

NEWSLETTER

MARCH 2025



Cultivating Connections to Stay Healthy

What better way to connect with others, than to join us for the *Extension Expo on Saturday, March 15!* Read on to see how staying connected relates to your overall health and well-being.

U.S. Surgeon General Dr. Vivek Murthy has called attention to the epidemic of loneliness and isolation and its devastating impact on mental and physical health. Insufficient connection can lead to anxiety and depression. It raises the risk of heart disease, stroke, high blood pressure, obesity, and developing dementia. It can also lead to a weakened immune system and premature death. The negative consequences of loneliness and social isolation on individual health and well-being also impacts societal health. For example, communities with well-connected residents report better overall health, safety, resilience, prosperity, and civic engagement.

To help you stay connected, the National Institute on Aging recommends the following tips:

- *Engage in a hobby or activity you enjoy*
- *Take a class and learn something new*
- *Schedule time to communicate with friends, families, or neighbors*
- *Adopt or foster a pet*
- *Be physically active*
- *Introduce yourself to neighbors*
- *Participate in a faith-based organization*
- *Join a cause and get involved*
- *Talk to your health-care provider*
- *Engage in storytelling*

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging



Homemakers News & Notes

March 1 – KEHA Deadline for Scholarships, Grants, Contests

March 10 at 10am – **County Homemaker Council** – County Officers and Educational Chairmen will meet to discuss several upcoming events.

March 31 at 10:30am – **Leader Lesson Training** – *How to Get Out of a Mealtime Rut*. Join us as we increase knowledge and awareness of strategies that can be used to overcome mealtime ruts and prepare meals at home.

2025-2026 Homemaker Lesson Leader Ballot – Clubs and/or individuals who would like to cast their vote on what lessons are delivered next year, please return to the Extension Office NO LATER than April 4, 2025. Ballots were included in last month's newsletter and are available at the Extension Office.

2025 State Meeting – The KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in downtown Lexington. The theme is “*Discover KEHA – A Hidden Treasure.*” Northeast Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$149/night + tax (1-4 people). Make your reservations by **April 7** to secure the conference rate. Phone Reservations: 800-233-1234 (group code **G-KEHA** for conference rate). Details are on the [State Meeting](#) webpage. Full details and registration forms will be COMING SOON!



LaRue County Homemaker Cookbooks NOW AVAILABLE! Stop by the Extension Office or see any Homemaker member to purchase a copy for \$15.00.



upcoming FCS Events

March 1 at 9am – Beginner Sewing for Adults

March 6 at 1:00pm – Friends and Family Homemaker Club

March 12 at 10am – Quilt Club at the Extension Office

March 14 at 12:00 noon – Cooking Through the Calendar (**Crunchy Air Fryer Fish**)

March 18 at 10:30am – South Fork Homemaker Club

March 19 at 9am – Laugh and Learn Playdate Program

March 24 – Open Sewing at 10am at the Extension Office

March 15 – **SAVE THE DATE** for our annual Extension Expo

March 25 at 6pm – Farmers' Market Informational Meeting

March 31 at 10:30am – *How to Get Out of a Mealtime Rut*

April 12 – **SAVE THE DATE** for the Homemakers Spring Bazaar (vendor registration available)

April 25 at 9am – **Homebased Microprocessing Workshop** – Must register online - \$50 registration fee

Marla Stillwell



Marla Stillwell

County Extension Agent for Family & Consumer Sciences Education

E-mail: marla.stillwell@uky.edu

Website: <http://larue.ca.uky.edu/FamilyConsumerSciences>

Building strong families. Building Kentucky. It starts with us. #UKfcsex



Join LaRue County Extension Homemakers on Facebook!

UK Cooperative
Extension Service

HOMEMAKERS *Spring* BAZAAR

4-12-25

9 AM - 3 PM



Vendor
Registration

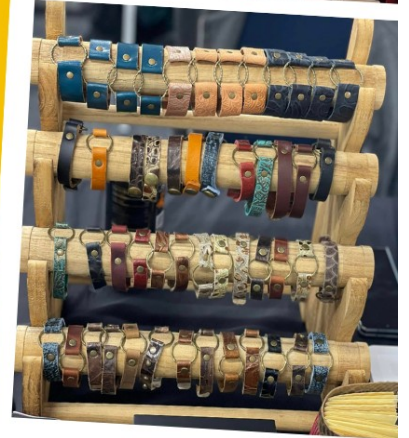


Hosted by the LaRue County Extension Homemakers

LaRue County Extension Service

807 Old Elizabethtown Rd., Hodgenville
270-358-3401

An Equal Opportunity Organization



Walking Club is BACK!

Join us this spring beginning **April 7 through June 2*** on Monday's at 12:00 noon at Creekfront Park in Hodgenville to walk together! Walking Club will provide weekly encouragement in-person and via email to help keep you accountable as you make your health a priority in 2025. **Also, every other Monday, a light lunch and nutrition information will be shared by Susan Riggs from the Nutrition Education Program so be sure and join us!** Please call to signup and be added to the list with your name, phone number and email address. For more information or questions, call Marla at 270-358-3401 or email marla.stillwell@uky.edu

*Walking Club will NOT meet on Memorial Day, May 26.

Big Blue Book Club

The first Big Blue Book Club series for 2025 is here and will be My Old Kentucky Road Trip - Historic Destinations and Natural Wonders by Cameron M. Ludwick and Blair Thomas Hess.

This delightful book is filled with locations throughout our great state that may be familiar to you and many that you will learn about for the first time.

In the spirit of the book, we will be taking Big Blue Book Club "on the road." Our kick-off session will be offered in our traditional format via zoom, but also LIVE from the Thomas D. Clark History Center in Frankfort. The book's authors will join us there for an informative session about some of their favorite Kentucky destinations and we will also hear from Dr. Jim Seaver about the Historical Marker Program. This session will kick the book club series off and will be on **March 13 at 11 am Eastern**. During the next few months we will travel to destinations across the state where you might choose to join us LIVE as we share this book and our great state.

So put on your reading glasses, buckle up, and let's go on an "Old Kentucky Road Trip" together! We are excited to read with you this year!

Visit this link to register, https://uky.az1.qualtrics.com/jfe/formSV_0MqjLIJQAb8cga.



Wits Workout

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health.

Simply put, coming together and learning new things is good for your noggin! Join the Wits Workout group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

Every other Monday in April, May and June at 10:30am at the LaRue County Public Library!

To register, call the library at: 270-358-3851.

APRIL 07 - APRIL 21 - MAY 05 - MAY 19 - JUNE 2 - JUNE 16 - JUNE 30

extension EXPO

Where local businesses & organizations gather to share, educate, promote & celebrate the services offered in our community!

MARCH 15

10 AM - 2 PM

LARUE COUNTY HIGH SCHOOL GYMNASIUM
911 S. Lincoln Blvd., Hodgenville

2025

SERVICE & COMMERCIAL BOOTHS

ABE 937
BAPTIST HEALTH HARDIN
Be SMART FOR KIDS
BOUGIE GRANNIES CREATIONS
CASA OF THE HEARTLAND
CATS TRANSPORTATION
CENTRAL KENTUCKY HEAD START
DISTRICT COURT JUDGE, Teresa McMahan -MILLER
FIRST BAPTIST CHURCH
GIDEONS INTERNATIONAL
GIRL SCOUTS OF KENTUCKIANA
GOODWILL OPPORTUNITY CENTER
GRANDVIEW FARM
HODGENVILLE FIRE DEPARTMENT
HODGENVILLE POLICE DEPARTMENT
HODGENVILLE LIONS CLUB

KY CANCER PROGRAM, U OF L
KY STATE UNIVERSITY COOPERATIVE EXTENSION
KYNECT
KYNECT RESOURCES
LARUE COUNTY 4-H COUNTRY HAM PROJECT
LARUE COUNTY 4-H DOG CLUB
LARUE COUNTY 4-H LIVESTOCK CLUB
LARUE COUNTY 4-H WRANGLERS CLUB
LARUE COUNTY COOPERATIVE EXTENSION SERVICE
LARUE COUNTY CHAMBER OF COMMERCE
LARUE COUNTY CONSERVATION DISTRICT
LARUE COUNTY FARM BUREAU
LARUE COUNTY FARMERS MARKET
LARUE COUNTY FIRE DEPARTMENT
LARUE COUNTY HOMEMAKERS
LARUE COUNTY PROJECT GRADUATION

LARUE COUNTY PUBLIC LIBRARY
LARUE COUNTY SHERIFF'S OFFICE
LINCOLN NATIONAL BANK
LINCOLN TRAIL AREA AGENCY ON AGING AND INDEPENDENT LIVING
LINCOLN TRAIL DISTRICT HEALTH DEPARTMENT
LIVIN' WELL LARUE
MAGNOLIA BANK
MATHER'S MILL
R&H DESIGNS
SALLEE'S FAMILY TAEKWONDO
SARA JO FORD - TRANSAMERICA
SILVERLEAF SEXUAL TRAUMA RECOVERY
TAILS & TATAS BREAST CANCER AWARENESS 5K
THE LARUE COUNTY HERALD NEWS
UK HEALTHCARE

CULTIVATING CONNECTIONS

GROWING A STRONGER COMMUNITY



**SCREENINGS
DEMONSTRATIONS
GIVE AWAYS**

FREE TREES
-while supplies last-



ENTER TO WIN
A Free Trip to 4-H Summer Camp

CONCESSIONS
LARUE COUNTY
PORK PRODUCERS

Yum!

