on her next trip to UK.

Let's Take a Hike with KEHA! State Meeting is May 9-11<sup>th</sup>. If you are planning on attending, get your registration in soon. Classes are filling up quickly. We have two rooms reserved so let me or Carla know if you're going and would like to room with the Franklin County delegation.

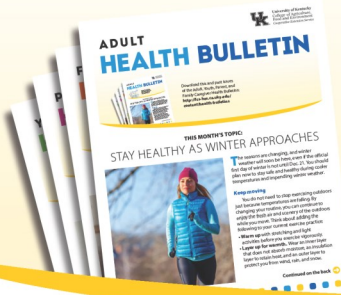
Plans for the 90<sup>th</sup> Annual Meeting are coming along nicely. The meeting is Monday, May 22<sup>nd</sup>. Please put it on your calendar. Look for registration details in the newsletter and on Facebook. I hope to see everyone there to celebrate 90 years of Homemakers in Franklin County!

Blessings!

Denise



# ADULT HEALTH BULLETIN



**APRIL 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>

Franklin County Cooperative Extension Office  
101 Lakeview Court  
Frankfort, KY 40601  
(502) 695-9035  
franklin.ca.uky.edu

**THIS MONTH'S TOPIC:**

## APRIL IS CESAREAN AWARENESS MONTH



**E**very April, the International Cesarean Awareness Network, supported by the World Health Organization, recognizes Cesarean Awareness Month. Cesarean section, C-section, or Cesarean birth, is the surgical delivery of a baby through a cut (incision) made in the mother's abdomen and uterus.

Cesarean Awareness Month aims to raise awareness and educate people about cesareans in two ways: it wants a reduction in the number of cesareans in mothers who do not really need or who will not benefit from this procedure, and it wants to raise awareness of the need for cesareans in certain circumstances to decrease the risks to either mother or baby.

**For example, a mother may need a cesarean section when:**

- A baby is in a feet-first position (breech position),
- The mother has gone into premature labor,

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

***Even if you do not plan to have a C-section, knowing what to expect can help you prepare in case your situation changes.***



→ **Continued from the previous page**

- The labor does not progress in a normal manner,
- There is a viral infection (such as hepatitis C or HIV),
- The mother has placenta previa, a condition in which the placenta is low lying and covers part or all of the entrance to the womb, or
- Health-care providers have recommended a Cesarean delivery for other reasons.

Over time, the rate of cesareans in the United States has risen significantly. Currently, about 1 in 3 births are cesareans. Cesarean deliveries also come with risks, because they are an invasive abdominal surgery. For this reason, major health organizations discourage elective cesarean deliveries as they can lead to complications such as infections and blood clots.

The Healthy People 2030 Report identified 22 measures to prevent pregnancy complications and maternal deaths and improve women's health before, during, and after pregnancy. One

identified measure is to reduce cesarean births among low-risk women with no prior births.

If you are pregnant, it is important to talk to your health-care provider about birthing options, and the benefits and risks of each of your choices, including a cesarean delivery. The potential need for a first-time C-section may not be clear until after labor starts, so even if you do not plan to have a cesarean, knowing what to expect during and after a C-section can help you prepare in case your situation changes.

**REFERENCES:**

- <https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/reduce-cesarean-births-among-low-risk-women-no-prior-births-mich-06>
- <https://www.mayoclinic.org/tests-procedures/c-section/about/pac-20393655>

**ADULT**  
**HEALTH BULLETIN**

**Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

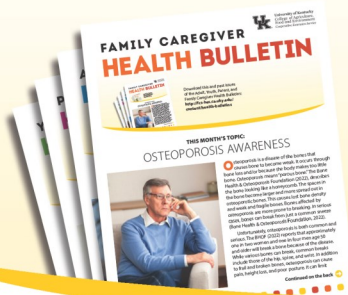
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# FAMILY CAREGIVER HEALTH BULLETIN



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## THIS MONTH'S TOPIC:

# HAPPINESS FOR HEALTH AND WELL-BEING



**H**appiness can help you feel better and improve your health according to researchers at the Harvard Medical School. Their research demonstrates that positive emotions can help people live healthier and longer lives.

