

PULASKI COUNTY EXTENSION

FEB - MARCH

2024



HOMEMAKER NEWSLETTER

GREAT NEWS TO ALL HOMEMAKERS



The first dirt removing for the new Pulaski County Extension Office should take place during the month of March. Be watching for this new building that will be located off Ky 914 and behind Farm Credit Service. The Extension land also joins the Oak Hill Baptist Church site. What an exciting time!

Edith M. Lovett

EDITH LOVETT,
AGENT



*Coming
Soon*

ALL THINGS HOMEMAKER



JUST AMONG FRIENDS HOMEMAKER CLUB

Just Among Friends Extension Homemaker Club kicked off the holidays with a party at the home of Kay Vito. Fun, food, and fellowship was enjoyed by all who were able to attend. On December 14th, the club hosted a holiday party for the residents of Crestview Personal Care. The party included goodies, games, caroling and gift giving. It was a wonderful afternoon.

Pictured are Homemaker elves assisting with Crestview Christmas party included Gwen Bland, Kay Keller, Nancy Kincaid, Debbie Rogers, Drusilla Weddle, and Joyce Faulkner. Not pictured: Jana Brown, Cheryl Burnett, Cheri Wolfram, Marie Arvai, Kay Vito and Rebecca Williams.



EAST SOMERSET HOMEMAKERS

The East Somerset Extension Homemakers made a cash donation to the new Boys and Girls Club of Somerset. This club meets at Rocky Hollow Recreation Center for an after-school program.

NOT SO PAMPERED CHEF HOMEMAKERS

The Not So Pampered Chef Extension Homemakers Club enjoyed a Mardi Gras "Fat Tuesday" theme at their February meeting. Rich, fatty foods were enjoyed by all including a "muffuletta sandwich" and muffuletta pizza.





VALENTINES TREATS

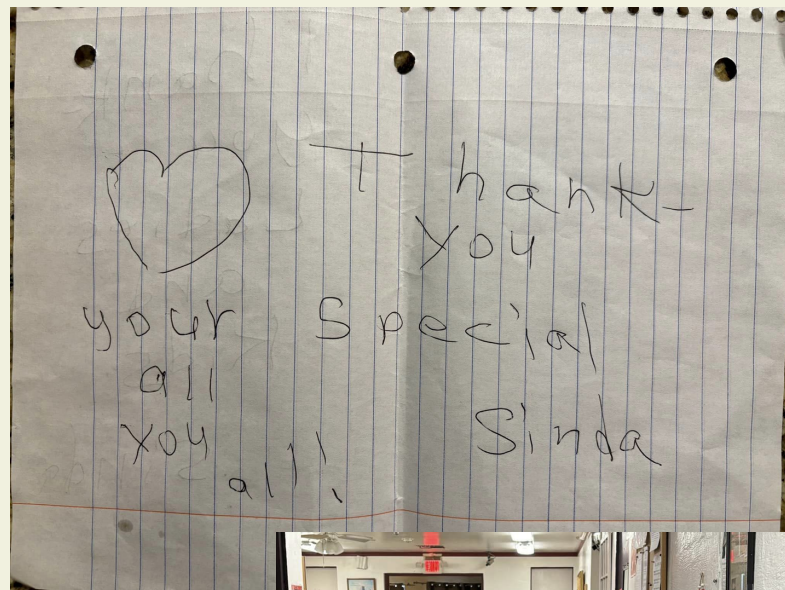
We had a great time enjoying “treats” we could serve to our special “Valentines.” If you would like a copy of the recipes, just call the office or come by.



EAST SOMERSET HOMEMAKER

Sue Pogue, a member of the East Somerset Extension Homemakers Club, was the guest speaker at the Kiwanis Club. Sue shared her story about The Painting Place and how she is helping artists to develop their talents. We are so proud of her and her new business.





