

# Simpson County Homemaker Newsletter

JANUARY/FEBRUARY 2024

 Cooperative  
Extension Service



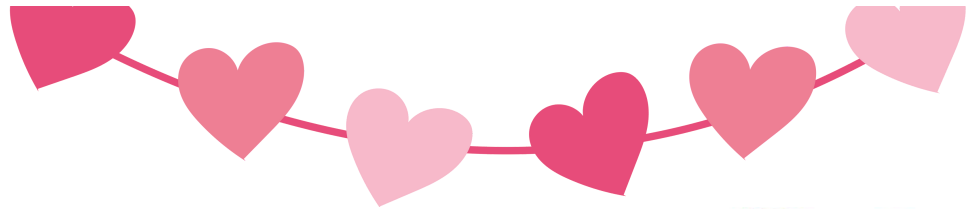
The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

## In This Issue:

KEHA State Meeting  
Homemaker Christmas  
Homemaker Leader  
Trainings  
Cooking through the  
Calendar  
Recipe Club  
Extension Office  
Happenings  
Dates to Remember  
Volunteers Needed  
Valentine Card Donation  
KSU Update  
Self Care Tips

## Contact Us:

Simpson County  
Extension Office  
300 N Main St  
Franklin, KY 42134  
(270) 586-4484  
simpson.ca.uky.edu

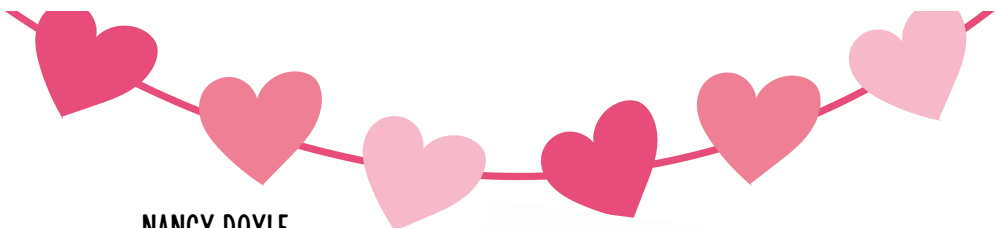


keep your heart healthy this

## Valentine's Day



- ♥ go for a walk/hike
- ♥ cook a healthy dinner
- ♥ volunteer
- ♥ watch your sweet-intake



NANCY DOYLE

SIMPSON COUNTY EXTENSION AGENT FOR  
FAMILY & CONSUMER SCIENCES EDUCATION

## 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

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Disabilities  
accommodated  
with prior notification.

2024 KEHA State Meeting- May 7-9, 2024



**MAKE PLANS TO ATTEND THE 2024 KEHA  
STATE MEETING  
AT SLOAN CONVENTION CENTER  
AND HOLIDAY INN UNIVERSITY PLAZA IN  
BOWLING GREEN!**

**WATCH FOR DETAILS TO COME IN YOUR  
KEHA NEWSLETTER.**



**Thought of the  
Month:**

**"If the winter is too  
cold and summer is  
too hot, you are not  
a "hiker"  
-Unknown**

## Simpson County Homemakers Christmas



Simpson County Homemakers had their annual Christmas party December 5th at the Franklin Church of Christ. A fun time was had by all and all of Simpson County clubs were well represented.

**Roll Call:**

**What is your favorite  
season and why?**





## Homemaker Leader Trainings

Homemaker Leader Trainings are held the first Wednesday of every month at 10:00 a.m.

Due to many At Large/Mailbox members, all are invited to the Leader Trainings.

**February Lesson: Radon**  
**Wednesday, February 7th**

**March Lesson: Organizing Tips for Increased Productivity**  
**Wednesday, March 6th**



## Cooking through the Calendar

FCS Agent, Nancy Doyle, will hold monthly recipe demonstrations and tastings during 2024. Everyone is welcome to come!

**First Friday Monthly - 11 am**  
**Simpson County Extension Office**  
**January - Savory Winter Pork Stew (January 5)**  
**February- Everything Tuna Melts (February 2)**

## Introducing the 2024 Recipe Club:

IF YOU ARE INTERESTED IN RECEIVING 5 NEW RECIPES MONTHLY IN YOUR INBOX, SCAN THE QR CODE TO SIGN UP. IF YOU ARE UNABLE TO SCAN THE CODE, CALL THE EXTENSION OFFICE AT 270-586-4484 TO SIGN UP. MUST HAVE AN EMAIL ADDRESS TO PARTICIPATE. THIS IS A DIGITAL SERVICE ONLY AT THIS TIME.