Many factors influence happiness including your genetic makeup, life circumstances, achievements, social connections, and relationships. But a lot of happiness comes down to personal control. For example, people tend to be happier when they set and meet goals, maintain meaningful relationships, find purpose, engage in challenging activities, and indulge in life's pleasures.

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LEXINGTON, KY 40546



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## *It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health.*

### → Continued from the previous page

Even if you do not consider yourself particularly happy, research suggests that most people can increase their happiness. A study, printed in the June 2019 Psychological Bulletin, reported that something as simple as smiling makes people feel happy.

### Happy people may live healthier and longer lives for a list of reasons:

- Happiness improves heart health.
- Happy people are more likely to engage in better exercise, sleep, and nutrition.
- Happy people are less likely to smoke and abuse alcohol and drugs.
- Happy people have stronger immune systems.
- Happiness combats stress.
- Happiness is associated with improvements in short- and long-term disease and disability.
- Happy people have better attitudes and outlooks.
- Happy people are more productive.
- Happy people are more likely to be successful.
- Happy people have a lower risk of depression.
- Happy people smile more.

It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health. Researchers at the University of Pennsylvania found that happiness and life satisfaction come from focusing on things that make you happy, being fully engaged in activities that trigger pleasurable emotions, and by deliberate intentions to do good.

### Other ways to boost happiness, according to Harvard Health include:

- Look for meaningful social connections and emotional stimulation.
- Perform acts of kindness.
- Volunteer.
- Invest in experiences.
- Pick up hobbies and activities you enjoyed as a kid.
- Be grateful for big and little things.
- Take time to smell the roses.
- Add variety to your day or break up your routine.

### Blue Zones True Happiness Test

Dan Buettner, author of the book *The Blue Zones*, has worked with experts in the field of positive psychology to help evaluate true happiness. Dan believes that tracking your happiness helps you stay focused on your well-being.

To take the Blue Zones True Happiness Test, go to: <https://apps.bluezones.com/en/happiness> or follow the QR code on the right.



You will receive personalized results and learn more ways to improve your environment to maximize happiness.

- Minimize your decision-making and choice burden (limit options, set time limits for making choices, don't second guess).
- Embrace nature.
- Be with happy people.

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- Harvard Health. (2012). The Happiness-Health Connection. Retrieved February 28, 2023 from <https://www.health.harvard.edu/healthbeat/the-happiness-health-connection>
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### FAMILY CAREGIVER HEALTH BULLETIN

**Written by:** Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 4

Franklin County Cooperative Extension Office | 101 Lakeview Court | Frankfort, KY | 40601 | (502) 695-9035

## BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

### SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



### DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.

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LEXINGTON, KY 40546



Disabilities  
accommodated  
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## CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



### DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

### BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

### REFERENCES:

<https://www.fema.gov/disaster/recover/volunteer-donate>

Huff, N. (2023). *Financial Management After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FRM-IFD.002. [https://fcs-hes.ca.uky.edu/files/frm-ifd.002\\_financesafterdisaster.pdf](https://fcs-hes.ca.uky.edu/files/frm-ifd.002_financesafterdisaster.pdf)

Norman-Burgdolf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FN-IFD.002. [https://fcs-hes.ca.uky.edu/files/fn-ifd.002\\_foodwaterafterdisaster.pdf](https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf)

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## Reduce Stress Through Mindfulness

Source: Kerri Ashurst, senior extension specialist and Janet Mullins, extension professor

Many stressful factors plague us on a constant basis. COVID-19, social media, 24/7 news alerts and demands from work and home help to create a world full of noise and chaos. Sometimes, we can get caught up in these stressors or events and allow them to take control over our lives and reduce our quality of life. Next time you are faced with a particularly tense encounter or situation, try using mindfulness to reduce your stress and return your focus to what is important to you.











Mindfulness requires you to purposely pay attention to what is happening in the present moment. The most common method is to focus on deep breathing and clearing your mind of thoughts. You can also focus on your physical self, your surroundings or your movements as you do a normal daily activity such as walking. Mindfulness helps you re-center, reduces external distractions and allows you to evaluate yourself and your reactions to life's stressors.

Mindfulness-based stress reduction has been around since the 1970s, and numerous scientific studies have shown it is effective to reduce stress and may offer other positive benefits including decreased anxiety and depression. Some studies have shown mindful eating can also be a great tool for weight management.

