



**FAMILY & CONSUMER SCIENCES- EXTENSION HOMEMAKER NEWSLETTER**

**MARCH 2024**



Dear Owen County Homemakers,

When thinking about March, there are a few things that spring to mind. March usually marks the end of the cold months and the beginning of spring, when the trees begin to bloom again, and we can all go back outside without those big, bulky coats and gloves and hats. Tuesday, March 19th is the official first day of SPRING!



Prior to the first official day of spring, another important date pops up. This date is Sunday, March 10th, which is the time to spring forward and change our clocks adding more DAYLIGHT to our days! Personally, I am more than excited about getting more sun each day! According to the US Forest Service, studies have shown that being in nature can restore and strengthen our mental capabilities, increasing focus and attention.

With this knowledge, this is a time to think about all of the springtime activities such as:

- Go for a walk or hike
- Plant a garden
- Have a picnic
- Ride a bike
- Fly a kite

This is just a short list, but I am sure you can think of more you would like to add and do on your own. I highly recommend you spend some time outside, when you can, enjoying the springtime weather in the coming months!

Happy Spring!

Chelsea Young *Chelsea R. Young*  
 Owen Co.  
 Extension Agent For Family & Consumer Sciences



**Cooperative Extension Service**

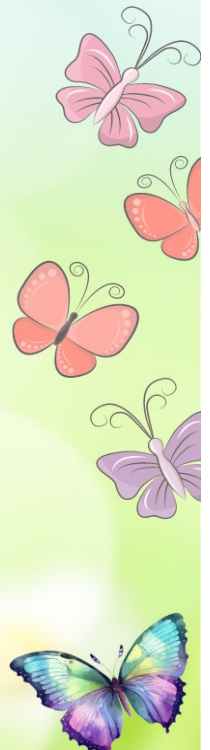
Agriculture and Natural Resources  
 Family and Consumer Sciences  
 4-H Youth Development  
 Community and Economic Development

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 Lexington, KY 40506



Disabilities accommodated with prior notification.





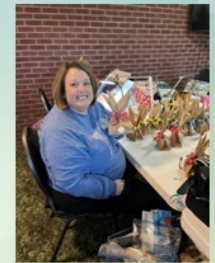
# Homemaker News



## Memory Makers



The Memory Makers Club met at Perry Park for a weekend retreat in February. 17 members attended and there were many different crafts going on including: Lego structures, scrapbooking, quilting, crochet, baby gifts created, diamond art, Easter bunny bags made, and more! If you are interested in joining reach out to Dawn Davis or call the Extension Office.



## Sew & Go

The Sew & Go Club has gained 2 new members this past month! If you are interested in joining reach out to Dawn Davis or call the Extension Office.



### Owen County Homemaker Officers

Deborah Arnold	President
Donna Bryant	Vice President
Joyce York	Secretary
Beverly Kincaid	Treasurer





# Homemaker Book List

## **8 Rules of Love: How to Find It, Keep It, and Let It Go** by Jay Shetty (2023)

Nobody sits us down and teaches us how to love. So, we're often thrown into relationships with nothing but romance movies and pop culture to help us muddle through. Jay Shetty is a former monk, award-winning storyteller, author and podcast host with the ability to make the timeless feel more timely and ancient wisdom seem to practical.

## **And Then There Were None** by Agatha Christie (2013)

This is Agatha Christie's most famous and acclaimed novel! Ten strangers are brought together on an isolated island where, one by one, they die in a murderous countdown...

\* These books can be found at the Owen County Public Library.

## **DECLUTTER CHALLENGE**

### **30 BAGS IN 30 DAYS**

During the next 30 days, clean out your cupboards, closets, and drawers. Fill one bag a day to throw out, donate or sell.

