

Spencer County Family and Consumer Sciences Newsletter



Cooperative Extension Service
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Beth Maxedon, Spencer County FCS Agent

February 2024

Homemaker Area Leader Lessons

This is a preview of lessons being offered next program year. On the descriptive copy on the back of the newsletter please pick your top 8 options and return to the Extension Office by March 1st, 2024.

Lessons:

- Composition in Photography
- Indoor Air Quality
- Radon: A silent killer
- Carbon Monoxide
- Creating Welcoming Communities
- Healthy Eating Around the World
- Self-Care: Strengthening Family and the Community
- Am I lying to my child when I say the Tooth Fairy is real?
- Strong bones for life: Prevent Osteoporosis
- KEHA plays pickleball
- Pathways to Wellness: Navigating the people, places, and spaces that influence health
- Entertaining little ones
- Understanding Suicide
- How to get out of a mealtime rut
- Savvy online grocery shopping
- Inspiring grandchildren to become grand cooks
- Gardening safely
- Using your air fryer
- Planning thrifty and healthy holiday meals
- Savoring the eating experience: The art of eating mindfully
- Lead your team: Health literacy for the win!
- Understanding your credit score
- Estate planning basics
- Handy to have: Emergency health information cards
- A bad deal in disguise: Types of scams
- Scam red flags and avoiding fraud
- Navigating trauma after a natural disaster
- Understanding and coping with farm stress
- Tips for managing stress eating
- Hunger in Kentucky: Know more, do more
- Healthy outdoor cooking resources
- Robert's Rules refresh
- Using a SWOT analysis: Taking a look at your organization
- People learn with a purpose: Understanding your learning styles
- Communication essentials for good impressions

Homemaker Leader Lessons

February: Transferring Cherished Possessions taught by Jane Proctor, Trimble County FCS Agent at the Spencer County Extension Office on February 28, 2024 at 1:30 pm.

March: Savor the Flavor Cooking with Spices taught by Carolina Perez, Jefferson County FCS Agent, and Elizabeth Coots, Shelby County FCS Agent at the Spencer County Extension Office on March 27, 2024 at 1:30 pm.

April: Time Well Spent organizing tips for increased productivity taught by Heather Toomes, Oldham County FCS Agent. Spencer County Extension Office, April 24, 2024 at 1:30 pm.

Mark your calendars for Wellness Day on March 16, 2024 from 10 am - 1 pm at the Spencer County Extension Office.



*** Any Homemaker Club announcements please email information to Ryan Linton by the first of the month at ryan.linton@uky.edu ***

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

KEHA Spring Events

- * April 1 - Area lesson schedules for 2024-25 are due to the KEHA State Advisor.
- * April 5 - is the postmark deadline for state officer and chairman credentials
(see KEHA Manual Appendix, pages 6-9).
President Elect; 2nd Vice President; Cultural Arts and Heritage Chair; Family and Individual Development Chair; International Chair
- * May 15 - Due date for 990N (e-postcard) or 990 tax return for groups with fiscal year ending December 31.
- * June 11 - Louisville Area Meeting at Mt. Washington
- * June 30 - KEHA program year ends.
- * **March Cultural Arts**
- * March 11 - Cultural Arts due to Spencer County by 4:30 pm for judging.
- * March 15 - Area Showcase forms are due to the 1st Vice President (see KEHA Manual Appendix, page 31).
- * **State Meeting**
- * April 6 - Reservation deadline for the conference rate at the State Meeting Hotel.
- * April 9 - Postmark deadline for early registration fee for 2024 KEHA State Meeting.
- * April 23 - is the final postmark deadline for 2024 KEHA State Meeting registration.
- * May 7-9 - KEHA State Meeting: Blazing the Way with KEHA – Sloan Convention Center Sloan Convention Center in Bowling Green, Kentucky.