You can practice mindfulness any time or any place, as long as you turn your focus inward and allow distractions to fade away. For more information on mindfulness, contact the Franklin Extension office.



## 2022-2023 Cultural Arts Exhibit- *Winners*

Name	Description of Item	Category/Subcategory	Place
Debi Newman	Skirt	1. Apparel, c. Basic Sewing	
Denise Boebinger	Gnome	4. Art, Recycled, c. Other	
Beth Gallagher Henninger	Basket Pink/Blue	5. Basketry, b. Dyed	
Leah Tupts	Framed Counted Cross Stitch-14	8. Counted Cross Stitch, a. 14 count	
Betsy Kennedy	Scarf	9. Crochet, a. accessories	
Betsy Kennedy	Duster/Sweater	9. Crochet, b. Fashion	
Betsy Kennedy	Sweater	9. Crochet, b. Fashion	
Betsy Kennedy	Poncho	9. Crochet, b. Fashion	
Betty Acker	Embroidery Book	12. Embroidery, i. Miscellaneous	
Betsy Kennedy	Pumpkin	13. Felting, a. Needle	
Betsy Kennedy	Gnome	13. Felting, a. Needle	
Ina Munro	Wreath	14. Holiday Decoration, a. Autumn	
Ina Munro	Rabbit	14. Holiday Decoration, b. Spring	
Ina Munro	Camper with Tree	14. Holiday Decoration, d. Winter	
Mary Ann Burch	Rainbow Knitted Afghan	16. Knitting, c. Afghan	
Betsy Kennedy	Waterfall Painting	19. Painting, Art, a. Acrylic	
Betsy Kennedy	Cardinals	20. Painting, Decorative, c. Other	
Denise Boebinger	Santa Painting, Acrylic	20. Painting, Decorative, b. Wood	
Denise Boebinger	Mischief Managed	20. Painting, Decorative, c. Other	
Leah Tupts	Quilt	22. Quilts, g. Machine Applique	
Debbie Newman	Quilt	22. Quilts, g. Machine Pieced	
Mary Ann Burch	Spot Wall Hanging	25. Wall Hanging, a. Fabric	
Leah Tupts	Quilt Wall Hanging, Dogs	25. Wall Hanging, a. Fabric	
Betty Acker	Wall Hanging	25. Wall Hanging, a. Fabric	
Betsy Kennedy	Christmas Wreath	25. Wall Hanging, b. Other	
Betty Acker	Journal	27. Miscellaneous	

1st



2nd



3rd





**FRANKLIN COUNTY  
HOMEMAKERS ASSOCIATION  
CLASS OF 2023**

**\$750 SCHOLARSHIP OPPORTUNITY TO A LOCAL  
RESIDENT OF FRANKLIN COUNTY**

**CONTACT YOUR LOCAL HIGH SCHOOL GUIDANCE  
COUNSELOR OR STOP BY THE EXTENSION OFFICE TO  
PICK UP AN APPLICATION!**

***Application Deadline: May 5, 2023 at 4:00p.m.***



# FRANKLIN COUNTY HOMEMAKERS

# 90<sup>th</sup>

## ANNUAL MEETING

101 Lakeview Court  
Frankfort, KY 40601

May 22, 2023 at 5:30pm  
Registration opens at 5pm

*Cheers to 90 Years!*



Name: \_\_\_\_\_

Club: \_\_\_\_\_ Phone: \_\_\_\_\_

Menu:

Roast Beef, grilled chicken, mashed potatoes, green beans, 7 layer salad, and apple cobbler

Cost is \$15.00 per person.

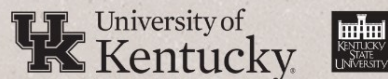
Make checks payable to: Franklin County Homemakers.

Mail or drop off the check and this completed registration form at:

101 Lakeview Court, Frankfort, KY 40601.

Registration is due May 12, 2023

COOPERATIVE EXTENSION



JOIN US FOR AN INFORMATIONAL SESSION ON:

Living  
with  
Loss

April 28th | 10am  
Franklin County Extension Office

Loss comes in many forms that involve changes and endings—death, loss of a job, house, relationship, pet, various life transitions, health, ability, independence, etc. In this lesson, we will be talking about self-care and how to manage grief by processing, coping and healing in healthy ways.

