

NEWSLETTER

April / May
2023

Cooperative Extension Service

LaRue County
P.O. Box 210, 807 Old Elizabethtown Rd.
Hodgenville, KY 42748-0210
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larue.ca.uky.edu

Spring Cleaning in the Kitchen

Don't forget about the kitchen this year when you start your spring cleaning. Bacteria can hang around kitchen surfaces, the sink, and even the refrigerator. Bacteria likes moisture, and keeping your kitchen clean and dry can help protect you from foodborne illness.

- **Clean countertops with hot, soapy water.** Start by moving everything off the counters: small appliances, storage containers, utensils, knives, etc. Physically remove dirt and bacteria using soap (or detergent) and hot water. Follow by sanitizing with a disinfectant made from diluted chlorine bleach. Combine 1 tablespoon unscented liquid bleach with 1 gallon water. Wipe over clean surfaces and allow to stand for several minutes. Rinse with water and allow to dry.
- **Wash dishcloths and towels often.** Dishcloths, towels, and sponges provide a moist environment for bacteria to grow. Disposable towels are a great option for use in the kitchen. They are single use and when you're done, the towel goes in the trash. Wash cloth towels and dish rags often in the washing machine using hot water and detergent. If you use sponges in the kitchen, replace them frequently. If they have an odor, throw them out.
- **Clean your refrigerator regularly.** Remove spills and any mold or mildew. Use hot water and soap (or detergent) to wipe down the inside of your refrigerator. Rinse with a damp cloth and dry with a clean cloth. Experts say not to use chlorine bleach inside the refrigerator because it can harm seals, gaskets, and interior linings.
- **Disinfect your sink, drain, and disposal often.** Food particles can get lodged in your sink drain and disposal, which is a perfect spot for bacterial growth. Clean sinks, drains, and disposals at least once a week with warm water and soap (or detergent). Follow by disinfecting with a solution made from ¾ teaspoon chlorine bleach per quart of water.

Reference: <https://www.fightbac.org/spring-clean-your-way-to-a-safer-kitchen/>

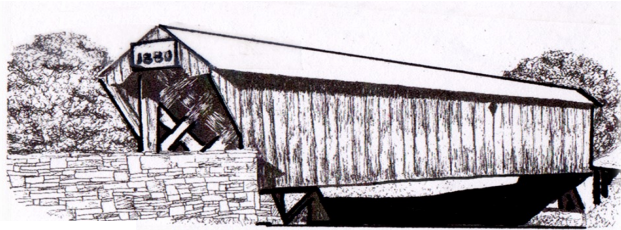
Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Marla Stillwell



Marla Stillwell
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<http://larue.ca.uky.edu/FamilyConsumerSciences>





Homemakers News & Notes

COMING UP

- South Fork Homemakers Club Meeting – **April 18 at 10:30am** at Extension Office (held every 3rd Tuesday)
- Life Around the Table Homemakers – **April 18 at 6:00pm** at Extension Office (held every 3rd Tuesday) – “Basic Yoga and Exercise” Demonstration, open to anyone
- May Homemaker Lesson Leader Training “Savoring the Eating Experience” presented by Breckinridge Co FCS Agent, Lynnette Allen– **April 26 at 1:30pm EST** at the Hardin Co Extension Office
- Open Sew Day - **April 24 from 10am-2pm** at the Extension Office
- International Day – **April 28 at 11am** at Extension Office (please RSVP by April 26)
- NEW Friends & Family Homemakers – **May 4 at 1:00pm** at Extension Office (held every 1st Thursday except June/July) – “Cooking for One” demonstration
- KY Extension Homemakers Association Annual State Meeting – **May 9-11** – Louisville, KY – Early Bird registration due by April 10
- Quilt Club - **May 10 at 10am** at Extension Office
- Homemaker Bus Tour – **May 22** – register through Extension Office ASAP !
- Save the Date – LaRue County Homemakers Annual Meeting – **June 20 at 11am** at Extension Office – Light lunch provided – Speaker: Oakes & Kellie Routt, Grandview Farms; each homemaker who attends will make and take home a flower bouquet ☘ ☘ ☘
- SAVE THE DATE! Lincoln Trail Area Annual Homemakers Meeting – **October 12** at Meade County Extension Office hosted by Meade County Homemakers

save the Date

AREA CULTURAL ARTS ~ OCTOBER 11

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LINCOLN TRAIL ANNUAL MEETING ~ OCTOBER 12

.....

MEADE COUNTY EXTENSION OFFICE
1041 OLD EKRON ROAD
BRANDENBURG KY 40108

TIME: TBA

May 22
2023

Lincoln Trail Area HOMEMAKER BUS TOUR

REGISTER NOW



THE NATIONAL QUILT MUSEUM
Paducah, Ky



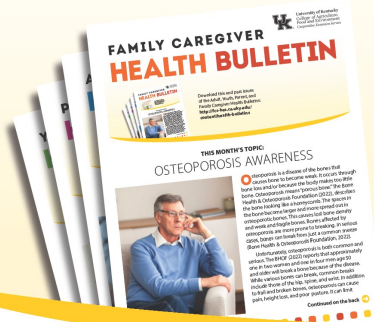
Cooperative Extension Service



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

FAMILY CAREGIVER

HEALTH BULLETIN



APRIL 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>

LaRue County Extension Service
807 Old Elizabethtown Road
P.O. Box 210
Hodgenville, KY 42748
270-358-3401

THIS MONTH'S TOPIC:

HAPPINESS FOR HEALTH AND WELL-BEING



Happiness can help you feel better and improve your health according to researchers at the Harvard Medical School. Their research demonstrates that positive emotions can help people live healthier and longer lives.