**and
MORE**



LaRue County Farmers' Market Informational Meeting & Produce Best Practices Training

Believe it or not, the growing season will be here before you know it and plans are underway for a great 2025 Farmer's Market season! If you are interested in being a vendor at the market this year, please join us for an informational meeting on **March 25th** at 6pm. This will also serve as the mandatory training for any vendor that plans to accept the Senior and WIC Vouchers. In addition, the Produce Best Practices Training which is highly recommended for any grower will be offered. Please contact Marla or Adam at the Extension Office if you have questions or for more information.

Cooking Through the Calendar

Don't forget to join us for our monthly Cooking through the Calendar program on the 2nd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.

The 2025 KYNEP Calendars are still available! Stop by during office hours for your free copy or get one when you attend the Cooking Through the Calendar program.

Follow our LaRue County Cooperative Extension Service Facebook page for more info and to view the demonstrations LIVE!

HOMEBASED MICROPROCESSING Workshop



Get certified!
ADD VALUE TO YOUR PRODUCE IN 2025 AND START SELLING HOME-CANNED FOODS.

Register online:
[UKFCS.NET/HBM](https://ukfcs.net/HBM)



04/25/25
9 AM - 3 PM

\$50 fee

LaRue County Extension Service
807 OLD ELIZABETHTOWN ROAD, HODGENVILLE
270-358-3401

Anyone interested in participating in **Kentucky's Homebased Microprocessing** (HBM) Program must complete a workshop. HBM workshops are from January through May across the state. Completion of a workshop is the first step toward certification and being able to sell your home-canned food at a farmers market. Registration for in-person and virtual workshops are on the University of Kentucky Homebased Processing and Microprocessing website https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing. The workshop fee is \$50.

You can make microprocessed products in your home kitchen. They must include a primary ingredient you grow, and you must process it in a boiling water bath canner or a pressure canner. Examples include pickles, salsa, tomato juice, spaghetti sauce, pepper jellies, low-sugar or no-sugar-added jams and/or jellies, and canned vegetables. Hot sauces are not included. The program requires recipe review by the University of Kentucky (\$5 per recipe) for all microprocessed products.

Add value to your produce in 2025 and start selling home-canned foods at your local farmers market. Contact the Extension Office (270-358-3401) or Annhall Norris (859-257-1812) or annhall.norris@uky.edu for additional information.

ADULT

HEALTH BULLETIN



MARCH 2025

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

LaRue County
Extension Service
807 Old Elizabethtown Road
Hodgenville, KY 42748
(270) 358-3401

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food “bad” or “unhealthy,” we might start feeling bad about eating it. For example, saying things like, “I shouldn’t eat this,” or “this is so unhealthy,” can make us feel guilty when we enjoy our favorite foods. But when we use words like “balanced” or “nourishing,” it reminds

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.



While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

→ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

ADULT
HEALTH BULLETIN

Written by:

Anna Cason, RDN

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2025

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

THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card



NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock



KIDS KÖRNER

Developmental Relationships

Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

..... Challenge growth!



SAY THIS:

"It seems like it's time to try a new strategy."

This helps your child understand you value their effort.

"I see you worked so hard on this!"

This lets your children know that they control outcomes by making choices.

NOT THIS:

"You are so smart!"

This will make your child think of intelligence as a fixed quality.

"It's okay. Maybe you're just not cut out for this!"

This will make your child think they don't have the capacity to improve.



The Dinner Table Project

A program to encourage families to eat together, have fun, and grow closer through conversation.
<https://thedinnertableproject.org/>

LaRue County
PO Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

RETURN SERVICE REQUESTED



Ingredients:

- ½ pound sugar snap peas, remove strings and stems; cut in half crosswise
- 1 medium cucumber, cut in half lengthwise; scoop out seeds; slice thinly crosswise
- 1 red bell pepper, diced
- 1 cup shredded carrots
- 2 green onions, thinly sliced
- ¼ cup sunflower seeds

**PLAN.
EAT.
MOVE.**

Snappy Pea Salad

Servings: 8 Serving Size: 1/2 cup

Directions:

- In a large mixing bowl, whisk together dressing ingredients until smooth.
- Add snap peas, cucumber, bell pepper, carrots and green onion to the bowl. Toss with dressing.
- Transfer mixture to a serving platter or bowl to serve. Sprinkle with sunflower seeds and serve immediately.

Dressing:

- 3 tablespoons Dijon mustard
- 2 tablespoons honey
- 1 tablespoon lime juice
- ¼ cup canola oil
- ½ teaspoon garlic powder
- ¾ teaspoon salt
- ¼ teaspoon black pepper

Nutrition facts per serving: 180 calories; 12g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 490mg sodium; 16g carbohydrate; 3g dietary fiber; 10g sugars; 3g protein; 90% Daily Value of vitamin A; 70% Daily Value of vitamin C; 4% Daily Value of calcium; 8% Daily Value of iron