# Extension Office Happenings



**BIG BLUE BOOK CLUB IS BACK WITH HEARTLAND: A MEMOIR OF WORKING HARD AND BEING BROKE IN THE RICHEST COUNTRY ON EARTH BY SARAH SMARSH. THIS BOOK IS AN EYE-OPENING MEMOIR ABOUT WORKING-CLASS POVERTY IN AMERICA. OUR DISCUSSIONS WILL HELP PARTICIPANTS UNDERSTAND THE IMPACT THAT ECONOMIC HARDSHIP AND INEQUALITY HAVE ON OUR COMMUNITIES. HEARTLAND IS A DESCRIPTIVE AND EMOTION-PACKED RETELLING OF THE AUTHOR'S AND HER FAMILY'S INTERGENERATIONAL EXPERIENCE OF AMERICA'S WEALTH GAP. THE FIRST BIG BLUE BOOK CLUB SERIES FOR 2024 WILL BE APRIL 11, 18, AND 25. EACH THURSDAY MORNING SESSION WILL BE PRESENTED VIA ZOOM AT 11 A.M. EDT. WE WILL RECORD THE SESSIONS, SO IF YOU AREN'T AVAILABLE DURING THE DAY, YOU ARE WELCOME TO PARTICIPATE VIA THE RECORDING. REGISTRATION WILL OPEN AT 9 A.M. EST ON FEB. 1 AT [HTTPS://UKFCS.NET/BBBC24BOOK1](https://ukfcs.net/bbbc24book1). THE LINK WILL NOT BE ACTIVE UNTIL REGISTRATION OPENS. THE FIRST 200 REGISTERED PARTICIPANTS WILL RECEIVE A FREE COPY OF THE BOOK. PICK UP YOUR FREE BOOK AT YOUR LOCAL EXTENSION OFFICE AFTER YOU RECEIVE NOTIFICATION THAT YOU ARE ONE OF THE BOOK RECIPIENTS. WE ARE EXCITED TO READ WITH YOU THIS YEAR!**

**Join us for Craftersnoon**  
**TUESDAY, FEBRUARY 6TH, 2:00 PM**  
**SIMPSON COUNTY EXTENSION OFFICE**  
**300 N MAIN ST. FRANKLIN, KY**

**This month's craft:**  
 We will be making handmade Valentine cards for distribution to local residents.  
 Feel free to bring any extra supplies you have to share.

Call 270-586-4484 by February 5 to sign up!  
 See you there!

**Cooperative Extension Service**  
**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**  
 University of Kentucky

**Introducing Craftersnoon**  
 Join us at the Extension office for an Afternoon of crafts and fun! Each class will be a different craft. Future dates, TBD  
 Please call the Extension Office at 270-586-4484 to get signed up.

**Simpson County 4-H Exchange Club's Annual Valentine sale is currently going on. If you would like to place an order, please turn those in before Thursday, February 8th.**

**2024 Valentine Bouquet Order Form**  
 Sponsored By Simpson County 4-H

**DO NOT RETURN ORDER / MONEY TO ANY SCHOOL**

Orders with payment must be received by 4:00 p.m. on Wednesday, February 7 to the Simpson Co. Extension Office, 300 North Main Street in Franklin, next door to the Farmer's Market.

Select the gift(s) you want to purchase then we will ship & deliver for you!