NEARBY NEIGHBORS HOMEMAKERS

The Nearby Neighbors Homemakers Clubs blessed the residents of, Crestview Personal Care and Assisted Living, by gifting the ladies with a Valentine bag filled with jewelry and the men bottles of cologne along with handmade cards made by NMS Beta Club plus a hot chocolate bar.



Thank you to those Homemakers who volunteered to serve as host at the Night to Shine Party at the Center for Rural Development. More than 280 special need guests with 300 volunteers participated in this event. The Tim Tebow Foundation host was the Oak Hill Baptist Church with lots of other volunteers working in planning the event.

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

Plan Now!



PULASKI COUNTY CULTURAL ARTS COMPETITION

Don't forget to enter items in our Pulaski County Cultural Arts Competition. This will be held on Thursday, February 29th at the Extension Office. Please have all items at the office by 12:00 noon. Area Competition will be held on Wednesday, March 6th, at the Cumberland County Extension Office.



JEWELRY MAKING CLASS

Join Casandra Hurst's "Jewelry Making Class" on Wednesday, March 20th. There will be two classes, one beginning at 10:00 and another class at 1:00. You need to register in advance.

The class is limited in numbers.

Enjoy a Calendar Food Recipe sampling on the 4th Tuesday of each month starting at 11:30. The recipe featured in our NEP Calendar is demonstrated and shared each month.

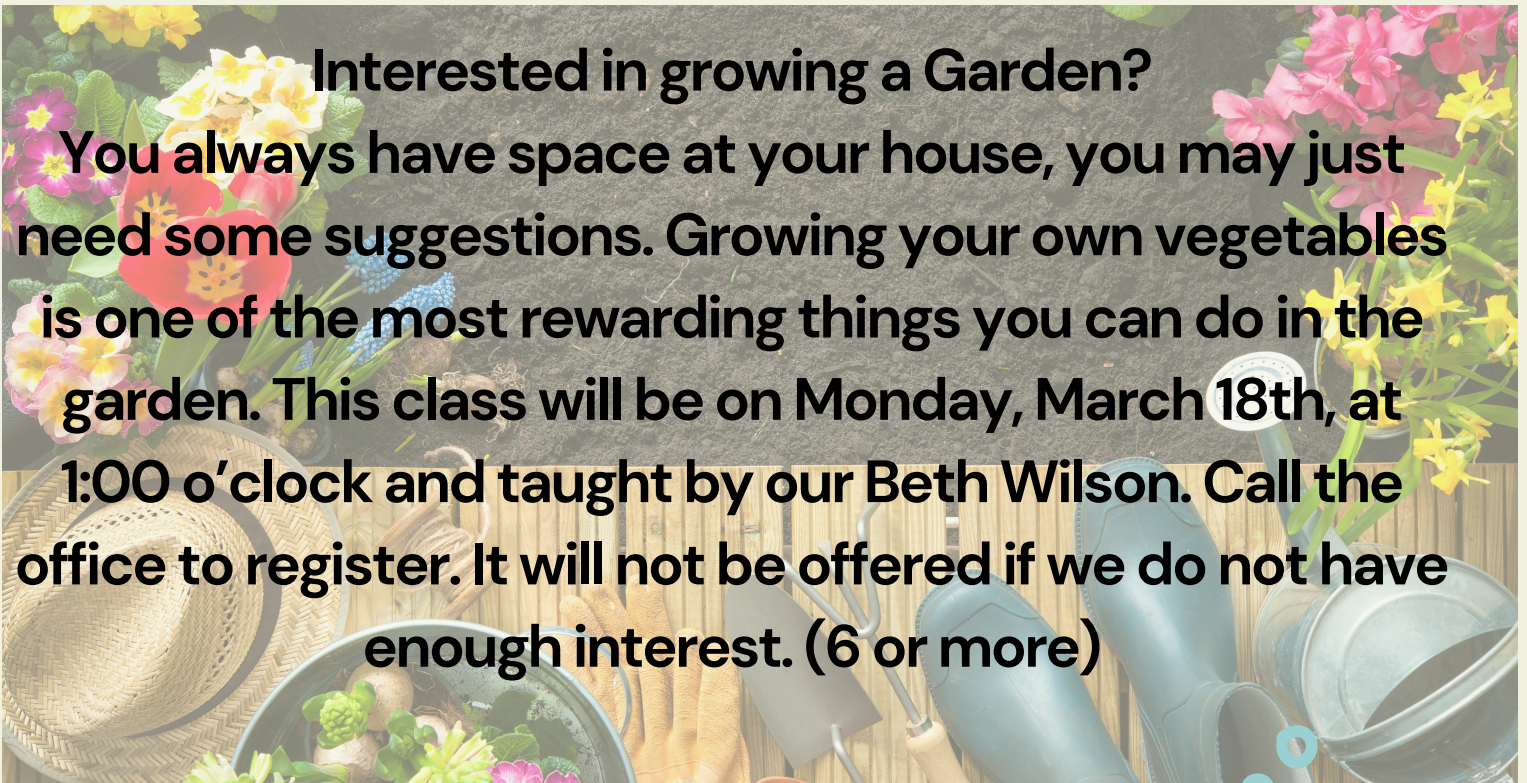
On Tuesday, February 27th, we will be sharing "Everything Tuna Melts." The class for Tuesday, March 26th at 11:30 will be "Veggie Egg Rings." Please call the office to register 679-6361, so enough food will be prepared.

