

May 2024

MCLEAN COUNTY COOPERATIVE EXTENSION

Important Dates:

Family and Consumer Sciences Newsletter



- April 30th: 10:30 Air Flyer Class (Extension Office)
- May 4th: 10:30 Plant Swap (Myer Creek Park)
- May 4th: 10:30 Opening Day of Farmers Market (Myer Creek Park)
- May 7-9th: Blazing the Way with KEHA State Meeting (at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green)
- May 12th - Mother's Day
- May 14th - 10:30 Cooking with the Calendar
- May 21st - 10:00 or 5:30 Candle Painting Class (Myer Creek Park)

Reminder: All classes require pre-registration.

**LESSON FOR MAY:
UNDERSTANDING AND PREVENTING SUICIDE**



What a busy season for our Homemakers! If you missed the annual meeting on April 11th, you missed a great evening of fellowship. Hats off to our Homemaker Board for planning the event, and great job to our speaker, Brenda Pinkston!

Our KEHA Annual State Meeting is coming up May 7th - 9th in Bowling Green. We'll be "Blazing the way with KEHA"! I encourage you all to get involved and participate in these opportunities. You learn so much and have the opportunity to participate in various workshops. You also get to see what other Homemaker clubs are doing around the state. I'll be attending! I hope to see you all there!

Kelly Bland
McLean County Extension Agent for Family and Consumer Sciences

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Candle Painting with Wax

Are you ready to ignite your creativity and illuminate your imagination? Look no further! Our Candle Painting with Wax Class offers a unique experience that will allow you creatively express yourself.

Tuesday, May 21st

10:30 a.m. or 5:30 p.m.

Myer Creek Park 4-H Building

Cost of the class is \$5.00 and is for ages 15 and up.

Space is limited!

Call the McLean County Extension office to register (270) 273-3690.

Last day to register and pay is Friday, May 17th.

KENTUCKY
COOPERATIVE EXTENSION

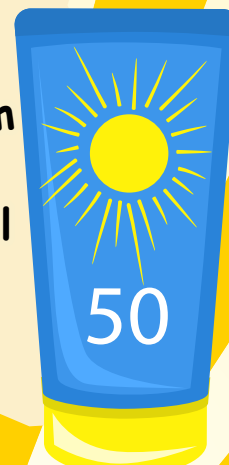
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Sunscreen Time!

As we age, our skin becomes more vulnerable to the damaging effects of the sun. Wearing sunscreen in the summer is crucial for older individuals to protect against sunburn, premature aging, and skin cancer. UV rays can exacerbate existing skin conditions and increase the risk of developing new ones. By incorporating sunscreen into your daily routine, you not only shield your skin from harm but also preserve its health and youthful appearance. Don't underestimate the power of sunscreen - it's a small step with significant benefits for older ages during the sunny season.



McLean County Plant Swap and Sale

Myer Creek Park

Saturday, May 4th
8:00 a.m. - 12:00 p.m.

with Special Guest Kristine Smith speaking about
Carnivorous Plants at 10:00 a.m.

Plants available to purchase

For more information,
please call Carolyn at
(270) 929-9045



MCLEAN COUNTY KY

Broccoli, corn, onion, carrot, and tomato illustration.

Farmer's Market

OPENING DAY

MAY 4TH 2024 MYER CREEK PARK!

Homemaker Annual Day

The Homemaker Annual Meeting was an undeniable triumph this year, thanks to the unwavering dedication of everyone involved. The highlight of the event, "Sewing Through Time 1913-2024," left attendees in awe, and heartfelt appreciation was extended to Brenda Pinkston for her outstanding presentation. It was truly a delight for all homemakers to delve into the rich history of sewing and witness its evolution over the years.

Additionally, the silent auction was a roaring success, made possible by the generous contributions, enthusiastic bidding, and tireless efforts of volunteers who worked tirelessly to set up the items. The event exceeded all expectations, a testament to the hard work and commitment of our club members. We couldn't be prouder of their efforts in making this gathering such a resounding success!



**2024 OPEN HOME FAIR EXHIBIT ENTRIES
OPEN TO EVERY McLEAN COUNTY RESIDENT**

**County-4-H Activities Building
Myer Creek Park
Open Home Viewing**

**Thursday, July 11th, 4:00 p.m. to 8:00 p.m
Friday, July 12th, 4:00 p.m. to 8:00 p.m
Saturday, July 13th, 4:00 p.m. to 8:00 p.m**



2024—2025 HOMEMAKER LESSONS

Trainings will be given at the Daviess County and Henderson County Cooperative Extension Service Offices.

10:00 A.M. LESSON TRAINING

SEPTEMBER LESSON ALL ABOUT SUCCULENTS

August 20 (Daviess) August 21 (Henderson)
Learn why succulents are popular houseplants. Learn the different families and varieties as well as requirements for growing them successfully.

★ Miscellaneous

NOVEMBER LESSON COMPOSITION IN PHOTOGRAPHY

October 15 (Daviess) October 16 (Henderson)
Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

★ Cultural Arts and Heritage

FEBRUARY LESSON CREATING WELCOMING COMMUNITIES

January 21 (Daviess) January 22 (Henderson)
Become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects.

★ International

APRIL LESSON COMMUNICATION ESSENTIALS FOR GOOD IMPRESSIONS

March 18 (Daviess) March 19 (Henderson)
Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.

★ Leadership Development

11:00 A.M. LESSON TRAINING

OCTOBER LESSON INDOOR AIR QUALITY

August 20 (Daviess) August 21 (Henderson)
Raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement. *Presented by Hardin Stevens, UK*

★ Environment, Housing & Energy

JANUARY LESSON TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

October 15 (Daviess) October 16 (Henderson)
Learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.

★ Management and Safety

MARCH LESSON HOW TO GET OUT OF A MEALTIME RUT

January 21 (Daviess) January 22 (Henderson)
Share creative strategies that can be used to overcome mealtime ruts. Find out why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas and identify ways to reduce barriers related to preparing meals at home.

★ Food, Nutrition, & Health

MAY LESSON STRONG BONES FOR LIFE: PREVENT OSTEOPOROSIS

March 18 (Daviess) March 19 (Henderson)
Examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It's never too early or too late to make bone health a priority.

★ Family & Individual Development Lesson

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Taco Pie

Ingredients:

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- Optional: serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

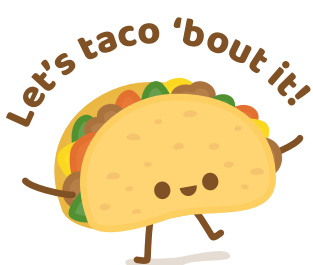


Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. 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.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

Source: Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service

Servings: Makes 6 Serving Size: 1/6th of the pie Recipe Cost: \$10.20 Cost per Serving: \$1.70



Nutrition facts per serving: 300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Bonnie's dessert was a resounding success, so we're thrilled to share the recipe with you this month!

White Chocolate CHERRY DELIGHT

Ingredients

- **18 chocolate cookies**
- **3 Tablespoons butter, melted**
- **18-ounce package cream cheese, softened**
- **1/2 cup sugar**
- **1 teaspoon almond extract**
- **1/2 cup white chocolate chips**
- **18-ounce container whipped topping, thawed**
- **1 can Regular, Premium, or Organic Cherry Fruit Filling or Topping**



Directions

Step 1

Mix crushed cookies and butter. Press cookie mixture into bottom of an 8X8 inch baking pan sprayed with cooking spray.

Step 2

In large bowl, beat cream cheese, sugar and almond extract until smooth.

Step 3

Melt white chocolate in microwave according to package directions. When melted, pour into cream cheese mixture and beat with an electric mixer until smooth.

Step 4

Fold whipped topping into cream cheese mixture.

Step 5

Pour evenly into crust. Cover and chill for at least 2 hours or until ready to serve.

Step 6

Spoon cherry pie filling on top just before serving

ADULT

HEALTH BULLETIN



MAY 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>

THIS MONTH'S TOPIC MENTAL HEALTH AWARENESS



May is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

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If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to 988lifeline.org to live chat with a counselor at any time.

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Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

Common signs of mental illness include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to **988lifeline.org** to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

REFERENCES:

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

**ADULT
HEALTH BULLETIN**

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2024

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INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.



DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the “defined benefit”) is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise

a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee’s current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).



RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse – the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up – from medical emergencies to home repairs to

inflation. Ask yourself questions like: “Do I want to travel?” “What do I want to splurge on in retirement?” “Am I prepared for unexpected expenses that may arise?” “Will I need to provide for a loved one?” Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

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