- o **Day 1** - Kitchen Cupboard
- o **Day 2** - Kitchen Pantry
- o **Day 3** - Kitchen Drawers
- o **Day 4** - Under Kitchen Sink
- o **Day 5** - Junk Drawer
- o **Day 6** - Cleaning Supplies
- o **Day 7** - Fridge & Freezer
- o **Day 8** - Linen Closet
- o **Day 9** - Bedroom Closets
- o **Day 10** - Nightstands & Drawers
- o **Day 11** - Shoes
- o **Day 12** - Master Bathroom
- o **Day 13** - Guest Bathroom
- o **Day 14** - Medicine Cabinet
- o **Day 15** - Makeup
- o **Day 16** - Under the Beds
- o **Day 17** - Toy Box
- o **Day 18** - Desk Drawers
- o **Day 19** - TV Cabinets
- o **Day 20** - Laundry Room
- o **Day 21** - Old Magazines & Newspapers
- o **Day 22** - Paperwork
- o **Day 23** - Art & Craft Supplies
- o **Day 24** - Holiday Decorations
- o **Day 25** - DVD's & CD's
- o **Day 26** - Car
- o **Day 27** - Garage Shelves & Storage
- o **Day 28** - Boardgames
- o **Day 29** - Purse
- o **Day 30** - Electronics



# A NOTE FROM THE PRESIDENT

Dear Fellow Homemakers,

With temperatures in the 60's in February, I can feel Spring approaching! I wanted to say to all of you, thank you for allowing me to visit each homemaker group and in that way becoming better acquainted with each of you. After this past weekend, I can say I've visited each group. The final group to meet was the Memory Makers. They were so gracious to allow me to participate in one of their weekend retreats at Perry Park.

After having visited each group, I must tell you how rich the Owen County Homemakers are. You are rich in kindness, creativity and knowledge. Just some examples are: Kindness in going to visit a homebound member, creativity in making place settings for the Mother's Day Tea, and knowledge in methods of family memory storage. We also have so many hardworking women ranging from those holding down a career while raising a family to those helping raise families in their retirement years.

Thank you also for helping me by filling out the surveys. We are diligently adding programs to the Homemakers schedule to accommodate your needs and requests. Be on the look out for the new Canning and Embroidery Classes. We have a whole new group of beginning sewers and hope to add more to our roster soon.

We are doing something new in Owen County thanks to Denise Perkins. She has consolidated all the multiple chairpersons' positions into one. She has graciously volunteered to fill out reports and keep track of all the data required.

We are also doing something different this year for the Mother's Day Tea. For our entertainment, we are having a fashion show with the 4-H Sewing members. They will be modeling their garments they have worked on for this year's fair. Also, for the first 24 people to arrive, we will have fascinators and lace gloves to wear. I hope each one of you will consider attending.

Thank you again for your generosity,

*Deborah Arnold*





The Craftin' For The Community event (originally called Crop For The Cure to benefit the local Relay For Life) was started by a group of family and friends in the Memory Makers Homemakers Club about 15 years ago. This group wanted to raise money for a great cause and have a fun event to enjoy together. This bi-annual all-day crafting event takes place each spring and fall at the Owen County Cooperative Extension Center and has been enjoyed by hundreds throughout the years. Although getting its roots with the ladies who loved to scrapbook together, this event has transitioned into all types of craft and handiwork getting done while enjoying the fellowship of other crafting folks! Table spots for the event are sold (1/2 table for \$30 or a full six-foot table for \$50) and are yours for the day and all proceeds from the event are given to local non-profit organizations within our community. Being able to give back to our community has always been the goal of this group. At the event, you will enjoy a continental breakfast and catered lunch which are included along with drinks and snacks all day. Door prizes are given out all day, as well as silent auction baskets so you can take a chance if you wish. We have vendors onsite so you can do some retail therapy as you take a break away from crafting and visiting with other attendees. We also host many classes (some are free but others have a small fee for supplies) and chair massages are available throughout the event too.

It truly is a great event and one that you will want to attend so don't delay - get your paid registration mailed in before tables are sold out!



# Craftin' For The Community

## Sat., April 20<sup>th</sup> starting at 9 AM

We will be collecting non-perishable food and personal care items along with blankets, towels, and pillows to assist with the growing homeless population in our community. All profits and donations will go to Meeting The Needs.