CALENDAR
FOOD
SAMPLING

Interested in learning how to Make Jam and Jellies? Join us on Friday, March 8th at 1:00 o'clock to learn how to make your own sweets. Call the office to register at 679-6361.



Interested in growing a Garden? You always have space at your house, you may just need some suggestions. Growing your own vegetables is one of the most rewarding things you can do in the garden. This class will be on Monday, March 18th, at 1:00 o'clock and taught by our Beth Wilson. Call the office to register. It will not be offered if we do not have enough interest. (6 or more)



Leader Training

**SPRING
CLEANING**

Leader Training for March, for your April Lesson, is Spring Cleaning Your Home and Finances. The training will be held on Monday, March 25th at 1:00 o'clock. Please have someone present for the training.

Big Blue Book Club

Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth* by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author and her family's intergenerational experience of America's wealth gap.

- □ The first Big Blue Book Club series for 2024 will be held on April 11, 18, and 25. Each Thursday morning session will be presented via Zoom at 11:00 am EDT. Each session will be recorded, so if you are not available during the day, you are welcome to participate via the recording.
- □ Registration will open on February 1st at 9:00 am EST via <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Free books must be picked up at your local Extension office after you receive notification that you are one of the book recipients. We are excited to read with you this year!



MARCH

March Roll Call: March is Women's History Month. Name a woman from history you admire.

Thought for March: "A woman is like a tea bag; you never know how strong it is until it is in hot water."

***Homemakers Leader Training Class in February will not be held this month for the March Class. *Your Lesson "Eat Right" is enclosed with your newsletter.* March is National Nutrition Month. Our scheduled class was on "Cultural Arts." Cultural Arts information is available in your Homemaker Yearbook, pages 40-43.

Mark your calendar:

March 1st: Area and State Grant Applications due.

March 1st: Area and State Scholarship Applications due.

March 8th: Friday, 1:00 o'clock, Jam and Jelly Class.

March 10th: Sunday, Day Light Saving Time begins.

March 18th: Monday, Learn How to Grow a Garden, 1:00 o'clock.

March 20th: Wednesday, Jewelry Class 10:00 and 1:00.

March 25th: Monday, 1:00 o'clock Homemaker Class "Spring Cleaning."

March 26th: Tuesday, Area Lake Cumberland Area Council Meeting, 10:30 in Adair County. This is for Area Officers.

March 26th: Tuesday, Calendar Food Class 11:30.

March 29th: Friday at 1:00 o'clock, learn how to make those Green Cleaning Home Products to save you money.

