

Lincoln County Extension Homemakers



NEWSLETTER

Cooperative Extension Service
Lincoln County
104 Meter Trail
Stanford, KY 4084
606-365-2447
lincoln.ca.uky.edu

We are excited to announce the hiring of Jody Paver, who will join us as our new Family and Consumer Science Agent in June of this year! Watch future newsletters for her welcoming reception.

Our programs, groups, and clubs continue to meet, and you can find more information on those, and some happenings in the surrounding counties in this newsletter.

As always, contact any extension staff at 606-365-2447 or email us at Lincoln.ext@uky.edu.

Thank you,

A handwritten signature in black ink that reads "Tyler Miller".

Tyler Miller
County Extension Agent for
Agriculture and Natural Resources

A handwritten signature in black ink that reads "Courtney Brock".

Courtney Brock
County Extension Agent for
4-H Youth Development

<https://www.facebook.com/lincolncountyky/>



Find us on:
facebook



Lincoln County Extension Homemakers Dates to Remember:

April 3 - Dementia Caregivers Support Group @ 1:00 pm

Understanding and Responding to Dementia-Related Behavior.

April 4 – Homemakers Annual Meeting @ 11:30 am

There will be an old fashion potluck. Bring your favorite dish and your own drink.

April 10 – Mountain Crafters Club @ 10 am

April 12 – Four Corners Club @ 11am

April 13 – International Event “Switzerland” @ 6 pm

RSVP by April 7th, \$8 per person. 606-365-2447



April 13 & 14 – It’s Sew Fine Sewing Expo @ Boyle County Extension Office

April 17 - Pieceful Hearts Special Interest Club @ 1 pm

April 19 – OPI Special Interest Club @ 10 am – 3 pm

April 21 – Sassy Stitchers Special Interest Club @ 9am

April 14 – Diabetes Support Group @10 am (this month it’s the 2nd Friday)

Julie Stieber will be here to talk about updates in diabetes medications.

Please call the office and let us know if you7 plan to attend. 606-365-2447

April 20 - Photography Special Interest Club Photo club members will meet at 9:30 am at the Lincoln County Extension Office. The group will leave at 10:30 am for a fun day of horse racing at Keeneland. There should be plenty of photo opportunities at one of America's most beautiful racetracks.

April 26 – Happy Hearts Club @ 10 am

April 27 – County Homemakers Council Meeting @ 1:30 pm

April 28 – Leader Training @ 10 am

“Living with Loss” Please call the Extension office if you plan to attend
606-365-2447



Lincoln County Cultural Arts Blue Ribbons

Category	Subcategory	Description of Specific Item (color, design, picture, etc.)	Name
Art, 3D	Carving	2x4 Pumpkin	Phyllis Patterson
Ceramics	Molded	Pilgrim Couple	Wanda Patterson
Embroidery	Basic Embroidery	Pillowcases White Flowers	Bev Robb
Embroidery	Swedish	Framed Red & Blue Aida Cloth	Phyllis Patterson
Embroidery	Miscellaneous	Punch Needle Flowers	Phyllis Patterson
Holiday Decorations	Spring	Yellow Flower Wreath	Judy Oaks
Holiday Decorations	Summer	Large Welcome Sign	Phyllis Patterson
Holiday Decorations	Autumn	Fall Wreath W-Nome	Judy Oaks
Holiday Decorations	Winter	Blk Can Hat w-White Bird and Truck	Phyllis Patterson
Jewelry	Beaded	Bracelet w/Pink Beads	Bev Robb
Needlepoint	Plastic	Doll W-Green Dress	Wanda Patterson
Painting, Art	Acrylic	Welcome Sign Blue Butterfly	Wanda Patterson
Painting, Decorative	Metal	Grinch Pizza Pan	Phyllis Patterson
Painting, Decorative	Wood	Nome Light blue hat	Wanda Patterson
Painting, Decorative	Other	Bowling Pin Snowman	Phyllis Patterson
Photography	Black & White (mounted/framed)	Emma Prom	Barbara Beaney
Photography	Color (mounted/framed)	Bee on Rose of Sharon Blossom	Phyllis Patterson
Wall or Door Hanging	Fabric	Let it Snow - wreath with trees	Phyllis Patterson
Miscellaneous	Miscellaneous	String Art Pink Flowers	Wanda Patterson



**To the left:
the Mountain Crafters with their
completed March projects!**



Spring Craft Classes - Saturday April 22nd

Sponsored by Woodford County Extension Homemakers



9:00 - 10:30 a.m. - Cookie Decorating: Basic decoration for spring cookies.

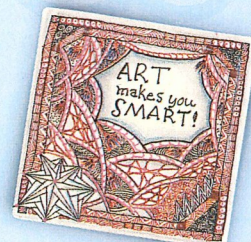
Cost: \$12.00 - **Instructor:** Kelsee Darland - All supplies will be provided

Skill Level: All are welcome - Limited to 10 participants

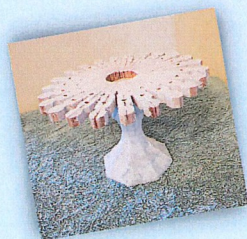
10:30 a.m. - 12:00 p.m. - Zentangle Art: Learn to create beautiful images by drawing structured patterns, using fine line pen and artist's paper.