Please call to register: 502-695-9035

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COOPERATIVE EXTENSION



## SAFER DRIVING MAY SAVE YOU **MONEY!**

Take the AARP Smart Driver<sup>TM</sup> classroom course and you could save money on your car insurance!\*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

**TUESDAY, APRIL 25, 2023**  
**10am - 2pm**

**LIGHT LUNCH PROVIDED. FEEL FREE TO  
BRING YOUR OWN LUNCH.**

**Franklin County Cooperative Extension**  
**101 Lakeview Ct. | Frankfort, KY**

**Classroom Course**

**\$20 FOR AARP MEMBERS**  
**\$25 FOR NON-MEMBERS**

**To Register**

**CALL (502) 695-9035**  
**VISIT: [WWW.AARP.ORG/DRIVING36](http://WWW.AARP.ORG/DRIVING36)**



**job club**  
KENTUCKY

2nd and 4th Tuesday  
9:00-10:15am EST

**April 11, 2023: Making Expungements Work  
for Your Communities**

Presented by Dennis Ritchie, J.D., Sr. Director of Reentry and  
Young Adult Services, Goodwill Industries of Kentucky, Inc.

**April 25, 2023: Job Search Tips & Strategies from a  
Panel of Regional Recruiters and HR Professionals**

**In-Person**

Fayette County Extension Office  
1140 Harry Sykes Way  
Lexington, KY



**Online**

Zoom attendee registration:  
<https://bit.ly/JOBCLUBKY>



**Capital Area Extension  
Master Gardeners’  
Saturday, April 29th  
9am - 2pm  
Lakeview Park  
(Farm Bureau  
Pavilion)  
118 Park Avenue  
Frankfort, KY**

**Plant  
Market**

**Tomatoes, peppers,  
herbs, perennials  
and MORE!**

**SAVE THE  
DATE!!!**





# Reforest Frankfort 2023

Join us for a day of FREE EARTH FRIENDLY EDUCATION!



Harold R. Benson Research and Demonstration Farm  
1525 Mills Lane, Frankfort, KY 40601

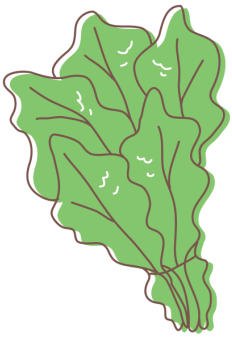


April 15, 2023 | 9 a.m.- 1 p.m.

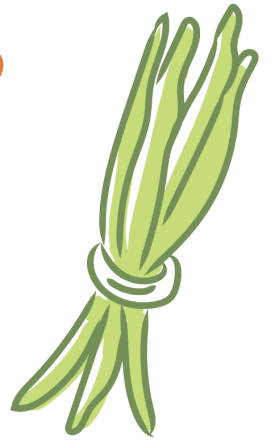
For more information, contact [acunningham@frankfort.ky.gov](mailto:acunningham@frankfort.ky.gov) | (502) 875-8575



**Not a pet friendly event. Service Dogs Only.**



*Are you a mom-to-be  
& Medicaid recipient?*



Ask us about  
**FreshRX!**

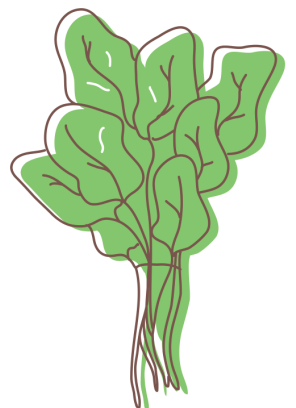
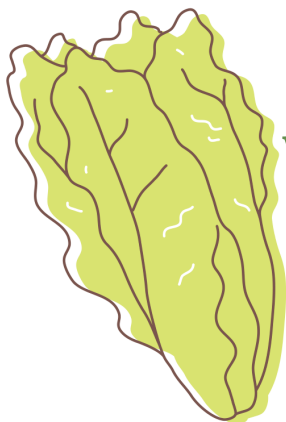


Fresh RX provides \$24 of  
free produce each week  
to qualifying moms!