May 7-9th: KEHA State Meeting in Bowling Green. Information is available in your State Newsletter. If you did not get a KEHA State Newsletter, contact our office.

May 16th: Lake Cumberland Annual Meeting will be in Adair County. You will receive more information. This will be a day meeting.

May 30th: Thursday, "Basic Cooking with Cast Iron" Wayne County Extension.



BACK TO THE BASICS: COOKING WITH CAST IRON



Thursday, May 30th
Wayne County Extension Office
255 Rolling Hills Blvd, Monticello

Registration begins at 9:30am EST
Program begin at 10am EST

LEARN ALL ABOUT:

- THE HISTORY AND BASICS OF CAST IRON
- RESTORATING CAST IRON
- CARING FOR CAST IRON
- MULTIPLE CAST IRON COOKING DEMOS

Registration and \$15 fee due to
your county office by May 10th

Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

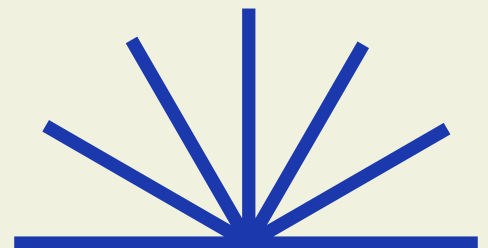
Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.



Pulaski County Extension Office
P.O. Box 720
Somerset, KY 42502
Phone: (606) 679-6361

If you have never made "Hello Dolly Bars" for your family, they will enjoy this delicious cookie that is so easy to make.

Hello Dolly Bars

- 1½ cups graham cracker crumbs'
- 1/2 cup melted butter or margarine.
- 1 cup chocolate chips (your choice)
- 1 cup butterscotch chips
- 1 cup shredded coconut
- 1 cup chopped pecans.
- 1 can Sweetened Condensed Milk

Preheat your oven to 350 degrees and line a 9 by 13-inch baking pan with parchment paper, leaving an overhang for easy removal.

Combine graham cracker crumbs and melted butter in a bowl. Press the mixture firmly into the bottom of the prepared pan to form a crust.

Layer the chocolate chips, butterscotch chips, coconut, and pecans over the crust. Pour the sweetened condensed milk evenly over the top, covering all layers.

Bake for 25–30 minutes or until the edges are golden brown and the middle is set.

Allow the bars to cool completely in the pan on a wire rack. Once cooled, use the parchment paper overhang to lift out the bars and cut them into squares.

Pulaski County Extension Homemakers Council Meeting

January 30, 2024

Opening: The meeting was called to order by President Mary Ellis at 11:30 a.m. on January 30, 2024, at the Extension Office. Melinda Hutchison led the Pledge of Allegiance to the American flag. Edith Lovett blessed the food brought for lunch. Everyone enjoyed Wendy's chili and chicken nuggets on slider buns for lunch with desserts brought by members.

Members in attendance included Jennifer Weddle, Betty Waddle, Sandra Woodman, Melinda Hutchison, Irona Kisse, Mary Ellis, Debbie Peppers, Bessie Loveless, Donna Wheeldon, Emily Branscum, Denise Salter, Kim Toby, and Edith Lovett.

Minutes: Everyone read over the minutes from November 14, 2023. There were no corrections. They were filed.

Treasurer's Report: Kim Toby gave the treasurer's report. She said dues for 196 homemakers had been paid. All of the receipts from the Holiday Dinner have not been turned in, so the final report from then is not complete. The report was filed.

Sandra Woodman moved that we raise the \$35 to \$50 for gifts for Extension Office support staff members. Emily Branscum seconded it, and the motion passed. Emily Branscum moved that we raise the agent gift amount from \$100 to \$150. Donna Wheeldon seconded it, and the motion passed. Denise Salter moved that all receipts for an event should be turned in within six weeks after the event in order for them to be reimbursed. Emily Branscum seconded it, and the motion passed.