Cost: \$10.00 - **Instructor:** Sue Dozier - All supplies will be provided.

Skill Level: All levels Limited to 10 participants



12:00 - 1:00 p.m. Lunch If you are staying through lunch please bring a sack lunch. Bottled water and morning snacks will be provided.



1:00 - 2:30 p.m. - Wood Tray: Make a pedestal tray from clothes pins and a candlestick holder.

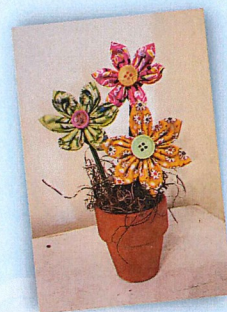
Cost: \$7.00 - **Instructor:** Anna Boggess - **Supplies Needed:** Must bring glue gun and glue sticks. Project may not be finished during class.

Skill Level: All levels No limit on participants

2:30 - 4:00 p.m. - Fabric Flower Pot: Make a small flower arrangement using fabric and wooden skewers. Final product will be approximately 8 inches in height.

Cost: \$7.00 - **Instructor:** Anna Boggess - **Supplies Needed:** Must bring three pieces of fabric, each measuring 12inch x 12inch (cotton works best), three buttons for flower centers, fabric scissors, ink pen, regular sewing needle and spool of thread (the thread will not show, so it doesn't need to match your fabric), glue gun and sticks (not everyone needs to have one, you can share with a friend).

Skill Level: All levels No limit on participants



Fill out and return, payment due by April 3rd. Mail or drop off payment to the Extension Office.

Cash or check (checks payable to "Woodford Co. Homemakers").

Attendee Name: _____ **Phone #:** (____) _____ - _____

Circle class or classes being taken, classes will be held here at the Extension Office.

Class: Cookie Decorating \$12.00, Zentangle Art \$10.00, Wood Tray \$7.00, Fabric Flower Pot \$7.00

Total of classes being taken: \$ _____ **Make checks payable to Woodford County Homemakers.**



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Woodford County Extension Office

184 Beasley Drive, Versailles, KY 40383
(859) 873-4601
woodford.ext@uky.edu

Cooperative Extension Service
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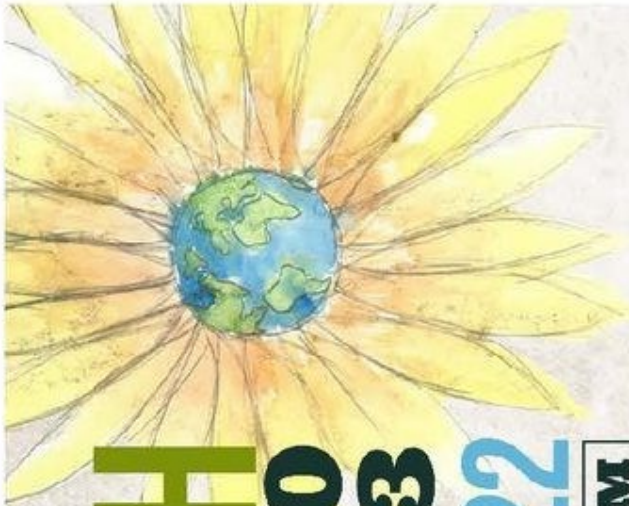
BOYLE COUNTY

EARTH DAY 2023

APRIL 22
SATURDAY

11:00-3:00PM

**BOYLE COUNTY
EXTENSION OFFICE
99 CORPORATE DRIVE
DANVILLE, KY 40422**



**INVEST IN
OUR PLANET**

**OVER 35
EXHIBITORS**

**LIVE MUSIC+
FOOD VENDORS
CHILDREN'S ACTIVITIES**

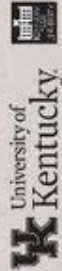
FOR MORE INFORMATION:

CREECforDanville



Boyle County
Sustains a Healthy

COOPERATIVE EXTENSION



JOIN US FOR AN INFORMATIONAL SESSION ON:



April 28th | 10am

Boyle County Extension Office

Loss comes in many forms that involve changes and endings— death, loss of a job, house, relationship, pet, various life transitions, health, ability, independence, etc. In this lesson, we will be talking about self-care and how to manage grief by processing, coping and healing in healthy ways.

Please call to register: 859-236-4484

Cooperative Extension Service
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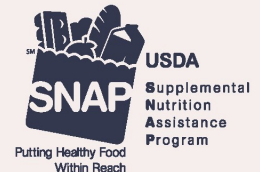


Accessibility
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Boyle County Extension Office Events



Rainbow Pasta Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad dressing:

- 1/4 cup olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings
Serving Size: 1 1/2 cups
Cost per recipe: \$12.87
Cost per serving: \$1.84

Nutrition facts per serving:

250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source:

Brooke Jenkins,
Extension Specialist,
University
of Kentucky
Cooperative
Extension Service





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

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

BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.



CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

REFERENCES:

<https://www.fema.gov/disaster/recover/volunteer-donate>

Huff, N. (2023). *Financial Management After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FRM-IFD.002. https://fcs-hes.ca.uky.edu/files/frm-ifd.002_financesafterdisaster.pdf

Norman-Burgdolf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FN-IFD.002. https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf

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