### Table Spots Available:

**6-foot table \$55**

**Share a table \$30**

Payment must be received to hold your spot

**A Day of Self-Care and Fun!  
Vendors, Classes, Chair  
Massages, a Great Lunch,  
and LOTS of Fellowship!**





Are you  
ready for a disaster?



# EMERGENCY PREPAREDNESS



**MARCH 20, 2024**

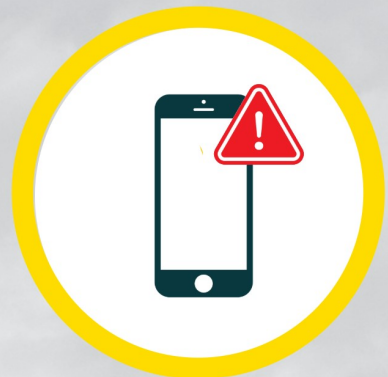
**OWEN COUNTY EXTENSION OFFICE**



**MAKE A PLAN**



**BUILD A KIT**



**BE INFORMED**

**CALL  
502.484.5703  
TO REGISTER**

**Liz Evans**

**Boone County  
Family & Consumer Sciences**

**LUNCH  
11:30 AM-12:00 PM**

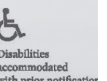
**PRESENTATION  
12:00-1:00 PM**

**Cooperative  
Extension Service**

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

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2024

# Spring Preschool Day



**FRIDAY, APRIL 12TH**  
**10 AM-NOON**

**AGES 3-5**

**Do not have to be enrolled  
in a preschool to attend.**

**SPACE IS LIMITED!! CALL TO REGISTER**

**502.484.5703**

Owen County Cooperative Extension  
265 Ellis Road

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Family and Consumer Sciences  
4-H Youth Development  
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Disabilities  
accommodated  
with prior notification.





# CANNING 101

Come join us for an informational session on getting started with food preservation.

**Krista Perry**

**Henry County Family & Consumer Sciences Agent**

**Monday, April 22nd**  
**5 PM**

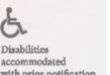
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Lexington, KY 40506







 Cooperative  
Extension Service

# Mother's Day Tea

## Saturday, May 11th

2:00 pm

Owen County Extension Office

Cost: \$15

**MUST register by Wednesday, May 1st**  
**(502) 484-5703**

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# Energy Efficiency

May 15, 2024

Owen County Extension Office



OWEN Electric

Jude Canchola



CALL 502.484.5703  
TO REGISTER

LUNCH

11:30 AM-12:00 PM

PRESENTATION

12:00-1:00 PM

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**SPACE IS LIMITED!!**



# SUMMER PRESCHOOL DAY

Owen County Cooperative Extension

265 Ellis Road  
Owenton, KY 40359

Friday, July 12th  
10am-Noon

**MUST CALL TO REGISTER**

502.484.5703

Activities





# ADULT HEALTH BULLETIN



**MARCH 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359  
(502) 484-5703

## THIS MONTH'S TOPIC SAVE YOUR VISION



**M**arch is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

**Continued on the next page** ➔



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***If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.***



**→ Continued from the previous page**

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

**Other ways to protect your vision include:**

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

**REFERENCE:**

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock





# SPRING IS THE TIME TO ORGANIZE, CLEAN UP YOUR FINANCIAL APPS

This year, there's a new item to incorporate into your spring-cleaning ritual: thoroughly examining your financial applications.

Right now is an opportune moment to sift through your financial apps, checking for any lingering balances. If you discover surplus funds sitting idly, consider moving this money to a high-yield savings account. Such accounts often offer more favorable interest rates and increased safety, allowing your money to grow.

Additionally, extend this routine to include any rebate or coupon applications you regularly use. It's easy to accumulate rewards and forget, but periodically checking these apps can reveal significant redeemable value. Converting these rewards into cash or depositing them into a savings account provides security and potentially earns you interest. This practice tidies up your digital financial footprint, enhancing your financial security and growth.

The decline in cash usage underscores a broader shift in consumer payment preferences. According to a 2022 study by the Pew Research Center, 41% of Americans reported not using cash for any purchases within a typical week. This trend highlights a pivot towards alternative payment methods, including debit and credit cards, digital wallets and money transfer applications. Such statistics reflect a changing landscape where digital transactions are becoming the norm, underscoring the importance of managing digital finances wisely.

