

Nicholas County Family Consumer Science Newsletter

April Agent Update

Hello and HAPPY SPRING! Did anyone notice in last month's newsletter it said "FEBRUARY AGENT UPDATE" BUT it was the March Newsletter? I can't believe no one called me out on that! Thanks for giving me some grace. It wasn't my first mistake and probably won't be the last. Haha!

This coming month we have lots of fun in store for the warmer weather. We have our International Meal on Monday, April 17th. We will be hearing from Mollie Smith about her adventures to the Holy Land. The meal will be chicken and rice with additional sides coming from clubs. This will be a wonderful night for you and your family to attend together. Please let us know how many will be in attendance so we can ensure that we have enough food. I don't want anyone going home hungry!

In the form of Homemaker business, on April 13th we will have our next Homemaker Council Meeting and will hold officer voting. This meeting will be at 9 a.m. and will also be used to help us continue our planning for hosting the Annual meeting. I encourage you to invite a friend and attend if you are available. Hosting the annual meeting for 9 counties is going to take all of us.

Lastly, I would like to reconvene our homemaker day trips now that we have warmer weather. If you have any suggestions on places we could visit, I would love to hear them. Last year we went to the apple orchard and the Miniature Museum. Don't forget about your passports. Whether you're traveling with your family, yourself, or with me. Put those stops down so we can report it.

Enjoy the warmer temps and I look forward to seeing you soon!

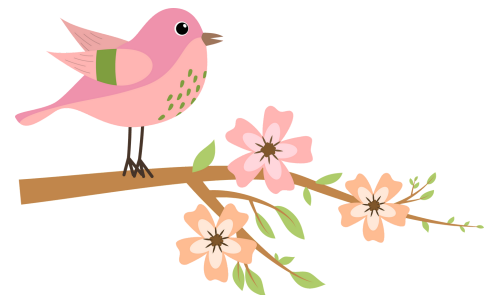
Ashley H. Vice

IN THIS ISSUE

Agent Update.....	1
President's Corner.....	2
Leader Lesson	3
Homemaker News.....	4
Upcoming Events.....	5
Books.....	6
Moneywi\$e	7
Health.....	8
Calendar.....	9
Recipe.....	10



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PRESIDENT'S CORNER

Spring has sprung!

Our International Dinner will be held, April 17th at 6 pm at the Livestock Pavilion. Molly Smith will share about her trip to the Holy Land.

Ellisville Homemakers will have a yard sale on May 5-6 at the Livestock Pavilion.

Donations of items would be welcomed. We use the funds to support our community.

Our Annual Meeting will be held on May 22, at 6pm. We need an item or basket from each club to auction off. This will be potluck. We will install new officers at this time.

I need your volunteer hours turned in by June 1st.

We have a lot coming up. Don't miss out!

Sandy Hamilton, President



13
APRIL

FARMERS Market

Interest Meeting
April 13th @ 6 p.m.
Nicholas County Extension
Office

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



We are always needing extra hands during 4-H Sewing Club. If you would like to help, please let me or Lois Mitchell know!



April Quilters Meeting

will be April 4th and the 17th at 10 a.m. at the office



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

HEALTHY OUTDOOR COOKING

Spending time outdoors is fun, but it can be even more fun when you include food. This lesson includes up to date information with some activities, recipes, and techniques about how to safely prepare meals in the great outdoors with your family!

**TO LEARN MORE, MAKE
SURE YOU JOIN US AT:**

*Leader Lesson
April 18th @ 10
a.m. @ Livestock
Barn*



**Will be taught in clubs in May! Leaders
come April 18th @ 10 a.m.. Lunch to
follow with Cooking through the
Calendar**

**LAST CHANCE TO
VOTE for 2023-24
Lessons!**

HOMEMAKER LEADER LESSON




SPONSOR A CAMPER SCHOLARSHIP DRIVE

**Donations of any amount can be
mailed to:**
Nicholas County 4-H Council
P.O. Box 3
Carlisle, Kentucky 40311
or dropped off at our office located
at 368 East Main St. Carlisle, KY

*4 days / 3
nights at
North Central*

*2023
Summer
Camp Fees
\$225*

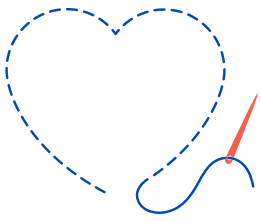
HELLO SPRING

*Cooking Through the
Calendar March*

Rainbow Pasta Salad

*11 a.m. following
Leader Lesson*





Homemaker News



International Meeting

Join us at 6 p.m. at the Livestock Barn for our 2023 International meeting and meal. We will be hearing from Mollie Smith about her travels to the Holy Land. Bring your family and join us for what will be a wonderful event.

