

Spencer County Family and Consumer Sciences Newsletter

April 2023



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

Cooperative Extension Service

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April showers hopefully will bring May flowers. Spring is in the air, and there is so much to do at the Extension office, please refer to the enclosed calendar for all the upcoming dates and times. It's also the time of year to get ready for the KEHA State meeting 5/9/23-5/11/23 in Louisville. The theme is Let's Take a Hike! Since the meeting is so close, I hope many of you will be able to join us. Hope to see you soon!

Beth Maxedon, Spencer County FCS Agent
Spencer County Extension Agent for
Family and Consumer Sciences

More Information

As always, if you need more information, feel free to **call me** at 477-2217. You can also **email me** at elizabeth.maxedon@uky.edu or **visit my website** to view archived newsletters and news articles at: www.spencerextension.com

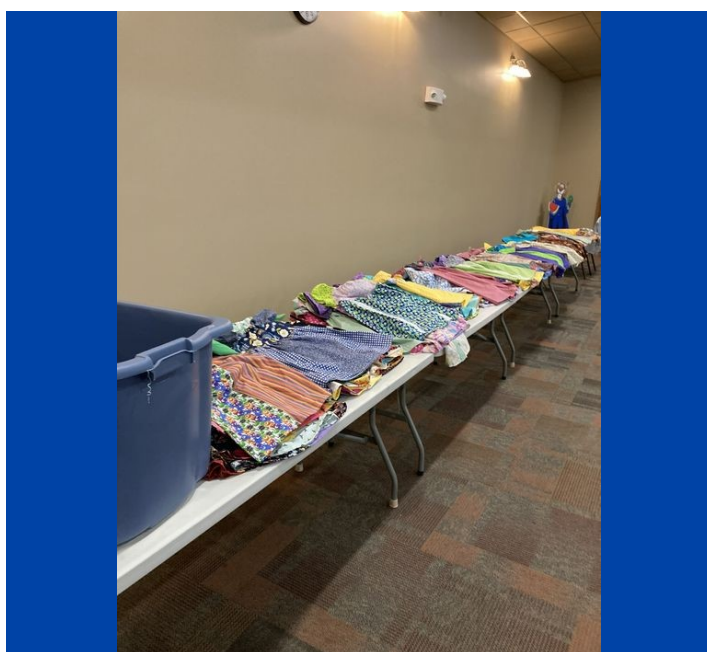
Happy people may live healthier and longer lives for a list of reasons:

- Happiness improves heart health
- Happy people are more like 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
- and helps combat stress
- Happiness is associated with improvements in disease and disability, long and short.
- Happy people have better attitudes and outlooks, are more productive, likely to be successful, have a lower risk of depression.
- Happy people smile more.

It is not possible to be happy all the time, but there are ways to boost positive emotions and mental health. Take the Blue Zones True Happiness Test to receive personalized results to improve your environment to maximize happiness.

Go to <https://apps.bluezones.com/en/happiness>

Homemaker Highlight



We give a heartfelt and sincere thank you to all our community members who were involved or helped with the creation of over 100 Peasant Dress for Operation International in accordance with Doctors without Borders.

We could have done this without all of your help. We asked and you all showed out in so many ways. A special thank you to our Thread and Thimble Homemaker's who hosted this event.

For more information in joining please contact Gayle Browning at (502) 354-1151.

Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

April - Stress Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Cook Wild Ky @ 5PM RSVP @ Ext	4 Patchwork Quilt Guild @ 10AM Bingocize @ Multipurpose @ 11AM	5 Caregiver Support Workshop @ 10AM	6 Bingocize @ Multipurpose @ 11AM	7	1 April Fools Day! 8
9	10	11 Bingocize @ Multipurpose @ 11AM	12	13 Loyal Homemakers @ 10:30 AM Bluegrass Basket Guild @ 4PM Bingocize @ Multipurpose @ 11AM	14 FCS Council Meeting @ 8:30AM	15
16	17	18 Bingocize @ Multipurpose @ 11AM	19 Waterford Home makers @ 10AM	20 Homemakers Council @ 10AM Bingocize @ Multipurpose @ 11AM	21 Laugh & Learn @ 10:30 AM	22
23	24 Thread & Thimble @ 10AM RSVP for Homemaker Leader Lesson	25 Bingocize @ Multipurpose @ 11AM	26 Homemaker Leader Lesson: Move your way with Heather Toombs @ 1:30PM at the Extension Office	27 Bingocize @ Multipurpose @ 11AM	28 Shelby County International Luncheon, RSVP @ 502-633-4593	29
30	May 1	2	3	4	5	KEHA STATE MEETING 5/9 - 5/11 "Take a hike!"

