

March Recap

March was an exciting month for FCS and Homemaker events! We had classes ranging from a Reusable Beeswax Wraps, two Cooking from the Calendar recipes, Area Cultural Arts Competition, Walking Club, and Summersville presented a Quilting class. It was a fun packed month!

Look at the images below from some of these events.



Area Cultural Arts Blue Ribbons that are advancing to state are:

**Mary Creason
Carol Creason Scott
Nina Dziepak
Nancy Newton
Priscilla Newton
Chelle Scott**



My first attempt at quilting!



Reusable Beeswax Wraps

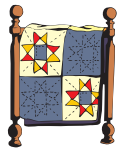
Summersville Quilting Class



Mary showing off a family quilt!



Britney's first quilt!



Donations Needed



If you have never heard of Center for Courageous Kids (CCK) before they are a nonprofit organization that offers the camp experience to kids with various disabilities. They have asked KEHA for donations of quilts (64 x 86) and blankets for their cabins. If you have a quilt or blanket that you are willing to donate, please drop it off at the extension office. We will be accepting them until May 5th.



Although March has been filled with rain showers, I have a feeling more is to come! With that being said, everyone needs some rainy day craft ideas. Below are some craft ideas that you may find in your home or craft stockpile (I know you ladies know what I am talking about!)



Wood Bunnies



Fabric Tulips



Button Bunny



Preparing for Tax Season is Half the Battle



Now is the time when we start thinking about filing our income taxes. Even though it's an annual event, it can cause anxiety for many. By preparing now, you can ease the process for yourself or your tax preparer.

Begin by gathering the necessary forms including your social security number and that of your spouse if filing jointly, plus the numbers of any dependents. In addition to W-2 forms, you want to include information about any taxable interest you earned from savings accounts, stocks, mutual funds and virtual currency transactions. You will need to gather other 1099 forms from any earned compensation, including unemployment compensation, pension distributions, annuity or retirement plans or contract employment.

Additionally, have a copy of last year's federal and state tax returns accessible, and your bank account and routing number to receive any refunds by direct deposit. Depending on your circumstances, you may need to include Form 1095-A, Health Insurance Marketplace Statement.

One of the largest deductions many people can claim is mortgage interest. If you have a mortgage, you should have a 1098 form from your lender specifying how much interest you paid in the last year. Mortgage interest and points paid for a 2022 home purchase in 2022 are tax deductible if you itemize.

If you expect a refund, different factors may impact it when you receive your return. The IRS issues most refunds within 21 days, however, the IRS cautions taxpayers not to rely on receiving a refund by a certain date. Returns that require additional review can take longer, especially considering the record number of identity theft and refund fraud claims brought about by the pandemic.

To receive your refund quickly, electronically file your taxes as early as possible and choose the direct deposit option.

If you owe the IRS money this year, you may want to consider changing your withholding status with your employer moving forward. This will allow the employer to withhold more money from your check throughout the year, so you're not hit with a big payment next year.

For general information on filing taxes this year, visit <https://www.irs.gov/newsroom/tax-time-guide-things-to-consider-when-filing-a-2022-tax-return>.

If you have questions about whether certain tax laws apply to your individual circumstances, consider using the IRS Interactive Tax Assistant tool at <https://www.irs.gov/help/ita>. This free online tool can help you determine if you need to file a tax return, your filing status, if you can claim a dependent, if your income is taxable, tax credit eligibility, or if you can deduct certain expenses.

To get more information on family financial topics, contact the Green County office of the University of Kentucky Cooperative Extension Service.

Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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College of Agriculture,
Food and Environment
Cooperative Extension Service

BINGOCIZE

Bingo + Exercise = Bingocize

Bingocize is a 6 week health promotion program that combines the game of bingo with exercise. Come play bingo and meet new people while learning about various exercise techniques.

When?
April 10th, 12th, 17th, 19th, 24th, 26th
May 1st, 3rd, 8th, 12th, 15th, 17th

Where?
Green County Public Library: Community Center

Time?
12pm CST

Register at the Green County Extension Office at 270-932-5311 or email katelyn.squires@uky.edu

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

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LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification

Save the Date



Save the Date

**HOMEMAKERS AREA
ANNUAL MEETING**

THEME: BASKETS OF BLESSINGS


APRIL 27, 2023

**ASPIRE CENTER
90 AIRPORT RD.
MONTICELLO, KY 42633**

REGISTRATION: 5:30 P.M. EST

MEETING: 6:00 P.M. EST

**MORE DETAILS &
REGISTRATION
COMING SOON!**



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GROW YOUR GARDEN, GROW YOUR MIND