Melinda Hutchison brought up that a non-homemaker, Samantha, had paid \$63.60 to have the theme song, "I'm Dreaming of a White Christmas," lines drawn on a board by the company Jets. The pianist played Christmas carols for two hours for the Holiday Dinner, and Parker at the First Baptist Church had helped move Christmas trees down to the Fellowship Hall to use for decorations. Melinda thought these three should be paid something since we did not have to pay the church anything for the use of the building. We also had said we would pay something for the 4-H students who served at the meal.

Kim Toby moved that we give \$285 to the 4-H staff for the students helping serve. Donna Wheeldon seconded it, and the motion passed. Emily Branscum moved that we give Parker \$50 for his help; the pianist, Allie McGuire, \$100 for her music; and reimburse Samantha \$63.60 for the artwork that was printed for decoration. Denise seconded it, and the motion passed.

Old Business: The Lake Cumberland Area Mini Grants are due March 1, 2024. There are some new criteria. Grants cannot be for the same project for two consecutive years. Applications are available at the office. State scholarships, grants, poetry, memoirs, short stories, etc. are also due March 1, 2024. The KEHA State Meeting is May 7-9. The reservation deadline is April 5, 2024. The Pulaski County Council has an opening for vice president. If anyone is interested, contact Mary Ellis.

New Business: Our Pulaski County Cultural Arts competition will be on February 29, 2024, at 10 a.m. The categories are listed in your handbook. Have all entries at the Extension Office before 10 a.m. The Lake Cumberland Area Cultural Arts will be in Cumberland County on March 6. We need two volunteers to go help with this on March 6.

The **Night to Shine** event for special needs individuals, ages 14 and above, will be held at the Center for Rural Development on Friday, February 9, from 6 to 9 p.m. They need volunteers to help as greeters, buddies, food serving, etc. Oakhill Baptist Church is helping sponsor this with the Tim Tebow Foundation. Go to oakhillbaptist.com to volunteer. You will need to pay \$7 for a background check.

Lake Cumberland Area Officer nominations are needed for the First Vice President (Programs), Second Vice President (Membership), and Secretary. Contact the Extension Office if you are interested.

KEHA State Board nominations are due April 5, 2024.

Exciting News: The new Pulaski County Extension Office Building's tentative construction date to begin is March 1, 2024. It's expected to be finished in a year. The old building will be sold.

Remarks from Edith: Make sure all homemaker clubs have picked up the membership books, pizza cutter, magnetic calendar, cookbook calendar, and children's Chop Chop books. Thursday, February 1, is the first day to register for the Big Blue Book Club, Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth. The first 200 registered receive the book free.

Thursday, February 1, 12 noon - Young at Heart, First Baptist Church. Bring a dish and socialize.

Monday, February 5, 1 p.m. – Treats for Valentine's Day, call the office to register, 15 is the limit, \$5 for non- homemakers

Friday, February 16, 1 p.m. - Decoupage Spring Plates

Saturday, February 17, 6 p.m. – Hearts for Hospice at the Center for Rural Development

Monday, February 26, 9 a.m. - Free Card Class at the Extension Office

Monday, February 26, 1 p.m. – Homemaker lesson for March, Cultural Arts Class taught by Dylon Gentry, Adair FCS Agent

Tuesday, February 27, 11:30 a.m. – Calendar Food Class Recipe, "Everything Tuna Melts." Call the office to reserve a spot.

Thursday, February 29, 10 a.m. – Local Cultural Arts Competition, bring entries before 10 a.m.

If your club is interested in donating to the Pulaski County High School FCCLA Club for several members to attend their state meeting, they are asking for donations. Their meeting is March 27 at the Galt House in Louisville.

Denise Salter reported that the Cards R Us group made over 100 cards at Christmas for the residents at Crestview to give out to others.

Next Council Meeting: Wednesday, March 20, 2024, 11 a.m. at Serendipity

Mary Ellis led the group in the Homemakers Creed.

Adjourned at 1:23 p.m.