Digital payment platforms like Venmo, PayPal and Cash App are on the rise. These apps offer convenience and flexibility, making them popular choices for a wide range of transactions.

A survey conducted by NerdWallet, in partnership with the Harris Poll, found that about two-thirds of mobile payment app users keep funds in their accounts. Notably, nearly half of these users have more than \$100 in their account at any given time, suggesting a significant level of trust and reliance on these platforms for financial management.

However, this trust may be somewhat misplaced regarding the security of stored funds. While these apps excel at facilitating quick transfers, they are not designed with the same protective measures as traditional banking institutions.

Banks and credit unions provide insurance through organizations like the Federal Deposit Insurance Corporation – more commonly known as the FDIC – ensuring that customers' deposits are protected up to certain limits. Unfortunately, many mobile payment apps do not offer this level of security, leaving users' balances potentially exposed.

This distinction is crucial for users to understand, as it affects the safety and security of their funds. In the digital age, being vigilant about where and how money is stored is more important than ever, prompting a need for greater awareness and careful financial management.

For more information on financial success, contact your Owen County Extension Office.

*Source: Kelly May, senior extension associate for Family Finance and Resource Management*





# March



# 2024

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

3

4 Sew & Go  
12 PM - 3 PM  
Extension Office  
4-H Sewing  
3 PM - 6 PM

5

SEW ALL DAY  
9 AM - 4 PM  
Extension Office  
4-H Sewing  
3 PM - 6 PM

6

Pleasant Home  
11 AM  
Extension Office

7



8

Sweet Owen  
11 AM  
Sweet Owen Store

9

10

11 10:00am-1:00pm  
Extension Office  
**RECIPES FOR LIFE**

12

10:00am-1:00pm  
Extension Office  
**RECIPES FOR LIFE**

13

10:00am-1:00pm  
Extension Office  
**RECIPES FOR LIFE**

14

10:00am-1:00pm  
Extension Office  
**RECIPES FOR LIFE**

15



16

17



18

19 Cotton Club  
6 PM  
Extension Office

20

Lunch & Learn  
11:30 AM - Meal  
12 PM - Presentation  
Extension Office

21

22 Memory Makers  
Extension Office

23

24 Memory Makers  
Extension Office

25

26 Craft Club  
6 PM  
Extension Office  
\*Date & location  
subject to change\*

27



28

29 Crochet & Fellowship  
9 AM  
Extension Office

30

31 Pleasant Home  
11 AM  
Extension Office

32

33 Pleasant Home  
11 AM  
Extension Office



# BAKED FISH FILLETS WITH DILL SAUCE

Servings: 4    Serving Size: 4 ounces

## Ingredients:

- 1 pound freshwater fish
- 1 tablespoon lemon juice
- 1 teaspoon water
- 1/2 teaspoon pepper
- 1 small onion diced

## Directions:

Preheat the oven to 425 degrees Fahrenheit. Coat 9x13 inch baking dish with nonstick cooking spray. Place the fish in a single layer in the baking dish. Sprinkle the fish with lemon juice, water, pepper, and onion. Cover tightly with foil. Back 20-25 minutes until internal temperature reaches 145 degrees Fahrenheit.

## Dill sauce:

- 1/4 cup low-fat mayonnaise
- 1/4 cup fat-free milk
- 1 tablespoon dried dill weed
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard

Place mayonnaise in a sauce pan. Gradually whisk in milk. Whisk over medium-low heat for 2 minutes or until smooth and heated through but not bubbly. Remove sauce from heat. Stir in dill weed, lemon juice and Dijon mustard. Remove dish to a serving platter. Spoon dill sauce over fish and serve.

**Nutrition facts per serving:** 170 calories; 1 g saturated fat; 0g trans fat; 80mg cholesterol; 280mg sodium; 6g carbohydrate, 1g dietary fiber; 3g sugar; 0g added sugar; 23g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium