

NEWSLETTER

AUGUST 2022

Green County Homemakers, It is so nice to have met some of you during my time here so far! Let me introduce myself, My name is Katelyn Traugher if you haven't heard yet I am the new FCS Extension Agent for Green County. I am originally from Allen County/Scottsville but just recently moved to the Green County area. I graduated from Lindsey Wilson College in December 2021 with a bachelors degree in Human Services and Counseling.



I just recently got engaged to my boyfriend of 3 1/2 years. I have worked many jobs in my past the most significant ones being an Activities Assistant in a nursing home for 4 years. I worked as a summer counselor for The Center for Courageous Kids. I most recently worked with adults with intellectual and developmental disabilities. I am the oldest out of 4 siblings. I have one sister and 2 brothers. I was in FCCLA (Family Career and Community Leaders of America) all four years of HS and went to state a handful of times.

If you want to know more about me, dont hesitate to ask!!!

Sincerely, *Katelyn Traugher*

MARK YOUR CALANDERS

August 3rd- Salsa Class (see page 3) Registration is required

August 4th- Help Hope and Hands 9a-12p

August 4th- Farmers Market on Green River
(Cattlemen's Pavilion) 3p-5:30p

August 4th- The Walking Club (see page 3)

August 11th- Help Hope and Hands 9a-12p

August 11th- Farmers Market 3p-5:30p

August 17th- Cooking from the Calendar 11a-?

Registration is required, please call the extension office to sign up.

August 18th- Help Hope and Hands 9a-12p

August 18th- Farmers Market 3p-5:30p

August 25th- Help Hope and Hands 9a-12p

August 25th- Farmers Market 3p-5:30p

September 1st- Help Hope and Hands 9a-12p

September 1st- Farmers Market 3p-5:30p



This Month's Recipe

Easy Baked Fish with Pineapple Salsa

ADMIT YOU'RE HAPPY MONTH

August is considered "Admit You're Happy" month! With this being said Life Steps Foundation compiled a list of 30 ideas that you can do each day that would boost your happiness. My goal for you is to complete at least half of these this month!



For your memory: What was your favorite thing to boost your happiness?

1. Write yourself an encouraging note.
2. Write someone else a friendly note... just because
3. Practice positivity throughout the day
4. Spend time outdoors.
5. Skip the planner for the day and see where the road takes you!
6. Treat yourself to a delicious carefree snack!
7. Pay it forward and see who's days you can make
8. Have a dance party!
9. Take a break from work, lounge around and relax
10. Pick a charity you believe in and give to them
11. Explore your spirituality
12. Play a board game or host a family game night
13. Start exploring some potential new hobbies
14. Give someone a hug every now or then
15. Try a new recipe, get creative in the kitchen!
16. Get some puppy love! Go to a local shelter.
17. Watch a funny movie
18. Reconnect with some old friends that you haven't spoken with in a while.
19. Go on a date. Either with a spouse, friend, or grandchild!
20. Go shopping, get your hair done, or just something self care.
21. Read a good book, there's nothing better!
22. Go to a concert!
23. Try mediating, it's good for your health
24. Go out to dinner at your favorite restaurant.
25. Buy yourself some flowers!
26. Write about something that makes you happy in a journal.
27. Try your hand at photography.
28. Watch the sunrise/ sunset.
29. Make a list of everything that you are grateful for
30. Exercise, just getting out and walking is great!

LET'S SALSA



JOIN KATELYN TRAUGHBER IN
LEARNING HOW TO MAKE AND
PRESERVE SALSA WITH FELLOW
FCS AGENT; DYLAN GENTRY.
MATERIALS WILL BE PROVIDED
TO REGISTER CALL 270-932-5311
OR EMAIL
KATELYN.TRAUGHBER@UKY.EDU

AUGUST 3RD, 2022

GREEN COUNTY COOPERATIVE EXTENSION SERVICES
298 HAPPYVILLE RD, GREENSBURG KY 42743

Start From

09.00am until finished

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

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.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

Programs in August:

Salsa Preservation Class
←

August 3rd at 9am- until finished

Register by calling the
office.

The Walking Club →

August 4th at 3:30-4:00

Every Thursday beginning
the 4th.

Call the office to join, free
pedometers to those that
attend.

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

Do you want to get active, make new friends, and
have some fun in the sun?

- Join Your Local Extension Office For -
The Walking Club

WALK & TALK

**When? Thursdays starting August
4th from 3:30-4:00**

Where? American Legion Park

To join call Katelyn Traughber at 270-606-2385
or email at katelyn.traughber@uky.edu

Participants will receive a pedometer

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

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or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed,
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Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

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UK CES Green County
298 Happyville Road
Greensburg KY 42743-9498

RETURN SERVICE REQUESTED

Apple Sage Pork Chops

- 1 **tablespoon** flour
- 1 **teaspoon** dried sage
- 2 **tablespoons** garlic powder
- 1/2 **teaspoon** ground thyme
- 1 **teaspoon** salt
- 4 boneless center cut pork chops
- 2 **tablespoons** oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 **cup** unsweetened apple juice
- 2 **tablespoons** brown sugar (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.



JULY / AUGUST 2022

HEALTHY CHOICES FOR HEALTHY FAMILIES



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



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Summer nights and outdoor bites

Cooking outdoors on the grill is a favorite activity in the summer months. Grilling is a great way to cook and enjoy foods in a new way. Here's how to build a healthy plate at your next barbecue.

Grill lean:

- To find some new favorites, choose meat that has little to no fat. Try turkey burgers, skinless chicken, and lean beef or pork.
- Don't forget to use a meat thermometer when cooking meats. Cooking to the correct temperature lowers your risk of getting sick. It also helps prevent dried out, overcooked meats.
- Since it is best to eat fish twice a week, get your summertime Omega-3 fatty acids by grilling up salmon, cod, or tilapia.
- For those who don't eat meat, try grilling tofu or bean burgers.

Flavorful veggies:

- The best grilling veggies are zucchini, squash, peppers,



mushrooms, eggplant, onions, and corn. Also try cauliflower, broccoli, asparagus, artichokes, and tomatoes.

- When slicing veggies, try to make them the same thickness. This way they will cook at the same rate.
- Drizzle veggies with oil before placing them on the grill. They

can also be seasoned with fresh herbs or a little salt and pepper.

- Use tin foil or place food directly on the grill grate. Cook until tender.
- Marinate portabella mushrooms and grill whole. They make a tasty plant-based "burger" or side item.

CONTINUED ON PAGE 4

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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.

LEXINGTON, KY 40546



Disabilities
accommodated
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BASIC BUDGET BITES

Per unit pricing

Saving money at the grocery store takes planning and thought. Make a list to stay on track with your spending at the store. Use coupons, sales flyers, and unit pricing to get the best price. Unit pricing can help you compare two products to find the better buy. Sometimes this type of pricing is on the price tag. If not, you can use the nutrition label to find the total

servings per box. Just divide the price by the number of servings. The product with the lower cost per serving is the best buy. For more tips on how to figure unit pricing, call your local Extension office.

Source: Amy Singleton, MS, RDN, Regional Extension Agent for the University of Kentucky Nutrition Education Program.

PARENT CORNER

You're hungry!?!

During the summer months, children are often home more. And it can seem like they are always hungry! Here are some tips to keep summer snacking, and your grocery costs, under control.

- **Set routine meal and snack times:** When family members know when meals will be served, the day can be better planned. Snacks help provide children the nutrients they need. Each 3 to 4 hours, offer a meal or snack.
- **Protein, fat, and fiber:** Building snacks around these three things will help keep children full

until their next meal. Snacks like chips, crackers, and snack cakes are empty calories. Not only are they not healthy, they don't help with hunger. Instead, try healthy, filling snacks like carrots and hummus, yogurt and fruit, or a cheese stick and whole-wheat crackers.

- **Eat in the kitchen:** Skip mindless munching in front of the TV. Ask your family to eat in the kitchen. This will also help cut down on wrappers and crumbs all over the house.

Adapted from: Iowa State University Extension and Outreach



FOOD FACTS

Bell peppers

Season:

Bell peppers come in many colors from June through September.

Nutrition facts:

They are high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper has only about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

Selection:

Select peppers that are heavy for their size, with bright, shiny skins. Stay away from flabby, wrinkled, or soft peppers.

Handling:

Store in the refrigerator for three to five days. Place them in the vegetable crisper or in plastic bags.

Source: Adapted from fruitsandveggiesmatter.gov

COOKING WITH KIDS

Colorful Quesadillas

- 8 ounce package fat-free cream cheese, softened
- 1/4 teaspoon garlic powder
- 8 (8-inch) whole-wheat tortillas
- 1 cup red or green bell pepper, diced
- 1/2 cup red onion, diced
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves, OR 9 ounces frozen spinach, thawed and squeezed dry

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse spinach and pat dry. Gently scrub the bell pepper under running water.
3. Dice 1 cup bell pepper, 1/2 cup onion, and chop 2 cups of spinach.
4. In a small bowl, mix 8 ounces of cream cheese with 1/4 teaspoon of garlic powder.

5. Spread about 2 tablespoons of the cream cheese mixture on each tortilla using a butter knife.
6. Sprinkle about 2 tablespoons bell pepper, 1 tablespoon of onion, 2 tablespoons cheese, and 1/4 cup of spinach on one half of each tortilla.
7. Fold the tortilla in half.
8. Heat a large skillet over medium heat until hot.
9. Put 2 folded tortillas in the skillet and heat for 1 to 2 minutes, flip and heat another 1 to 2 minutes or until golden brown.
10. Remove quesadillas from the skillet, place on a platter and cover with foil to keep them warm while cooking the remaining quesadillas.
11. Turn off the stovetop when you're done cooking.

12. On a cutting board, use a knife or pizza cutter to cut each quesadilla into 3 or 4 wedges. Serve warm.
13. Refrigerate leftovers within 2 hours. Eat within 3 to 4 days.

Makes 8 servings
Serving size: 1 Quesadilla

Nutrition facts per serving: 190 calories; 4.5g fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 620mg sodium; 26g carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.

Source: Adapted from United States Department of Agriculture, What's Cooking USDA Mixing Bowl. March 2015. <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/colorful-quesadillas>



RECIPE

Balsamic Stir-fry Vegetables

- 1/4 cup olive oil
- 1 tablespoon soy sauce
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 small eggplant, unpeeled
- 1 medium zucchini
- 1 small onion
- 2 medium carrots
- 1 green bell pepper
- 1 red bell pepper
- Cooked rice or pasta, optional

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large bowl combine olive oil, soy sauce, balsamic vinegar, salt, and pepper.
3. Chop eggplant, zucchini, onion, carrots, and bell peppers into bite-size pieces.
4. Add vegetables to bowl with balsamic mixture. Stir to coat.
5. In a large pan or electric skillet, cook vegetables over medium-high heat until crisp tender, about 10 minutes.

6. Remove from heat, and serve over rice or pasta.

Makes 8 servings
Serving size: 1 cup

Nutrition facts per serving: 110 calories; 7g fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 230mg sodium; 10g carbohydrate; 3g fiber; 6g sugars; 0g added sugars; 2g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 6% Daily Value of potassium.

(Analysis does not include optional rice or pasta.)

Source: Plate it up! Kentucky Proud Project

SMART TIPS

Get more groceries with these programs

Ask about the Double Dollars program at your farmers' market. You can buy twice as much by using your SNAP benefits. WIC and Senior Farmers' Market coupons give you extra to spend on fruits and veggies. Buying local is farm-to-table fresh. You'll be serving your family the healthiest Kentucky grown food.