Patch worker Quilt Guild (4/4/23)

First Tuesday of the month - 10AM @ the Extension Office
Lani Krazwald (502) 797-1774

Loyal Homemakers (4/13/23)

Second Thursday of the month - 10:30AM @ the Extension Office
Diane Fischer (502) 902-1717

Bluegrass Basket Guild (4/13/23)

Second Thursday of the month - 4PM @ the Extension Office
Nichole Hutchins (502) 422-0719
Facebook: <https://www.facebook.com/groups/129924587048584>

Waterford Homemakers (4/19/23)

Third Wednesday of the month - 10AM @ the Extension Office
Judy Broyles (502) 821-2108

Thread & Thimble (4/24/23)

Fourth Monday of the month - 10AM @ the Extension Office
Gayle Browning (502) 354-1151

Gardening Association (TBD)

Contact Vicky Clark about dates and times (859) 576-9104

Cook Wild KY (4/3/23) - RSVP BY 3/31 @ (502) 477-2217

First Monday of the month - 5PM @ the Extension Office
RSVP beforehand by calling (502) 477-2217
Will be covering basic food preservation

Caregiver Support Workshop (4/5/23)

Misty Kupka, Caregiver Program Manager with the UL Trager Institute, hosts on Wednesday at 10AM at the Extension Office.

Family Consumer Sciences Council Meeting (4/14/23)

Meeting with Community Partners at 8:30AM at Extension Office

Homemaker's Council (4/20/23)

10AM at the Extension Office

Laugh & Learn (4/21/23)

Ages 3-5 for school readiness at 10:30 AM - 11:30AM
@ the Spencer County Public Library

Homemaker Monthly Lesson (4/26/23) - RSVP BY 4/24/23

1:30 PM @ Extension Office w/ Heather Toombs

Shelby County International Luncheon (4/28/23)

10AM @ Shelby Extension, **RSVP required**, call (502) 633-4593

KEHA State Meeting 5/9/23 - 5/11/23 in Louisville!



Rainbow Pasta Salad

Salad Dressing

1/4 cup olive oil
1/3 cup apple cider vinegar
Pineapple juice
1/2 teaspoon onion powder, salt, and black pepper

Ingredients:

8 ounces small whole-wheat pasta
6 ounces baby spinach, chopped
2 cups strawberries, sliced
1 can mandarin oranges, juice drained
1 can pineapple tidbits, save pineapple juice for salad dressing
1 cup chopped pecans, cashews, almonds

Directions:

1. Wash hands
2. Cook pasta, drain and rinse.
3. Wash fresh produce under cool water and dry. Cut and chop.
4. Combine pasta, and rinsed spinach, strawberries, oranges, and pineapples.
5. Topped with chopped nuts, optional.
6. Combine salad dressing ingredients separately. Whisk or shake to combine. Add before serving or serve on side.
7. Refrigerate leftovers within 2 hours.

Source: Brooke Jenkins, UK Extension Specialist

Big Blue Book Club begins on 3/2/23 at 10AM.

You must register at <https://ukfcs.net/BBBC23Book1> in order to participate in the program. There are two books provided at the office to share. To reserve a copy, call the office at (502) 477-2217. For more info feel free to email ukfcsext@uky.edu

Homemaker Leader Lessons are held on the fourth Wednesday of the month at 1:30PM and are an opportunity for the greater community of Homemaker's to learn about different topics decided by the Louisville Area Homemaker Lesson Ballot. All in the community are welcome to attend.

April: Move your way: Exercise for everyone by Heather Toombs

An **International Luncheon** will be hosted by the Shelby County Extension Office on 4/28/23, 10AM—12PM. **Reservations must be made.** You can do so by calling their office at (502) 633-4593 and getting a price.

The **Bingocize Program** takes place every Tuesday and Thursday from 11AM—12PM at the Multipurpose Senior Citizen Center. **Bingocize** includes chair exercises and stretching with music, as well as fun prizes while playing bingo! The upcoming dates are: **March 30th, April 4th, 6th, 11th, 13th, 18th, 20th, 25th, and 27th**

Address: 44 Creek Side Dr, Taylorsville, KY 40071 **Phone:** (502) 477-8296

Misty Kupka, a Caregiver Program Manager @ UL Trager Institute., will be giving a program on **Caregiving Support on 4/5/23 at 10am.** This is open to everyone in the community. She will provide knowledge and resources that you may need to assist you in supporting an aging loved one.



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RETURN SERVICE REQUESTED

Spinach and Meat Cakes

Ingredients

- 1 lb ground beef
- 16 ounces chopped spinach
- 1/2 onion, finely chopped
- 2 minced garlic cloves
- 1/2 teaspoon of salt
- 3 cups of brown rice
- black pepper to taste

Makes

6

servings

Directions

1. Preheat frying pan
2. Combine all ingredients except rice, mix.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties.
4. Cook over medium heat until cooked on both sides.
5. Serve over cooked brown rice.

Serving size: 2 meat cakes (294g)

