

June, 2024

 Cooperative
Extension Service

Family & Consumer Sciences June Newsletter

Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 • 270-298-7441

Upcoming Events /Meetings to Remember!

- The Homemaker Council meeting will be held at 9:30 a.m. June 5 at the Extension Office. Please make sure one member from your club is able to attend.
- A **Radon Detection** class will be held at 10 a.m. June 12 at the Extension Office. Call the office to hold your spot. See flier.
- A July 4th Craft class will be held at 10 a.m. June 14 at the Extension Office. Call the office to hold your spot. See flier.
- **Crafters Clan** will meet at 5 p.m. June 18 at the Extension Office. Call the office to hold your spot!
- A Nutrition Facts class will be held at 10 a.m. July 2 at the Extension Office. Call the office to hold your spot! See flier.
- A **CPR Training Session** will be held at 5:30 p.m. July 17 at the McLean County Extension Office. Call 270-273-3690 to register before July 12.
- The Ohio County Homemakers Annual Picnic will be held on July 9 at the Extension Office. Registration will begin at 5:30 p.m. and the meeting will begin at 6 p.m. Please call the office to RSVP so we will know how much food to provide!
- Program of Work forms are due to the office by June 30. VSU hour sheets are due to the office by July 1.



Nan Montgomery

Nan Montgomery

Extension Agent, Family & Consumer Sciences

Brandy Garcia

Program Assistant, Family & Consumer Sciences



We need your help!

Ohio County Homemakers are hosting the 2024 Green River Annual Day on September 24! We need your help to crochet or knit dish cloths to put on the tables as favors for our guests that day! We will need 80, maybe more! Cotton yarn can be picked up at the Extension office. For more information, call Nan or Brandy, 270-298-7441!

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

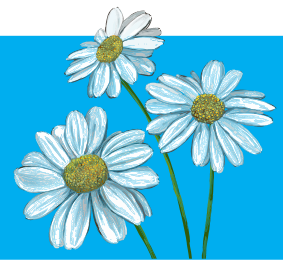
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemaker Happenings



Thought for the Month: "A father is the one friend upon whom we can always rely." – Emile Gaboriau

Roll Call: In June, we celebrate fathers. Share a favorite memory of your father!



Beda

President Regina Hudson
270-298-3680

Meets second Thursday, 9:30 a.m.

Fordsville

President Cathy Green
270-256-4082

Meets second Tuesday, 10 a.m.,
Jack & Joan Edge's Community Room

Liberty Belles

President Norma Barrett
270-256-8044

Meets second Tuesday, 10 a.m.,
Liberty Church in Beaver Dam

Taylorstown

President Marsha Young
270-274-2633

Meets third Thursday, 10 a.m.

Specialty Club: Roadrunners

President Brenda Renfrow
270-298-4460

Specialty Club: Crafters Clan

Meets third Tuesday, 5 p.m.
Ohio County Extension Office



Crafters Clan members made faux tile beehives during their monthly meeting on May 21. For more information, call the office at 270-298-7441.



Several Ohio County Homemakers attended the "Blazing the Way with KEHA" State Meeting May 7-9 in Bowling Green. Total attendance was 450 and there were 61 first-time attendees. Next year's state meeting will be held May 6-8 at the Hyatt Regency in Lexington. Watch for details coming soon!



Plan Ahead. Eat Well. Get Moving.

The Kentucky Nutrition Education Program (KYNEP) encompasses two USDA programs: The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program (SNAP-Ed). Both programs are administered by the UK Cooperative Extension Service in order to show limited resource families with young children and SNAP eligible individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behavior necessary to have a healthy lifestyle.

Looking for new recipe ideas?
Check out <https://www.planeatmove.com/>



Lean Green Lettuce Tacos

8 large lettuce leaves	$\frac{3}{4}$ pound extra lean ground beef	1 tablespoon finely chopped cilantro
$1\frac{1}{2}$ cup cooked brown rice	1 small zucchini, chopped	1 teaspoon lime juice
$\frac{3}{4}$ cup fresh corn kernels	1 ounce packet low-sodium taco seasoning	1 tomato, chopped
1 cup canned black beans, drained and rinsed	4 ounces low sodium tomato sauce	1 small red onion, chopped
1 tablespoon olive oil		

Wash and dry lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.

