



College of Agriculture,
Food and Environment
Cooperative Extension Service

PULASKI COUNTY EXTENSION

Homemakers Newsletter

APRIL - MAY

2022 KEHA State Meeting
May 10-12, 2022
Owensboro Convention Center

2022 KEHA State Board Elections



Deadline to apply: April 9th
Mail credentials to:
Judy Jackson
KEHA Secretary
5770 Ellison- Mt. Zion Rd
Dry Ridge, KY 41035

Four positions to be elected in May
2022 are:

President; Secretary; 4-H Youth
Development Chair and Management
and Safety Chair

Make Plans Now

**Register Now for the
2022 State Meeting**
May 10-12 Owensboro, KY

Congratulations to our Area Cultural Arts Winners



Emily Branscum
Nancy Kincaid
Jana Brown
Ann Hall



We have been blessed to have so many entries at the county and area level. Thank you to each and everyone that participated. There is a total of 72 entries in the contest at the KEHA State Meeting in May!



Whats Happening

1 April - 1 pm

Painting with Sue Pogue; be sure to RSVP- limited space

11 April - 11 am

Homemakers Council

25 April - 10 am

Card Making Class with Denise Salter

26 April - 6 pm

Women in Ag with Laura Rogers

10-12 May

KEHA State Meeting- Owensboro, KY

23 May - 10 am

Card Class with Denise Salter

24 May - 6 pm

Women in Ag with Laura Rogers

** All events unless otherwise noted are at the Extension Office, also please be sure to RSVP for any event you wish to attend so that we can have plenty of supplies available.



BE LIKE A FLOWER,
SURVIVE THE RAIN AND USE
IT TO GROW.

Pulaski County Extension Office

April 1st at 1 pm

limit 15 people

RSVP

COME **PAINT** with us!



BIG BLUE BOOK CLUB

We are excited to announce the return of

BIG BLUE BOOK CLUB

THE LESS PEOPLE KNOW ABOUT US: A MYSTERY OF BETRAYAL, FAMILY SECRETS, AND STOLEN IDENTITY
by **AXTON BETZ-HAMILTON**

Our first book of 2022, *The Less People Know About Us: A Mystery of Betrayal, Family Secrets, and Stolen Identity* by Axton Betz-Hamilton is a riveting, true story of the life-changing impact of identity theft. The author and identity theft expert shares the story of her life that "inspired her career and nearly destroyed her family."

Big Blue Book Club will be
April 14, 21, and 28 at 11 am ET.

Just click this link
<https://ukfcs.net/BBbc2022Book1>
to register by April 1 or scan the QR code.

The first 200 registered participants will receive a free copy of the book.

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

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1380620N, 4/1/2024

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How to Handle Chronic Stress



April is National Stress Awareness Month, and while stress is unavoidable for the majority of us, there are many ways to help prevent and manage it. Everyone feels stressed from time to time. Stress can be a positive thing and is sometimes needed when we need to be on high alert like when competing in sports, working on an important project, or facing a dangerous situation.

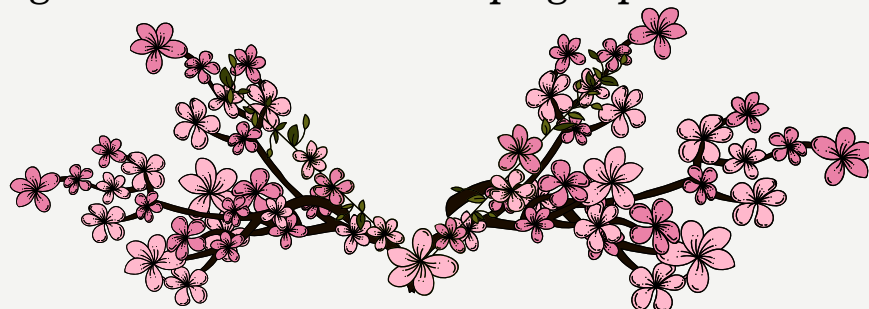
However, if stress lasts a long time — a condition known as chronic stress — that “high-alert” response becomes harmful rather than helpful. We all experience stress in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. If that stressor does not go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. It is natural to feel stress and anxiety.

Below are ways to help yourself and others manage stress:

- *Get enough sleep. Shoot for seven or more hours per night.*
- *Exercise regularly. Just 30 minutes a day of walking can boost mood and reduce stress.*
- *Build a social support network. People who spend time with family and friends find healthier ways to cope with stress.*
- *Set priorities and boundaries. Decide what must be done first and what can wait. Say no to new tasks if they are putting you into overload.*
- *Think positive. Note what you have accomplished at the end of the day, not what you have failed to do.*
- *Try relaxation methods. Mindfulness, meditation, yoga, or tai chi may help.*
- *Seek help. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.*

REFERENCES: <https://www.stress.org>
<https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>
<https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress>





Easter bunnies made by the Meadowlark Homemakers



What has the homemaker groups been up to.....