Minutes submitted by Debbie Peppers, Secretary

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at eatright.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

 **Academy of Nutrition and Dietetics**

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2024

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

THIS MONTH'S TOPIC: BULKING UP A THIN CREDIT FILE

Your credit score is used when you apply for new credit, but also it could be used to check your reliability for insurance, rent, or a new job. However, some people have not yet had enough credit to generate a file. FICO, the largest company that provides software for calculating credit scores, estimates that 53 million people in the U.S. do not have enough data in their credit files to generate a FICO Score.

A credit score tells businesses how likely you are to pay back what you owe in a timely way. Your score is based on the information in your credit report, such as payment history, length of time you've had accounts open, and how often you open new accounts. Those who don't yet have a file are sometimes called "credit invisible." Others may have a file, but their past credit practices may have led to a score that is not as high as they might wish.

The good news is, there are a few tools available to those who wish to bulk up a thin credit file, either to create a score or to improve the score they already have. Two of these tools are called Experian Boost and UltraFICO.



ULTRAFICO

UltraFICO is a free service that uses additional information that you agree to share to generate this special score. Using a secure online portal, you link your banking accounts, such as checking or savings, so that your banking activity can be weighed in with your credit report data. This score does not replace your traditional score or become part of your credit report. You use an opt-in feature to share it with lenders. This score may be helpful if you have consistently kept positive balances averaging at least \$400 in your bank account.

EXPERIAN BOOST

Experian is one of the three credit reporting bureaus, and it offers its own free service

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

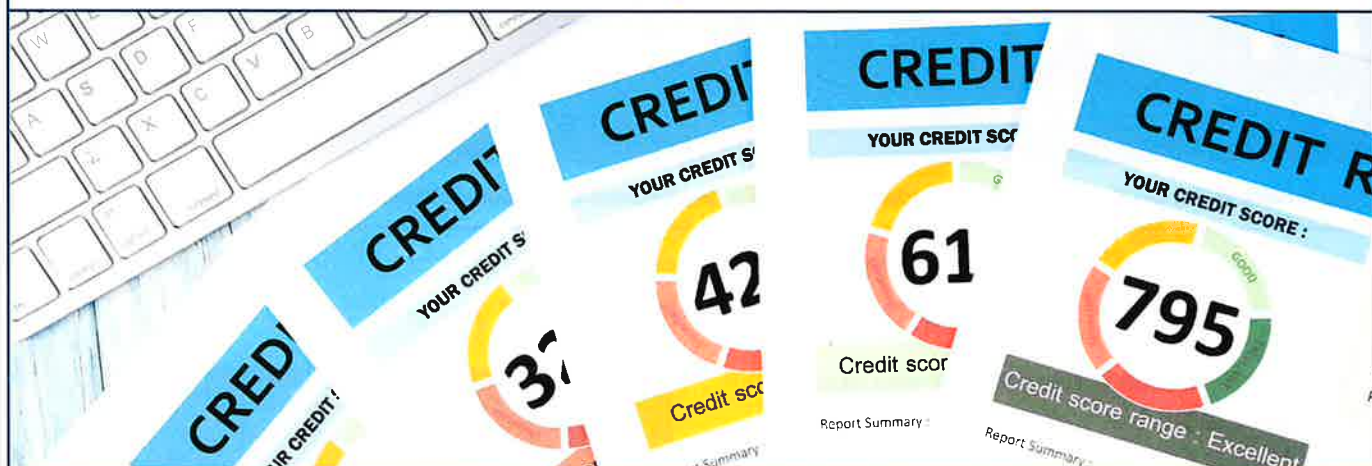
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

THE BEST WAY TO BUILD AND MAINTAIN A GOOD CREDIT SCORE IS TO PAY BILLS ON TIME, PAY DOWN BALANCES, AND AVOID NEW DEBT.



called Experian Boost. Boost considers monthly bills you pay that are not normally included in your credit report. You connect the bank account you use to pay your bills and select the bills you want to have counted in your Experian credit file. The system will look through two years of payment history for qualifying bills with recent on-time payments. The following types of bills and payments could qualify: phone, rent, utilities, television, insurance, internet, and video streaming services.