Adapted from: CalFresh Healthy Living

LOCAL EVENTS

CONTINUED FROM PAGE 1

Quick side salads:

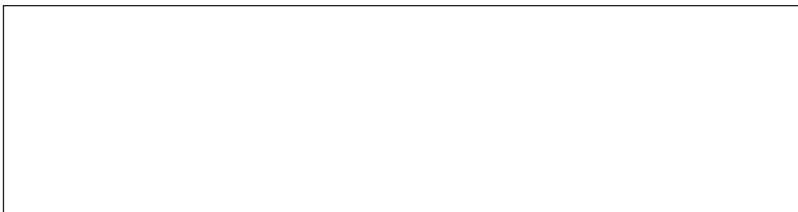
- A crisp, green salad is the perfect side dish. Make ahead of time with seasonal produce.
- Don't be afraid to try fruit on your next salad. Watermelon, peaches, apples, and berries can add flavor.

A new spin on desserts:

- Enjoy the rare flavor of grilled watermelon. Simply grill each side for 30 seconds and enjoy!
- Using low heat, grill fruit kabobs, sliced pineapple, or peaches. The warm sweetness will make this your new, favorite summertime treat!

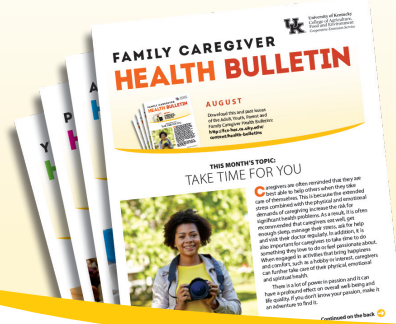
Adapted from: Eatright.org

If you are interested in nutrition classes, contact your Extension office.



VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY

FAMILY CAREGIVER HEALTH BULLETIN



AUGUST 2022

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:

SUNSHINE AND SUN SAFETY FOR SENIORS



According to the CDC, spending time outdoors and getting moderate sun exposure is good for you. It can enhance overall well-being and life quality. Various research reports that sunshine can boost your mood and make you feel calm and alert. It can decrease the risk of depression. It improves sleep and lowers stress. Sunshine has been associated with lowering blood pressure, which reduces the risk of stroke and heart disease. Being outdoors on a sunny day can also promote physical activity and weight loss. The sun's best known benefit is its ability to activate vitamin D levels in the body which, among other things in the body, helps strengthen the immune system and protect older adults from osteoporosis.

But too much exposure to the sun's ultraviolet (UV) rays increases the risk for skin cancer and eye disease. The sun, combined with aging, also

Continued on the back 



Apply sunscreen with at least SPF 15, stay in the shade, and wear protective clothing.

→ Continued from page 1

contributes to wrinkles, and rough, dry skin. Even the amount of vitamin D a person's skin makes depends on factors such as skin tone, where you live, time of year, time of day, and weather conditions. Some people may need to stay out of the sun because of medical conditions and/or medications. Talk to your health-care provider about vitamin D levels and UV exposure from sunlight at least once a year.

If you or your loved one is going to be in the sun for more than 15 minutes, be sure to think about sun and heat safety. According to the CDC, people 65 and older are at greater risk for heat-related health concerns. Older adults can have a harder time adjusting to temperature changes. Certain health conditions and medications may create adverse reactions in the heat. When unnoticed or untreated, heat-related illnesses can lead to death. Be sure to enjoy the sun and outdoors while keeping cool and healthy.

- Apply sunscreen with at least SPF 15, stay in the shade, and wear protective clothing.
- Wear sunglasses and/or a wide-brimmed hat.
- Stay hydrated. Do not wait until you are thirsty to drink.
- Wear loose-fitting clothes.
- Talk to a health-care provider about medications and potential adverse side effects from sun exposure.
- Don't overwork yourself, and move slowly to prevent overheating.
- Recognize signs of heat-related illness and seek medical care immediately. According to the CDC, symptoms may include dizziness, muscle cramps, headaches, swelling in legs or ankles, nausea or vomiting, excessive thirst, loss of coordination, sweating, cold clammy skin, rapid pulse, and weakness.