Wits Workout promotes brain health in older adults

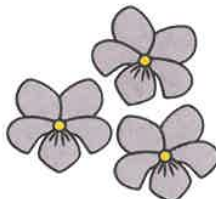
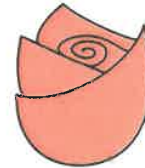
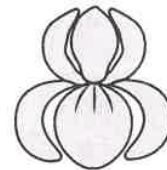
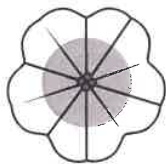
Our brains control essential executive functions, such as speaking, thinking, learning, making sound decisions, and remembering. In addition to physical exercise, getting at least seven to eight hours of quality sleep and eating a heart-healthy diet improves brain fitness for maintaining long-term cognitive health in older adults. University of Illinois Extension developed Wits Workout based on brain health and aging research. “Just like muscles, our brains need exercise to maintain flexibility and strength,” says Byers, co-author of Wits Workout. “Challenging ourselves with new and diverse activities promotes cognitive health and can help maintain brain function as we age.” Try Wits Workout 1 below! Answer key is on the back of the newsletter!



What's In A Name?

Each flower shown here is also a girl's name. Write the name of each flower under its picture.

WORKOUT 1



BONUS: Identify other flowers or plants that are also a girl's name.

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Food and Environment

RADON DETECTION


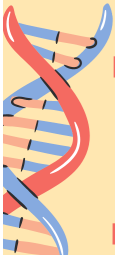




HAS YOUR HOME, SCHOOL OR WORKPLACE BEEN TESTED FOR RADON? DID YOU KNOW THAT INDOOR RADON EXPOSURE IS VERY PREVALENT IN KENTUCKY? COME & LEARN MORE ABOUT RADON PREVENTION! FREE RADON TESTING KITS TO THE FIRST 10 PEOPLE WHO SIGN UP AND ATTEND THE CLASS! CALL THE OFFICE AT 270-298-7441 TO HOLD YOUR SPOT!

10 AM ~ JUNE 12

OHIO COUNTY EXTENSION OFFICE
1337 CLAY ST., HARTFORD

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July 4th CRAFT

10:00 AM ~ JUNE 14

★★★★★

CALL THE OFFICE AT 270-298-7441 TO PRE-REGISTER!

COME & MAKE A QUICK, EASY CRAFT WITH US! SPACE IS LIMITED! CALL TODAY!

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NUTRITION FACTS



10 a.m. ~ July 2

Come and learn all about the Nutrition Facts label on your food, receive tips about healthy eating and sample some great, healthy recipes! Call today to reserve your spot - 270.298.7441!

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CPR TRAINING SESSION



SIGN UP BY: JULY 12TH

LEARN A LIFE SAVING TECHNIQUE

CPR

DATE: JULY 17TH 2024
TIME: 5:30
LOCATION: MCLEAN COUNTY EXT. OFFICE
FEE: \$15.00
CALL 270-273-3690 TO REGISTER

Cooperative Extension Service
AN EQUAL OPPORTUNITY ORGANIZATION

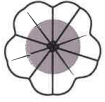


What's In A Name?

ANSWERS

Each flower shown here is also a girl's name. Write the name of each flower under its picture.

WORKOUT 1



Petunia



Marigold



Holly



Lily



Poppy



Iris



Heather



Daisy



Rose



Jasmine



Violet



Dahlia

Bonus: Identify other flowers or plants that are also a girl's name.

Fern

Ivy

Sage

Willow

Rosemary

Daphne

OHIO COUNTY HOMEMAKERS

ANNUAL PICNIC



REGISTRATION BEGINS 5:30 PM
MEETING BEGINS 6 P.M.



FOOD, SILENT AUCTION & FUN!
ENTERTAINMENT PROVIDED BY TRACE CROWE!
WEAR SOMETHING PATRIOTIC!



OHIO CO. EXTENSION OFFICE
1337 CLAY ST., HARTFORD

JULY 9, 2024



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JUNETEENTH
- FREEDOM DAY -
JUNE 19

THE OHIO COUNTY EXTENSION OFFICE WILL BE CLOSED ON WEDNESDAY, JUNE 19. WE WILL RE-OPEN AT 8 A.M. ON JUNE 20.

Happy FOURTH OF JULY

The Ohio County Extension Office will be closed on July 4. We will re-open at 8 a.m. on July 5.

Follow us online!

Classes are listed on our county website and our Facebook page!

<https://ohio.ca.uky.edu/>



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

Listen to the UK Family & Consumer Sciences podcast at <https://ukfcsext.podbean.com/>