VANTAGESCORE

VantageScore is an additional scoring model that lenders and businesses might use. Its scoring model can generate a score as soon as one month after a credit account is opened, which is faster than FICO's 6-month or more model. Most of the time there is no way to know in advance whether a lender will use Vantage or FICO scores. However, if credit is denied, the lender will disclose the score and the factors that led to the outcome.

A NOTE OF CAUTION

Be aware that once you grant access to the additional information counting toward your score, you must be willing to accept the consequences. Just as paying on time and keeping credit charges low will help, the opposite can hurt your score. If you grant access to either your bill payment history or your bank accounts, you will need to ensure that you make those payments on time, that you maintain a balance, and don't overdraw your account in order for it to reflect positively on your score.

These programs may help pad your file, but they aren't a "cure-all." Remember, the best way to build and maintain a good credit score is to pay bills on time, pay down balances, and avoid new debt.

REFERENCES:

<https://www.fico.com/ultrafico>

<https://www.experian.com/consumer-products/score-boost.html>

<https://www.vantagescore.com/consumers/how-credit-scores-work/>

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

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



Become a fan of MONEYWISE on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

ADULT HEALTH BULLETIN



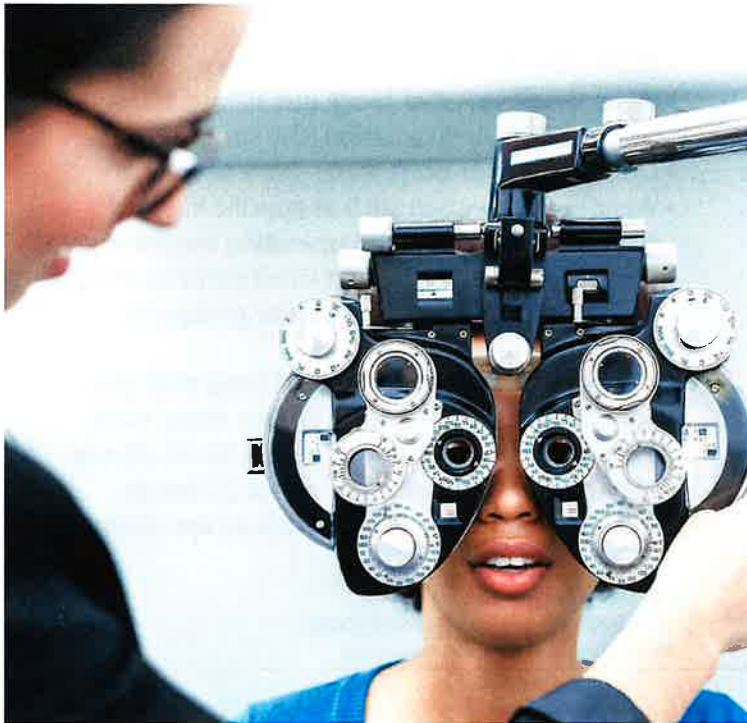
MARCH 2024

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

NAME Pulaski Extension Office
28 Parkway Drive
Somerset, KY 42502
606-679-6361

THIS MONTH'S TOPIC

SAVE YOUR VISION



March 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 



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

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





Veggie Egg Rings



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray

with nonstick cooking spray.

4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving size: 1 Veggie Egg Ring

Cost per recipe: \$1.94

Cost per serving: \$0.49

Nutrition facts

per serving:

60 calories; 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Benita Wade, Christian County SNAP-Ed Program Assistant





Everything Tuna Melts



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with

apple slices and cheese. Sprinkle with everything bagel seasoning.

7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

Note: This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

Makes 5 servings
Serving size: 2 bagel halves
Cost per recipe: \$7.52
Cost per serving: \$1.50

Nutrition facts

per serving:
320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

Source:
Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service