Spend time outdoors, but know how to stay safe. Remember what warning signs to look for and what to do to stay protected and safe.



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FAMILY CAREGIVER HEALTH BULLETIN

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123RF.com, Adobe Stock





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2022

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

THIS MONTH'S TOPIC:

INVESTING BASICS: MAKING YOUR MONEY WORK FOR YOU

Investing your money wisely can help it grow over time. Like compost in a garden, investment products are tools to promote financial growth. Each product has unique value and risk. With higher risk comes the potential for higher reward (or loss). Before investing, be sure you understand the basics of each product.



TYPES OF INVESTMENT PRODUCTS

Your investment portfolio is a collection of the different financial investments you've made at any one time. A portfolio may contain a wide range of assets including real estate, art, or private and public investments. There are several types of investment products, but three common choices are stocks, bonds, and mutual funds.

- **Stocks** represent a fraction of a corporation's ownership. When you own stock, it entitles you to a percentage of the company's profits. Units of stock are called "shares." Stocks offer long-term potential for growth over time. However, stock prices can vary greatly and fluctuate with the market and economy.
- **Bonds** are one-time loans you make to the government or a company for a set period time. In exchange for your money, you receive interest payments. Bonds are generally viewed

as "safer" investments than stocks because they are less volatile, or subject to change. If the bonds are held to maturity, you may earn back the principal (i.e., the initial amount invested), plus any interest earned.

- **Mutual Funds** are professionally managed investment pools where companies invest combined money from investors into a variety of different securities like stocks and bonds. When you invest in a mutual fund, you receive income from its portfolio, or its combined holdings.

INVESTMENT CONSIDERATIONS

As you build an investment portfolio, there are different strategies you can use to generate wealth based on your personal preferences, financial situation, and willingness to take risk. There are four important considerations for investing: time, risk, diversification, and fees. Ask yourself four questions:



DO NOT INVEST MORE THAN YOU CAN AFFORD TO LOSE



- **Time.** *When do I want to invest?* Time is essential in investing. The longer you invest, the more time your money has to grow. Time also allows for fluctuations in the economy and financial market.
- **Risk.** *What amount of risk am I willing to take?* Most investments come with some risk. Consider your current financial situation and select an option that feels comfortable. Do not invest more than you can afford to lose.
- **Diversification.** *Are my investments diversified, or varied?* Diversifying your investments means spreading them out to help minimize risk. In other words, diversification is “not putting all your eggs in one basket.” If one investment doesn’t do as well as you hoped, you still have other investments to fall back on.
- **Fees.** *How much am I paying in investment fees?* Investments have fees, especially if you are paying someone else to manage investments for you. Always read all the fine print before investing and consider how fees affect your bottom dollar.

GETTING STARTED

To begin investing, think about your budget. How much money can you reasonably invest each

month after paying bills, contributing to your savings and retirement funds, etc.? Like savings accounts, investments can start small — especially while you learn to invest wisely. Also, consider how much time you can dedicate to managing your investments. Hiring a licensed professional may be a good option if you lack the knowledge or time to manage investments effectively.

You also can invest through a retirement fund. Whether through your employer or on your own, retirement funds can kickstart an investing journey. Some retirement funds allow you to manage how your money is invested. Others manage the investments for you. For more information on investing through retirement plans, visit <https://www.irs.gov/retirement-plans>.

Finally, when considering investment opportunities, always take time to learn. For a detailed guide on getting started with investing, visit <https://www.sec.gov/investor/pubs/sec-guide-to-savings-and-investing.pdf>. You also can contact the U.S. Securities and Exchange Commission (SEC) with questions at (800) SEC-0330 or at <https://www.investor.gov/>.

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