**Check All That Apply:**

- \$12.00 9-12 Inch Stuffed Animal\*\*
- \$18.00 15-20 Inch Stuffed Animal\*\* \*\*Animal colors & style may vary
- \$6.00 Bag of Half Pound Candy\*\* (can be attached to any stuffed animal)
- \$15.00 Candy Bouquet (will include chocolate and non-chocolate)
- \$6.00 Kids Disposable cup filled with trinkets and candy
- \$10.00 24 oz. Valentine "Tumbler" filled with candy\*\*
- \*\*Chocolate Candy or Non-Chocolate Candy (Select One)

Total Due \$ \_\_\_\_\_ Make checks payable to: **Simpson County 4-H**

Recipient Name: \_\_\_\_\_  
 Recipient is Male or Female: \_\_\_\_\_ Recipient is an Adult or Child: \_\_\_\_\_  
 Place/Address of Delivery: \_\_\_\_\_ Grade: \_\_\_\_\_  
 Check if order will be delivered to Simpson Elementary (Simpson Elem. will accept Valentine deliveries on Feb. 8th only)  
 Check if order will be picked up from Extension Office on Wednesday, February 14 before 4:00 p.m.  
 Check if order is a school delivery for Wednesday, February 14 (Every school except Simpson Elementary)  
 Check if a Business Delivery for Wednesday, February 14  
 In case of questions regarding your order please complete the following:  
 Your Name: \_\_\_\_\_ Your Phone # \_\_\_\_\_  
 Your Email: \_\_\_\_\_

↓ Will be transferred to a gift tag and attached to the bouquet.

To (first/last name): \_\_\_\_\_ From: \_\_\_\_\_  
 Special Message: \_\_\_\_\_

Home Room Teacher's Name: \_\_\_\_\_ School: \_\_\_\_\_  
 If Preschool (AM or PM): \_\_\_\_\_ High School Co-Op Student (Yes or No): \_\_\_\_\_  
 Business Address for Delivery: \_\_\_\_\_

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

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LEADERSHIP IN ACTION

Scan, Pay, Go.

**Save the Date**

**Agriculture Appreciation Breakfast**

"How the Farm Bill Affects You"  
 Dr. Will Snell  
 University of Kentucky, Agriculture Economist

March 5, 2024 7:00 a.m.  
 Franklin First United Methodist Church

**Save the Date:**  
 The Agriculture Appreciation Breakfast will be Tuesday, March 5 at the FFUMC. Call 270-586-4484 to sign up!

## Dates to Remember

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**February 1** - Homemaker Council Meeting  
10:00 am

**February 2**- National Wear RED Day for  
Heart month, all day

**February 2**- Cooking through the Calendar  
11:00 am

**February 6**- Crafternoon Class 2:00 pm

**February 7** - 4-H Valentine Orders Due

**February 14** - Valentine's Day

**February 27** - County Extension Council  
Leadership Banquet, SKYCTC 6:00 pm

**February 29** - Reality Store at FSMS

**March 1** - Cooking through the Calendar  
11:00 am

**March 5** - Ag Appreciation Breakfast  
Franklin First United Methodist Church, 7:00  
am

**March 6** - Homemaker Leader Training 10:00  
am

**March 14** - Homemaker Council 10:00 am

**March 29**- Dollars & Sense at LES



## Volunteers Needed

Volunteers are needed to assist with the Reality Store at the Middle School on Thursday, February 29th and the Dollars & Sense program for 5th grade at Lincoln Elementary on Friday, March 29th. Please call the office at 270-586-4484 to sign up.

## Valentine Card Collection

Piper Hosay is collecting Valentine cards to distribute to local residents. If you would like to bring in cards, please bring them in to the office by February 8th.

## Public Notification

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S105, Agriculture Science Building, North Lexington, Kentucky 40546.



## MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

### February is National Wise Health-Care Consumer Month

Americans spend more time researching car purchases and new appliances than they do choosing doctors and health plans, according to the American Institute for Preventive Medicine. February is National Wise Health-Care Consumer Month. There is no better time to take control of your health by becoming an informed health-care consumer. Use this month to make sure you understand your options, know how to communicate with your care providers, and can make educated decisions about your health.



Here are five tips to help you become a wiser health-care consumer:

- **Choose your health-care provider:** Take your time choosing the right health-care providers for you and your family. It is important to do the research, ask questions, and establish a primary care provider. Be sure to keep a list of your family's health-care providers and medications.
- **Understand your coverage plan:** Whether you get your medical insurance coverage through Medicare/Medicaid, your employer, or another source, make sure you understand your health-care plan and who is in your network. This will save you time and money in the future.
- **Get annual screenings and checkups:** The most common diseases are preventable. Do not ignore symptoms. Be sure to eat well, move your body, and keep up with your yearly checkups, screenings, and immunizations.
- **Prepare for appointments:** Before an appointment, write a list of questions you have for your health-care provider, and take it with you. Do not hesitate to clarify or ask questions if something is unclear to you. Similarly, bring a list of any medications you take and your dosage.
- **Ask about generic medications:** Generic medications can be more affordable and just as effective. Always consult your medical provider if a generic option is appropriate for you.