Sign up now at  
[www.fcmarket.org/fresh-rx](http://www.fcmarket.org/fresh-rx)

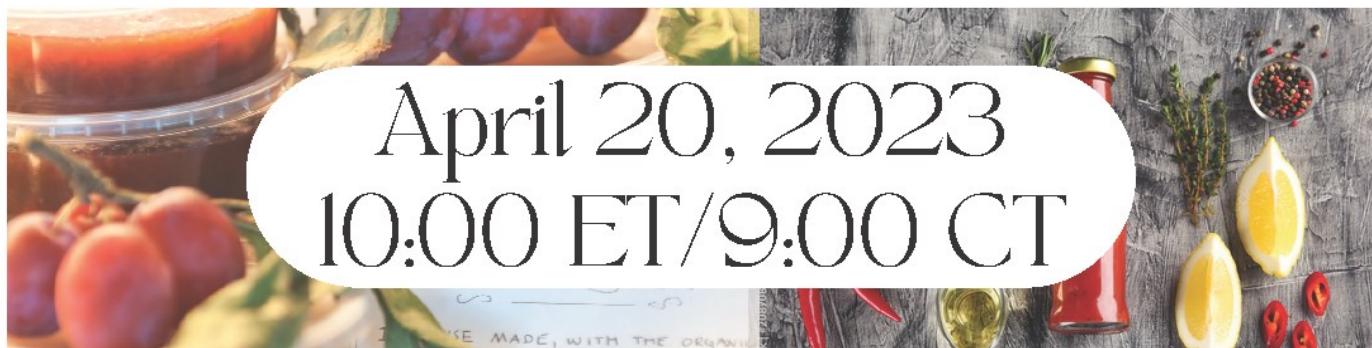
**Questions? Contact us!**  
Call (502) 382-1254 or email  
[vista@franklincountyfarmersmarket.org](mailto:vista@franklincountyfarmersmarket.org)





# Starting a Food Production Business

Learn how to get started with your food production business idea. Topics include requirements, permits, certifications, commercial kitchens, insurance, and resources.



April 20, 2023  
10:00 ET/9:00 CT

Program will last about 1.5 hours.

Register now! [tinyurl.com/3ydc29bx](https://tinyurl.com/3ydc29bx)

**Shelby County Extension Office**

*\*Virtual option also available\* (workshop will be recorded)*

1117 Frankfort Road, Shelbyville, KY

(502) 633-4593

elizabeth.coots@uky.edu



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

**FAMILY &  
CONSUMER  
SCIENCES**   
*Creating Healthy & Sustainable Families*

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



## Strawberry Green Tea

- |  |                          |
|--|--------------------------|
| <b>13 cups</b> water                   | <b>1 cup</b> honey       |
| <b>13</b> green tea bags, regular size | <b>1</b> lemon, optional |
| <b>1 pound</b> fresh strawberries      |                          |

- 1. Wash** strawberries and remove the tops.
- 2. Chop** the berries with a hand chopper in a large pot.
- 3. Add** water to the chopped berries and bring to a boil, stirring occasionally.
- 4. Remove** from heat and let mixture cool for 5 minutes.
- 5. Add** tea bags and submerge. Steep tea for 2 to 3 minutes.
- 6. Strain** the tea through a mesh

strainer or cheesecloth lined colander into a 1 gallon pitcher.

**7. Add** honey and stir until dissolved.

**8. Chill** and serve.

**9. Garnish** with a lemon slice or a fresh strawberry if desired.

**Yield:** 16, 8 ounce servings.

**Nutrition Analysis:** 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

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



## Country Ham and Broccoli Grits

- |   |  |   |
|---|--|---|
| <b>1 tablespoon</b> olive oil               | <b>2 cloves</b> minced garlic            | <b>6 ounces</b> country ham, cut into ½ inch pieces |
| <b>1 pound</b> fresh broccoli florets       | <b>4 cups</b> 1% milk                    | <b>1 large</b> egg, beaten                          |
| <b>½ cup</b> minced onion                   | <b>1 cup</b> uncooked quick grits        | Salt and pepper to taste                            |
| <b>¾ teaspoon</b> crushed red pepper flakes | <b>1 cup</b> 2%, shredded cheddar cheese |   |

**1. Preheat oven** to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes.

**Set aside.**

**2. Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.

**3. Remove** from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

**4. Sprinkle** with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

**Yield:** 16, ½ cup servings.

**Nutritional Analysis:** 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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



Carla A. Carter

Carla A. Carter  
County Extension Agent for Family  
and Consumer Sciences Education