April 5, 2023
10:00 am-2:00 pm EST
Registration begins 9:30 am EST

Wayne County Extension Office
255 Rolling Hills Blvd, Monticello

Lessons & Take Home Ideas for

Raised Bed Gardens Flower Pressing

Succulents Stake Out Your Garden

Rock Gardens

Keeping Yourself in Berries All Year

Recipe Demonstration & Sampling

\$10 Registration Fee
includes lunch & take home educational materials

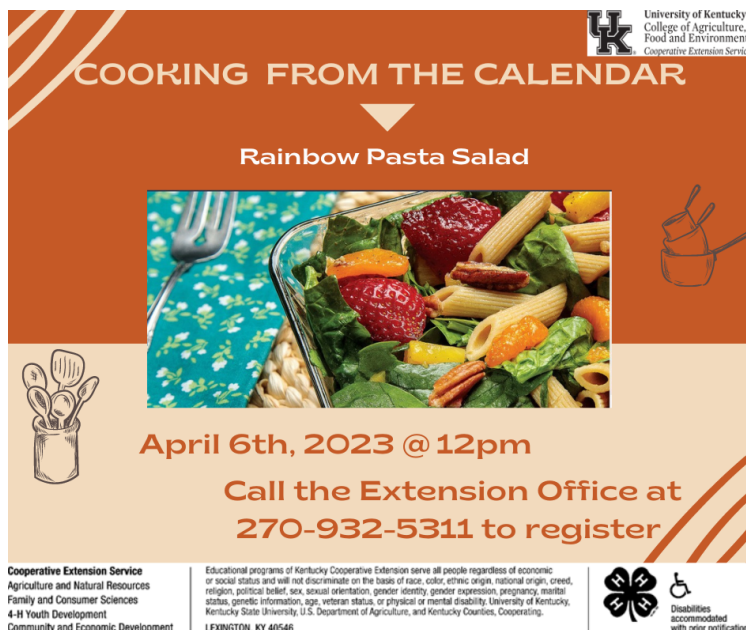
Register with your local County Extension Office
& pay registration fee by March 31st

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COOKING FROM THE CALENDAR

Rainbow Pasta Salad

April 6th, 2023 @ 12pm

**Call the Extension Office at
270-932-5311 to register**

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Happy
Easter

APRIL 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|-----------------------------|---|--|--------|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 "Grow Your Garden, Grow Your Mind" Wayne Co Program 10-2 EST | 6 Cooking from the Calendar 12pm (Rainbow Pasta Salad) | 7 | 8 |
| 9 | 10 Bingocize 12pm Town & Country at Office 4p | 11 | 12 Bingocize 12pm | 13 Community Baby Shower 10a-2pm | 14 | 15 |
| 16 | 17 Bingocize 12pm | 18 | 19 Bingocize 12pm | 20 Lesson Leader Training- Outdoor Cooking | 21 | 22 |
| 23 | 24 Bingocize 12pm Homemaker Council Meeting 4pm | 25 Circle of Friends 5pm | 26 Bingocize 12pm | 27 LCA Annual Meeting in Wayne County 5:30est registration, 6pm start | 28 | 29 |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |

Homemade
GIFTS MADE EASY

Holidays and Observances: 9: Easter Sunday, 10: Easter Monday, 18: Tax Day

RETURN SERVICE REQUESTED



Morning Carrot Muffins

| | | |
|-----------------------------------|--------------------------------------|-------------------------------------|
| 1 ¼ cups all-purpose flour | 2 cups shredded carrot | 3 eggs |
| ¾ cup whole-wheat flour | ½ cup raisins | ¼ cup vegetable oil |
| 1 cup sugar | ½ cup chopped walnuts | 1 cup unsweetened applesauce |
| 2 teaspoons baking soda | ½ cup unsweetened coconut | 2 teaspoons vanilla extract |
| 1 tablespoon cinnamon | 1 finely chopped medium apple | |
| ¼ teaspoon salt | | |

Preheat oven to 350 degrees F.
Spray 18 muffin cups with nonstick spray or line them with muffin liners. In a large bowl, **mix** together flours, sugar, baking soda, cinnamon, and salt. **Stir** in carrots, raisins, nuts, coconut, and apple. In a separate bowl, **beat** together eggs, oil, applesauce, and vanilla. **Stir** wet ingredients into the flour mixture until just moistened. Do not overmix.

Scoop batter into prepared muffin cups. **Bake** for 20 minutes, or until a toothpick inserted in the center comes out clean.

Yield: 18 muffins

Nutritional Analysis:

170 calories, 6 g fat, 1.5 g saturated fat, 30 mg cholesterol, 180 mg sodium, 27 g carbohydrate, 2 g fiber, 16 g sugars, 10 g added sugars, 3 g protein



ADULT 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC:

APRIL IS CESAREAN AWARENESS MONTH



Every April, the International Cesarean Awareness Network, supported by the World Health Organization, recognizes Cesarean Awareness Month. Cesarean section, C-section, or Cesarean birth, is the surgical delivery of a baby through a cut (incision) made in the mother's abdomen and uterus.

Cesarean Awareness Month aims to raise awareness and educate people about cesareans in two ways: it wants a reduction in the number of cesareans in mothers who do not really need or who will not benefit from this procedure, and it wants to raise awareness of the need for cesareans in certain circumstances to decrease the risks to either mother or baby.

For example, a mother may need a cesarean section when:

- A baby is in a feet-first position (breech position),
- The mother has gone into premature labor,

Continued on the next page →



Even if you do not plan to have a C-section, knowing what to expect can help you prepare in case your situation changes.



→ Continued from the previous page

- The labor does not progress in a normal manner,
- There is a viral infection (such as hepatitis C or HIV),
- The mother has placenta previa, a condition in which the placenta is low lying and covers part or all of the entrance to the womb, or
- Health-care providers have recommended a Cesarean delivery for other reasons.

Over time, the rate of cesareans in the United States has risen significantly. Currently, about 1 in 3 births are cesareans. Cesarean deliveries also come with risks, because they are an invasive abdominal surgery. For this reason, major health organizations discourage elective cesarean deliveries as they can lead to complications such as infections and blood clots.

The Healthy People 2030 Report identified 22 measures to prevent pregnancy complications and maternal deaths and improve women's health before, during, and after pregnancy. One

identified measure is to reduce cesarean births among low-risk women with no prior births.

If you are pregnant, it is important to talk to your health-care provider about birthing options, and the benefits and risks of each of your choices, including a cesarean delivery. The potential need for a first-time C-section may not be clear until after labor starts, so even if you do not plan to have a cesarean, knowing what to expect during and after a C-section can help you prepare in case your situation changes.

REFERENCES:

- <https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/reduce-cesarean-births-among-low-risk-women-no-prior-births-mich-06>
- <https://www.mayoclinic.org/tests-procedures/c-section/about/pac-20393655>

ADULT
HEALTH BULLETIN

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