#### References

<https://www.westhealth.org/how-to-become-a-wise-healthcare-consumer/>

<https://www.cchwyo.org/news/2020/february/10-ways-you-can-be-a-wise-healthcare-consumer/>

## Health Literacy: Asking Questions

Health Literacy is our ability to read, understand, and act on health information. An important part of the process of increasing our health literacy is communicating with our health-care team.

Sometimes it can be hard to understand what a member of your health-care team is saying, so it is important to ask questions. Below are some examples of questions that you can ask your health-care team. These examples might help you think of more specific questions based on your individual health needs.



### Questions to ask your doctor or pharmacist about a medication:

- What is the name and how do you spell the name of the medication?
- What is the cost and is there a generic or less expensive alternative?
- What exactly is the medication for?
- How long should I take the medication and when can I stop taking it?
- What are the side effects and when should I tell someone if I experience side effects?
- Should I stop taking other medications I am taking? For how long?

### Questions to ask about a diagnosis (when a provider looks at symptoms and identifies a condition):

- What is the name and how do you spell the name of my disease or condition?
- What is my prognosis (outlook for the future)?
- What are the treatment options?
- What are the risks and benefits of treatment options?
- What are the expected results and when will I see them?
- What is the expected cost?
- How soon should I decide and what happens if I choose no treatment at all?
- What do you recommend?

It's normal to feel uncomfortable asking questions. One tip that might help you feel more comfortable is to make the very FIRST question you ask: "Is it okay to ask questions?" That might help break the ice – for you and the medical professional.

*Source: University of Kentucky Cooperative Extension Service, Health Literacy for the Win*

Megan Treadway  
Area Extension Agent for Family and Consumer Sciences  
400 East Main Avenue, Bowling Green, KY 42101  
(270) 282-0982  
megan.treadway@kysu.edu



**KENTUCKY STATE  
UNIVERSITY**  
Cooperative Extension Program

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## Valentine Word Search

LOVE  
CHOCOLATE  
CANDY  
VALENTINE  
FRIENDS  
CUPID  
HUG  
FLOWERS  
HEART  
ROSES



B	A	F	L	O	W	E	R	S	E
Z	D	R	K	H	U	G	Q	E	V
Y	U	I	X	M	M	Q	T	V	A
Q	D	E	P	O	C	A	B	S	L
R	W	N	X	U	L	V	M	E	E
O	E	D	A	O	C	L	R	S	N
H	P	S	C	C	K	O	D	O	T
K	A	O	P	F	B	V	E	R	I
N	H	A	I	Q	G	E	P	E	N
C	T	R	A	E	H	J	F	A	E

## Cabbage Jambalaya

Mardi Gra plans? Here's a Kentucky Proud Cajun Recipe to try!

Source: Plate It Up KY Proud, UK Cooperative Extension



## Cabbage Jambalaya

- |                                 |  |   |
|---------------------------------|--|---|
| <b>1 pound</b> lean ground beef | <b>1</b> (13 ounces) package turkey smoked sausage, sliced | <b>1</b> (14.5 ounces) can diced tomatoes |
| <b>1 ½ cups</b> chopped celery  | <b>1</b> medium head cabbage, chopped (about 10 cups)      | <b>2 cups</b> water                       |
| <b>1 ½ cups</b> chopped onion   |  | <b>1 cup</b> brown rice                   |
| <b>2 cloves</b> garlic, minced  |  | <b>1 teaspoon</b> garlic powder           |
|                                 |  | <b>1 tablespoon</b> Cajun seasoning       |

**Heat** a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

**Yield:** 10, 1-cup servings

**Nutritional Analysis:**  
250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein

## Add Physical Activity at Home

Work out with items you have around the house. Use full water bottles, canned goods, or other items for strength training if you don't have weights around the house. Stretch with a towel. Walking or running up and down stairs (that are clear of obstacles to avoid tripping) can be a great workout.

Source: <https://www.cdc.gov/healthequity/features/active-healthy-from-home/index.html>