Domestic Divas: Breads

Ellisville: Vegetables

Moorefield: Drinks

Headquarters: Desserts

Cultural Arts

It's that time to be thinking about your upcoming NC Homemakers Annual Meeting and the entries you could enter. It is also time to bring in any entry that you earned a BLUE Ribbon on back in October at the Bluegrass Area Annual Meeting that was held in Madison County. We will need those brought in to take with us to State. I know how talented you ladies are, and encourage you to share your talents with us at the local, area, and state levels!



Quilting Club is SEW fun!

Members of our Quilting Club have been working diligently to create a quilt that will be raffled off to provide one or more 4-H Summer Camp Scholarships. The quilt is going to be based on the pattern "Hidden Wells" and we will be using Nicholas County BLUE and WHITE for the color scheme. We hope you will support this fundraiser when the quilt is complete and buy a chance on winning it.

Upcoming Events



Farmers Market Interest Meeting- April 13th @ 6 p.m.

Interested in selling your fresh fruits or vegetables, or maybe you have your microprocessor certificate and want to sell your canned goods. This meeting will be an interest meeting to determine the interest level and have discussion/brainstorming on our options.



Cooking Through the Calendar- April 18th- 11 a.m. Livestock Barn

On April 18th I will be shifting gears and preparing a Plate It Up! Recipe instead of the April calendar recipe Chicken and Brussel Sprouts one pan meal! I hope you will join me for an in-person demonstration at 11 a.m.. If you are here for Leader Lesson at 10 a.m., make plans to stay for lunch. If not, simply show up to the Livestock Barn at 11 a.m.



Leader Lesson for April 18th @ 10 a.m.

If you are in charge of the Leader Lesson for May on Healthy Outdoor Cooking, join us for your training at the Livestock Barn on April 18th at 10 a.m..



Homemaker Council Meeting 4/13 @ 9 a.m.

Nicholas County Homemaker Council will meet on April 13th at 9 a.m. at the Nicholas County Livestock Barn. We will be holding officer elections, and discussing updates on hosting the Annual Meeting.



Quilting Club 4/4 and 4/17 @ 10 a.m.

Join us for our NEW Quilting Club!!!! Meet at the office at 10 a.m. on Tuesday, April 4th and on Monday April 17th.



March Book Corner

FICTION for ENJOYMENT

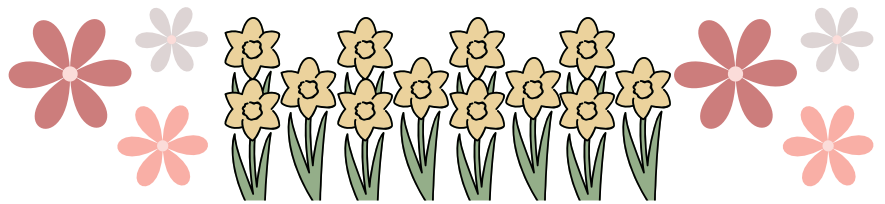
Agent Recommendation: *The Girls in the Still House* by Kelly Mustian- if you loved *Where the Crawdads Sing*, you'll love this one. I sound like the OLD IMPOSTER perfume ads. I just finished this one and it is a historical fiction. Set in 1920s Mississippi and centers around two teenage girls who create an unlikely partnership through murders and the tumultuous times.

April is Stress Awareness Month... check out...

Lessons from Lucy: The Simple Joys of an Old, Happy Dog by Dave Barry (2019). Barry, a nationally-syndicated humorist, shows how to age gracefully taking cues from his dog, Lucy. Through 7 charming "Lessons from Lucy", Barry explores themes of community, morality, and the joys of living a simpler life.

History recommendation...

The Taking of Jemima Boone: Colonial Settlers, Tribal Nations, and the Kidnap That Shaped America by Matthew Pearl (2020). On a quiet midsummer day in 1776, thirteen-year-old Jemima Boone and her friends Betsy and Fanny Callaway disappear near the Kentucky settlement of Boonesboro, the echoes of their faraway screams lingering on the air. The author explores the little-known true story of the kidnapping of legendary pioneer Daniel Boone's daughter and the dramatic aftermath that rippled across the nation.



