



JUNE/JULY 2023



Montgomery County Family & Consumer Sciences Newsletter

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Sarah Congleton

Sarah Congleton



CEA for
Family &

Consumer Sciences Education

106 E Locust Street

Mt. Sterling, KY 40353

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Hi Ladies & Gentleman,

KEHA State Meeting was a fantastic time. We had 6 Homemakers represent Montgomery County. Thank you Janice Gayle Slone, Jamie Sorrell, Amy Cecil, Samantha Page, Diane Williams, and Aggie Fink for attending. Congratulations to Amy and Aggie for winning 1st place on their cultural arts entries. Such a great achievement!

The Homemaker Annual Meeting is right around the corner. Please see the flyer enclosed for more details. A letter was mailed with more details regarding the meeting.

Please RSVP by Tuesday, June 7th.

Our office will be closed on June 19th in observance of Juneteenth & on July 4th in observance of Independence Day.







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



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TRY BINGOCIZE®!
BINGO + EXERCISE = BINGOCIZE®



COST: FREE
TIME: 1 P.M.
WHERE: MONTGOMERY COUNTY EXTENSION OFFICE
WHEN: BEGINNING JUNE 6TH - JULY 13TH TUESDAYS & THURSDAYS

BINGOCIZE® IS A HEALTH PROMOTION PROGRAM THAT COMBINES THE GAME OF BINGO WITH FALL PREVENTION EXERCISE. COME PLAY BINGO AND MEET NEW PEOPLE WHILE LEARNING ABOUT TECHNIQUES TO REDUCE FALLS.

PLEASE REGISTER BY CALLING 859-498-8741

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



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Cooperative Extension Service

Let's Take a Hike!

**MONTGOMERY COUNTY
EXTENSION HOMEMAKERS**



ANNUAL MEETING

Tuesday, June 13 2023

6:00pm

Extension Education Center

Join the Montgomery County Extension Homemakers on Tuesday, June 13th at 6:00pm located at the Extension Education Center for an evening of fun with both mailbox members and other Homemaker Clubs.

Please RSVP by Wednesday, June 7th

by calling the Extension Office at 859-498-8741.

No
charge!

JOIN US FOR...

Cooking Through The

Wednesday,
June 28 2023

&

July 12 2023

12:00pm-1:00pm

Montgomery County

Extension Office

106 E Locust Street

Mt. Sterling, KY 40353

Monthly Recipes

- January - Slow Cooker Smoky Black-Eyed Peas
- February - Cajun Seasoned Fish with Rice
- March - Vegetarian Taco Soup
- April - Rainbow Pasta Salad
- May - Easy Tortilla Breakfast Pizza
- June - Blueberry Cheesecake Bars
- July - Tuscan Chicken and Pasta
- August - Skillet Pork Chops with Peaches
- September - One Pan Shrimp and Veggies
- October - Italian One Pot Pasta and Beans
- November - Slow Cooker Buffalo Stuffed Sweet Potatoes
- December - Loaded Beef Stroganoff



For more information,
contact Sarah Congleton
859-498-8742 or
Sarah.Congleton@uky.edu



scan to
register
<-

Cooperative Extension Service
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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.





CRISS CROSS REVERSIBLE APRON CLASS

Tuesday, June 20th at 9:30am
Montgomery County Extension Office
106 E Locust Street
Mt. Sterling, KY 40353

Join us...

Learn how to sew your own criss cross reversible apron designed by one of our Master Clothing Volunteers, Carol Rushing-Carr.



Back of apron



Front of apron

Prerequisite:

You need to be comfortable with sewing machine and have some sewing experience.

Cost: \$5.00

You will need to bring your own sewing machine and supplies. Supplies list will be provided once you pay in advance.





SUPER STAR CHEF

2-DAY EVENT

Monday, July 17 & Tuesday July 18

Beginning 9:00am - 3:00pm

Montgomery County

Education Center

Join us for the Super Star Chef Cooking Camp!

Program is intended for participants ages 9 to 12.

No previous cooking experience required for this free program, Super Star Chefs master a variety of cooking techniques, like chopping, where you will receive cooking tools and learn how to:

dice, blend, fold and whip.

Discover foods that fuel your body and energize you.

Learn how to read a nutrition facts label and what it takes to be "food safe!"





Save the Date:
Oct 24 – 26
 2023 MCV Training

at the Cave City Convention Center
 in Cave City KY



open to active Master Clothing Volunteers
 Classes 1990 through 2022

Details and Cost Information will follow

nearly lodging is arranged at the Comfort Inn & Suites*
 *reservations at this hotel will be made through Jeanne

Questions? jeanne.badgett@uky.edu



**Interested in becoming a
 Master Clothing Volunteer?**

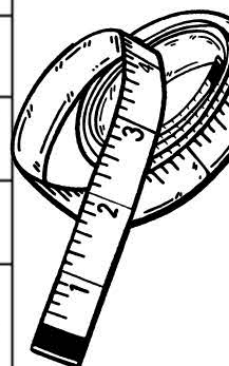
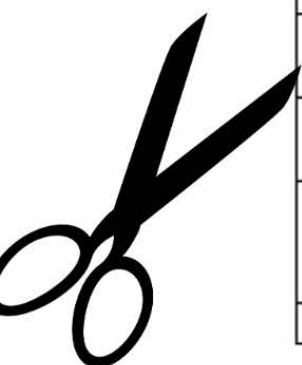
Looking for new applicants
 in 2024!