Pieceful Quilters homemakers made St. Patrick Day cards for the Neighborhood Nursing Home.



East Somerset Homemakers did brown bag shopping & this is some of the results. This is part of ESH history & was found in their history books!

Everyone picked outfits from their closets that were not used anymore & placed them in a brown bag (so they could not be seen). Each member got a bag, then at a later date the member wore their outfit. They had to alter the outfits if they did not fit and then wear ALL items in the bag!!

How do you MOVE?

Are you fitting in at least 150 minutes (2.5 hours) of heart-pumping physical activity per week?

If not, you're not alone. Only about one in five adults and teens get enough exercise to maintain good health. Being more active can help all people think, feel and sleep better and perform daily tasks more easily. And if you're sedentary, sitting less is a great place to start.

MOVE
YOUR WAY.

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

AND

at least
2
days
a week

if you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

if that's more than you can do right now, do what you can. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. What's your move?



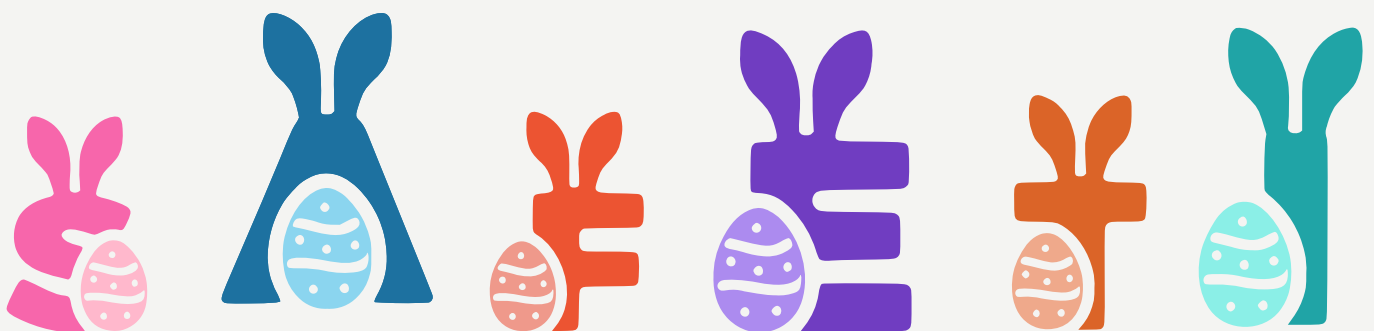
Easter Egg Safety



Easter is right around the corner and if you're planning to decorate eggs, here are a dozen food safety tips to help make sure you or someone else doesn't end up sick.

- Use one set of eggs for decorating and hunting, and another for eating. To be really safe, use plastic eggs for your egg hunt instead of real ones.
- When buying eggs look for eggs that are clean, free of cracks and stored in a refrigerated case. Purchase eggs before the 'sell by' date.
- Keep eggs refrigerated until use. Eggs should be stored in the carton on a refrigerator shelf and not in the door. The refrigerator temperature should be 40 degrees F or below.
- Wash your hands thoroughly with soap and warm water before and after handling raw eggs or cooked eggs that will be eaten.
- Make sure you use only food-grade dyes for coloring. It's safe to use commercial egg dyes, liquid food coloring or fruit-drink powders.
- After coloring, return the eggs to the refrigerator within 2 hours. Do not let them sit out on the counter.
- Handle eggs carefully. If the shells crack, bacteria can enter the egg and cause illness. Discard any eggs that are cracked or dirty.
- When hiding eggs for a hunt, choose hiding places that are protected from dirt, moisture, pets and other possible sources of bacteria.
- Total time for hiding and hunting eggs should not exceed 2 hours.
- Hard boiled eggs that have been refrigerated properly must be eaten within one week of cooking.
- If a hard-boiled egg has a greenish ring around the yolk it just means it has been overcooked. It is still safe to eat.

Reference: FDA (May 2016) Egg Safety: What You Need to Know. Retrieved February 2017 from <https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077342.htm> Source: Annhall Norris, Extension Associate for Food and Nutrition, University of Kentucky; College of Agriculture, Food and Environment





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Somerset, KY 42502
Phone: 606-679-6361

Lean Green Lettuce Tacos

8 large lettuce leaves	$\frac{3}{4}$ pound extra lean ground beef	1 tablespoon finely chopped cilantro
1½ cup cooked brown rice	1 small zucchini, chopped	1 teaspoon lime juice
$\frac{3}{4}$ cup fresh corn kernels	1 ounce packet low-sodium taco seasoning	1 tomato, chopped
1 cup canned black beans, drained and rinsed	4 ounces low sodium tomato sauce	1 small red onion, chopped
1 tablespoon olive oil		

Wash and **dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.