Many factors influence happiness including your genetic makeup, life circumstances, achievements, social connections, and relationships. But a lot of happiness comes down to personal control. For example, people tend to be happier when they set and meet goals, maintain meaningful relationships, find purpose, engage in challenging activities, and indulge in life's pleasures.

Continued on the next page →



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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health.

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Even if you do not consider yourself particularly happy, research suggests that most people can increase their happiness. A study, printed in the June 2019 Psychological Bulletin, reported that something as simple as smiling makes people feel happy.

Happy people may live healthier and longer lives for a list of reasons:

- Happiness improves heart health.
- Happy people are more likely to engage in better exercise, sleep, and nutrition.
- Happy people are less likely to smoke and abuse alcohol and drugs.
- Happy people have stronger immune systems.
- Happiness combats stress.
- Happiness is associated with improvements in short- and long-term disease and disability.
- Happy people have better attitudes and outlooks.
- Happy people are more productive.
- Happy people are more likely to be successful.
- Happy people have a lower risk of depression.
- Happy people smile more.

It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health. Researchers at the University of Pennsylvania found that happiness and life satisfaction come from focusing on things that make you happy, being fully engaged in activities that trigger pleasurable emotions, and by deliberate intentions to do good.

Other ways to boost happiness, according to Harvard Health include:

- Look for meaningful social connections and emotional stimulation.
- Perform acts of kindness.
- Volunteer.
- Invest in experiences.
- Pick up hobbies and activities you enjoyed as a kid.
- Be grateful for big and little things.
- Take time to smell the roses.
- Add variety to your day or break up your routine.

Blue Zones True Happiness Test

Dan Buettner, author of the book *The Blue Zones*, has worked with experts in the field of positive psychology to help evaluate true happiness. Dan believes that tracking your happiness helps you stay focused on your well-being.

To take the Blue Zones True Happiness Test, go to: <https://apps.bluezones.com/en/happiness> or follow the QR code on the right.

You will receive personalized results and learn more ways to improve your environment to maximize happiness.



- Minimize your decision-making and choice burden (limit options, set time limits for making choices, don't second guess).
- Embrace nature.
- Be with happy people.

REFERENCES:

- Harvard Health. (2012). The Happiness-Health Connection. Retrieved February 28, 2023 from <https://www.health.harvard.edu/healthbeat/the-happiness-health-connection>
- Harvard Health. (2021). Health and Happiness Go Hand-in-Hand. Retrieved February 28, 2023 from <https://www.health.harvard.edu/mind-and-mood/health-and-happiness-go-hand-in-hand>
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FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

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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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Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

Laugh and Learn

NEXT → APRIL 19TH AT 9AM

LAUGH & LEARN

9/21
10/19
11/16
1/18
2/15
3/15
4/19
5/17

MARK YOUR CALENDARS

UK Cooperative Extension Service
3RD WEDNESDAY OF THE MONTH
9-10:30 AM
LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD., HODGENVILLE - 270-358-3401

COME PLAYDATE WITH US!
A Laugh & Learn playdate is for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Laugh & Learn is for ages 2-5 (not yet in school) and their caregiver.

Join us! WEDNESDAY

Laugh and Learn HELD IN PARTNERSHIP WITH LARUE COUNTY FAMILY RESOURCE YOUTH SERVICE CENTERS

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 race or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political beliefs, 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 Cooperative Extension.

Cooking through the Calendar

NEXT → APRIL 21ST AT NOON

UK Cooperative Extension Service

Cooking
through the calendar

2023 FOOD + NUTRITION

RECIPE CALENDAR

Nutrition Education Program
University of Kentucky Cooperative Extension Service

FRIDAY, APRIL 21
at **Noon**

Join us!

LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD., HODGENVILLE

THIS MONTH:
RAINBOW PASTA SALAD

Yeast Breads Class

UK Cooperative Extension Service

Back to Basics:
YEAST BREADS
Class

LARUE COUNTY PUBLIC LIBRARY
215 LINCOLN DRIVE, HODGENVILLE

04/28 at 3PM

RSVP to the Library:
270-358-3851

Cooperative Extension Service
Agriculture and Natural Resources
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International Day

UK Cooperative Extension Service

RSVP
APRIL 26TH
270-358-3401

LaRue County Homemakers
INTERNATIONAL DAY



GHANA

April 28th
11am

LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD., HODGENVILLE
270-358-3401



University of Kentucky
College of Agriculture,
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Cooperative Extension Service

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



The front offices of the Extension Office will be closed for renovations beginning May 1st. We will have temporary offices set up in the back meeting room. Please use that entrance and excuse our mess!

UK Cooperative Extension Service



LaRue County Extension Agent for Agriculture & Natural Resources

<https://ukjobs.uky.edu/postings/461062>

Requisition Number RE39527

Deadline to apply: May 3, 2023

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