APRIL 11TH @ 6 P.M.
Knit Wits
2nd Class Opened



Who: Anyone
 What: Cherry Blossom with Tree Swing
 Paint on canvas led by Tina Wagoner
 When: April 11th @ 6 p.m.
 Where: Nicholas County Extension Office
 Cost: \$6 to cover canvas and paint

SAVE THE DATE:
APRIL 18TH
FAMILY NIGHT AT NCS
FOR PK-12 FAMILIES IN
COLLABORATION WITH
NICHOLAS COUNTY.
FRYSC- TACO TUESDAY-
MORE DETAILS TO COME



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

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.

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.

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development
 LEWINGTON, KY 40546



Disabilities accommodated with prior notification.

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.

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FAMILY CAREGIVER

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>

THIS MONTH'S TOPIC:

HAPPINESS FOR HEALTH AND WELL-BEING

Happiness 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.

Continued on the next page →



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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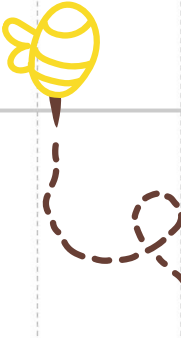
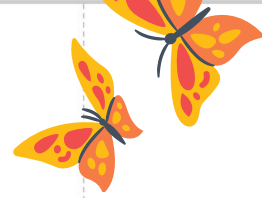

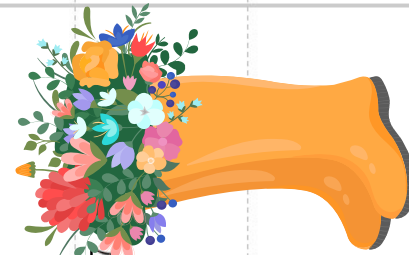
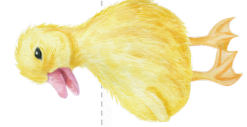
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**FAMILY CAREGIVER
HEALTH BULLETIN**



April 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 April Fool's Day
2 Autism Awareness Day	3 BINGOCIZE NC Senior Citizens	4 Quilting Club	5 National Self Care Day	6	7 Good Friday National NO HOUSE-WORK Day	8
9 Easter	10	11	12 Headquarters	13 Homemaker Council 9 am Ellisville Moorefield	14	15 
16 	17 Quilting Club @ 10 a.m. International Meal @ 6 pm	18 FRYSC Family Night Leader Lesson Cooking through the Calendar	19 National Garlic Day	20	21 Bring in Blue Ribbon Cultural Arts Winners for State	22 EARTH DAY
23	24	25 School Bus Drivers Day	26 National Stop Food Waste Day	27 	28	29 
30 National Pet Parents Day						



Chicken and Brussels Sprouts One Pan Meal

2 skinless, boneless
chicken breasts
(about 1 pound)
1 tablespoon olive oil
Salt and pepper to taste

12-14 Brussels sprouts,
trimmed and quartered
1 cup sliced fresh
mushrooms
1 red bell pepper, diced,
about 1 cup

1 medium yellow onion,
diced, about 1 cup
2 cloves garlic, minced
½ cup half-and-half
¼ teaspoon nutmeg
¾ cup Parmesan cheese

Preheat oven to 425 degrees F.
Cut chicken into bite-sized pieces.
Heat oil in a heavy, oven-safe skillet
or pan over medium heat. **Add** chicken
and sauté 3-4 minutes. Lightly **season**
with salt and pepper. **Add** vegetables
and **stir** gently to combine. **Cook**
3-5 minutes until vegetables are tender.
Remove from heat. If skillet or pan
is not oven-safe, transfer mixture to a
baking dish. In a small bowl, **combine**
half-and-half, nutmeg and salt and

pepper to taste. **Pour** mixture over
chicken and vegetables. **Sprinkle** with
Parmesan cheese. **Bake** 25-30 minutes
until lightly golden on top. **Serve** hot.

Yield: 6, 1 cup servings

Nutritional Analysis:
220 calories, 9 g fat, 3.5 g saturated fat,
0 g trans fat, 70 mg cholesterol,
340 mg sodium, 11 g carbohydrate,
3 g fiber, 4 g sugars, 23 g protein.