Homemaker Groups

Patch worker Quilt Guild (2/6 & 2/20)

When: 1st and 3rd Tuesday of the month
Where: Spencer County Extension Office
Contact: Lani Kratzwald - (502) 797-1774
Time: 10 AM

Loyal Homemakers (2/8)

When: 2nd Thursday of the month
Where: Spencer County Extension Office
Contact: Wendi Bazemore - (502) 912-7372
Time: 10:30 AM

Bluegrass Basket Guild (2/8)

When: 2nd Thursday of the month
Where: Spencer County Extension Office
Contact: Nichole Hutchins- (502) 422-0719
Facebook: <https://www.facebook.com/groups/129924587048584>
Time: 4 PM

Waterford Homemakers (2/21)

When: 3rd Wednesday of the month
Where: Spencer County Extension Office
Contact: Judy Broyles - (502) 821-2108
Time: 10 AM

Gardening Association

Contact Vicki Clark - (859) 576-9104

Thread & Thimble (2/26) - RSVP

When: 4th Monday of the month
Where: Spencer County Extension Office
Contact: Gayle Browning - (502) 354-1151
Time: 10 AM

Bunco Group (2/6)

When: February 6th
Where: Spencer County Extension Office
Contact: Cindy Neely and Julie Hart
Time: 1st Tuesday of the month, 2PM
Note: Please bring a finger food to share!

Lunch Bunch (2/9)


When: 2nd Friday of the month
Where: Tea Cup, Taylorsville
Contact: Beth Maxedon - (502) 477-2217
Time: 11 AM

Active Living (February 6, 13, 20, 27)

When: Every Tuesday of the month
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Time: 10 AM

Cook Wild (2/5)

Time: 1st Monday of the month, 5:30 - 7:30 PM
What: Learning to build an outdoor smoker.
Who: Greg Hart will be our presenter.
How: R.S.V.P. by 1/26/24, call (502) 477-2217

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 	29	30 Active Living - 10 AM	31	1	2	3
4	5 Cook Wild - 5:30 Guest speaker Greg Hart, how to build an outdoor smoker. R.S.V.P. with the Extension Office!	6 Patch Workers Quilt Guild - 10 AM Bunco - 2 PM Active Living - 10 AM	7	8 Loyal Homemakers - 10:30 AM Bluegrass Basket Guild - 4 PM	9 Lunch Bunch - 11 AM at the Tea Cup	10
11	12	13 Active Living - 10 AM	14	15	16	17
18	19	20 Patch Workers Quilt Guild - 10 AM Active Living - 10 AM	21 Waterford Homemakers - 10 AM	22	23	24
25	26 Thread & Thimble - 10 AM	27 Active Living - 10 AM	28 Homemaker Leader Lesson - 1:30 PM	29	1	2



Country Ham and Broccoli Grits

1 tablespoon olive oil
1 pound fresh broccoli florets
½ cup minced onion
¾ teaspoon crushed red pepper flakes

2 cloves minced garlic
4 cups 1% milk
1 cup uncooked quick grits
1 cup 2%, shredded cheddar cheese

6 ounces country ham, cut into ½ inch pieces
1 large egg, beaten
 Salt and pepper to taste

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.



Makes
 4
 servings

Ingredients:

- ¾ pound ground beef
- 1 ½ cups water
- 1 cup macaroni, uncooked
- 1 can diced tomatoes
- 2 teaspoons chili powder
- 2 serving Eating Smart Seasoning Mix
- 2 ounces cheddar cheese, shredded
- Salt (optional, to taste)

Directions

1. Wash hands with soap and water
2. Brown ground beef in a large skillet, drain the fat.
3. Add water, macaroni, tomatoes, chili powder, and seasoning mix. Stir.
4. Bring to a boil, reduce heat to low and simmer covered on low heat for 20 minutes or until macaroni is tender.
5. Taste, and add a small amount of salt if desired.
6. Top with shredded cheddar cheese. Put the lid back on for 1 minute until the cheese is melted.

Find the Eating Smart Seasoning Mix here!
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/eating-smart-seasoning-mix>

Source:
 Eating Smart, Being Active
 Colorado State University and University of California at Davis