

FCS EXTENSION

MAY 2023

NEWSLETTER

April Recap

April has been a busy month for everyone. This month we had a Gardening program in Wayne County in which a couple of Green County people attended. We had our Annual Community Baby Shower in which we had 8 business speakers and 9 mothers with guests. I also was able to attend the Summersville homemaker club where everyone wore their Easter hats.



What else has Katelyn done in April??

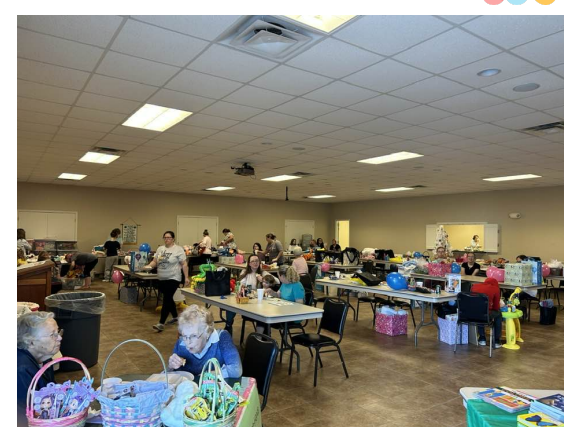
- LEAP (Literacy, Eating, Activity with Preschoolers) with Green County Head Start and Little Lambs Preschool.
- Cooking from the Calendar
- Bingocize x6
- Adanta "Cultural Diversity in Foods" lesson
- Senior Center "Cultural Diversity in Foods" lesson
- Trainings on Trainings
- Summersville Quilting Class



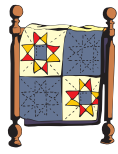
"Grow Your Garden, Grow Your Mind" in Wayne County 🪴



Summersville Club Meeting 🥰



Community Baby Shower 🧸



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 twin size 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.



GREEN COUNTY FAIR EXHIBITS



2023 Schedule:

Check In: Tuesday, June 13th from 9:00 AM CT - 3:00 PM CT

Judging: Tuesday, June 13th 4:00 PM CT

Viewing: Wednesday, June 14th from 9:00 AM CT - 1:00 PM CT

Pick Up: Wednesday, June 13th from 1:00 PM CT - 4:00 PM CT

The Fair is coming faster than we realize. Above is the schedule for the 2023 Fair Exhibits. We have new and updated categories this year so don't forget to stop by the extension office to pick up all that information.



Some of those new categories include:

- Paint with Diamonds Crafts
- Cricut Crafts
- Artificial Flower Arrangements
- Succulent Potted Plants
- Sourdough Bread
- & SO MUCH MORE



We often receive financial advice about the importance of retirement planning but less about what to do with our money once retirement arrives. If you are retired or will be soon, here are some tips to make your money go further.

Create a budget. Knowing how much money you have coming and going is a simple but important concept. First, consider all income sources. This includes Social Security benefits, employer-sponsored benefit plans and personal investments for many people.

Next, review your monthly expenses. Expenses include those that are fixed, like a mortgage or car payment, as well flexible expenses like groceries and utilities. You should also consider annual occasional expenses, like birthday gifts or vacations. Costs associated with new or continued hobbies may fit into the occasional expenses category. A key to financial health is understanding and controlling where your money goes.

Compare income to expenses to make sure ends meet. This will let you know if you are on target when creating monthly and annual budgets that work for your retirement income. You may find, especially if there are rising inflation rates, that your retirement income will not last as many years as you originally intended. This could require you to reduce your spending in some areas or get a post-retirement job to generate additional income.

If you have a spouse, go through the budgeting process together and communicate regularly about your retirement goals and ways to meet them.

Being retired does not mean that you should quit investing. Continuing to invest during retirement could help protect you against inflation the rising cost of everyday living expenses like clothing and food—and ensure your money lasts as long as you think it will. Many different investment options are available to retirees, and like before retirement, what you invest in will depend on how comfortable you are with risk. Often the investments that carry the most risk are the ones with the most potential to have a higher rate of return. Talk with your financial advisor about your options and risk tolerance.

Extension offices often offer financial education programs for people of all ages. To find one near you, contact the Green County Extension Office.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.



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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

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.



Disabilities accommodated with prior notification

Save the Date



University of Kentucky
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Canning Workshop Series

May 30th, May 31st, and June 1st
9:00 AM - 12:00 Noon CT Each Day
Adair County Extension Office
409 Fairground St., Columbia KY 42728
FEE \$20 - RSVP by May 22nd - Class size is Limited.



Salsa



Vegetables



Pie filling

Join us, May 30th through June 1st for a three-part series on canning salsa, vegetable soup, and pie filling. Each session will take place at the Adair County Extension Office beginning at 9:00 AM CST and will conclude at approximately Noon. The series is open to Adair, Green, and Russell County residents. Limited to six people per county, 20 total per session. The cost to attend is \$20 per person and includes a copy of the Ball Blue Book Guide to Preserving. RSVP is requested by May 22nd. A wait list will be utilized for overflow and inquiries made by May 27th. Please contact your local Extension Office with any questions.

RSVP at Your Local Extension Office

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Food Preservation Workshop

SALSA **VEGETABLES**

TWO-DAY FOOD PRESERVATION WORKSHOP ON CANNING SALSA AND VEGETABLES. YOU WILL LEARN ABOUT WATER BATH CANNING AND PRESSURE CANNING IN A HANDS-ON ENVIRONMENT. REGISTRATION FEE WILL BE \$20 WHICH INCLUDES A "BALL BLUE BOOK GUIDE TO PRESERVING". SPACE IS LIMITED SO BE SURE TO REGISTER BY JUNE 12TH.

JUNE 20TH AND 21ST 10AM-1PM CST

298 HAPPYVILLE RD GREENSBURG KY 42743

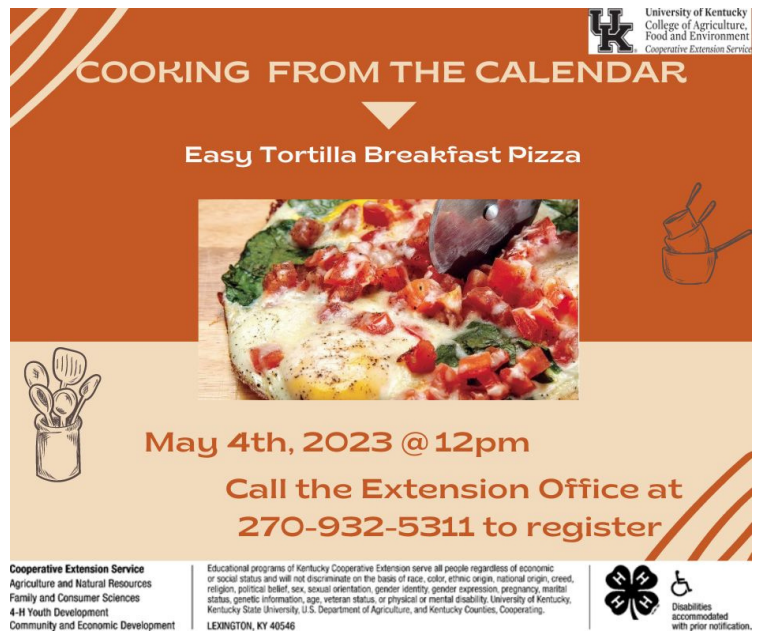
REGISTER AT GREEN COUNTY EXTENSION OFFICE 270-932-5311

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COOKING FROM THE CALENDAR


Easy Tortilla Breakfast Pizza

May 4th, 2023 @ 12pm

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

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University of Kentucky
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Green County Annual Homemaker Meeting

Don't Forget Your Lace & Pearls

Color Scheme: Pink and Lavender

Guest Speaker: Hailey Paige Scott- The Victorian House Bakery and Café

\$12 ticket price



Door Prizes
Meal and Dessert

Tickets are available for purchase at the extension office until May 31st.

June 15, 2023 | 5pm CST registration 5:30 CST meeting

Green County Extension Office
298 Happyville Rd Greensburg KY 42743

May

2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Blingooze 12pm	2 Walking Club 1:30-2:30	3 Blingooze 12pm	4 Cooking from the Cabinet 12pm (Easy Tortilla Breakfast Pizza)	5 Cultural Arts Items back to the office	6
7	8 Cultural Arts Items back to the office Blingooze 12pm Town & Country at Ekta Johnson 5pm	9 KEHA State Meeting Summersville 5pm	10 KEHA State Meeting	11 KEHA State Meeting	12 Blingooze 12pm	13
14	15 Blingooze 12pm Homemaker Council Meeting 4pm	16 Walking Club 1:30-2:30	17 Blingooze 12pm	18	19	20
21	22 Mother's Day	23 Walking Club 1:30-2:30 Circle of Friends 5pm	24	25 Lesson Leader Training 12p	26	27
28	29 OFFICE CLOSED Memorial Day	30 Food Presentation in Adams County 9am-12pm	31 Food Presentation in Adams County 9am-12pm	JUNE 1ST Food Presentation in Adams County 9am-12pm		

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

RETURN SERVICE REQUESTED



Spring Harvest Salad

5 cups torn spring leaf lettuce	Dressing: 4 teaspoons lemon juice	2 teaspoons Kentucky honey
2½ cups spinach leaves	2½ tablespoons olive oil	½ teaspoon salt
1½ cups sliced strawberries	1 tablespoon balsamic vinegar	¼ cup feta cheese crumbles
1 cup fresh blueberries	1½ teaspoons Dijon mustard	½ cup unsalted sliced almonds
½ cup thinly sliced green onions		

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



ADULT HEALTH BULLETIN



MAY 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: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

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Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

→ Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

**ADULT
HEALTH BULLETIN**

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123RF.com