Program Goals:

- To reach, teach and involve community clientele to affect behavior change and improve family living.
- To provide in-depth ongoing educational opportunities for volunteers enrolled in the program.
- To train volunteers who can help local Cooperative Extension professionals with planning, implementing and evaluating educational programs in clothing.
- To expand current educational offerings and increase outreach opportunities to clientele.

Below you will find the current schedule for Licking River Area Master Clothing Volunteer meetings. Each month, a new lesson is taught by an instructor then taken back to each LRA county to be taught to the community. If you are a current MCV, please make plans to attend each month.

May 22 nd	Montgomery	Apron	Carol Rushing-Carr
June, July, August	N/A	N/A	N/A
September 18 th	Mason – TBD	TBD	Betty Harris
October 16 th	Bath – TBD	TBD	Amy Cecil
November 20 th	Lewis – TBD	TBD	Ruby Hord/Leoma Rigdon
December	N/A	N/A	N/A



ADULT HEALTH BULLETIN



JUNE 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>

THIS MONTH'S TOPIC:

Become a Blood Donor



Blood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

Continued on the next page →



There is a constant need for a regular supply of blood because it can only be stored for a limited time.



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Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly – at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

REFERENCE:

<https://www.who.int/news-room/questions-and-answers/item/blood-products-why-should-i-donate-blood>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

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123RF.com





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2023

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

THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.

LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates



both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.



A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

REFERENCES:

NH Health Cost. *What kind of accounts can I use to set aside money for medical cost?* <https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-set-aside-money-medical-cost>

National Library of Medicine. *Eight ways to cut your health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

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MONTGOMERY COUNTY
FARMERS' MARKET
Wednesdays & Saturdays
7 am - Noon
**New Downtown Mt. Sterling
Market Pavilion Location!**
153 South Maysville Street
Free Parking in City Lots
POWERED BY
DOUBLE DOLLARS

Join us at the Farmers' Market Saturday, July 15th to participate in our very first POP Club! Kids (ages 4-12 years) earn money to spend at the Farmers' Market

**Farmers Market
Opening Day is
June 24th!**



POP Club

Join us!

**FREE Activities, Tastings
and Prizes for Kids!**



POP Club is brought to you in partnership with the Farmers Market Coalition.



Green Bean Bundles

- | | |
|--------------------------------------|--|
| 1 pound fresh green beans | 2 cloves garlic, minced |
| ¼ teaspoon black pepper | 1 ½ teaspoon ground cinnamon |
| 12 slices turkey bacon | ¼ teaspoon allspice |
| 2 tablespoons unsalted butter | |

- 1. Preheat** oven to 400° F. baking dish. In a small **7. Remove** foil and bake **2. Remove** ends and saucepan, heat butter, for 15 additional minutes, strings from beans. Wash garlic, cinnamon and until bacon is crisp. and dry beans thoroughly allspice over low heat, **Yield:** 12 bundles and season with black whisking until butter is melted. **Nutritional Analysis:** 80 calories, 5 g fat, 80 calories, 5 g fat, **3. Bundle** together 5-8 **5. Brush** the mixture over 2 g saturated fat, 20 mg beans and wrap with a the top of each green cholesterol, 170 mg sodium, strip of turkey bacon to bean bundle with a pastry 3 g carbohydrate, 1 g fiber, hold them together. brush. 1 g sugar, 3 g protein.
- 4. Lay** each bundle, seam **6. Cover** with foil and side down in a large bake for 35 minutes.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Green Beans

SEASON: June to September

NUTRITION FACTS: One-half cup of unseasoned green beans has 15 calories, is low in fat and sodium, and provides fiber, vitamin A, and potassium.

SELECTION: Choose slender, firm, smooth, crisp beans with slightly velvet-like pods and a bright color. Beans should be free of blemishes and have small seeds.

STORAGE: Beans should be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Wash and remove stems and strings. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. They can be cooked directly in soups or stews. Green beans go well with seasonings such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard, or onion.

GREEN BEANS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

July 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
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College of Agriculture,
Food and Environment

Entertaining little ones this summer?



ANTS ON A LOG

Ingredients:

- Ants on a log (celery logs, peanut butter, raisins)**
- Ladybugs on a log (celery logs, strawberry cream cheese, dried cranberries)**
- Fish in the river (celery logs, cream cheese or hummus, goldfish crackers)**
- Ants on an apple (apple wedges, nut butter or cream cheese, raisins)**

Directions:

Place the spread on celery or apple and place fruit or goldfish on the top.

Enjoy!

Source: LEAP...for Health:
Zuzana Gassova former Child Development Consultant for Nutrition Education Program, University of Kentucky Cooperative Extension Service.

NUTRITION FACTS PER SERVING:

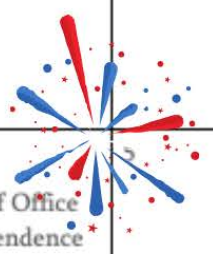
140 calories; 8g fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 95mg sodium; 4g carbohydrate; 1g fiber; 12g sugar; 4g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium.



June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29 Memorial Day	30	31	1	2	3
4	5	6 <u>Bingosize 1pm</u>	7	8 <u>Bingosize 1pm</u>	9	10
11	12	13 <u>Bingosize 1pm</u> Homemaker Annual Meeting 6pm	14 Flag Day	15 <u>Bingosize 1pm</u>	16	17
18 	19 <i>Closed Juneteenth</i>	20	21	22	23	24 Farmers Market Opening Day/POP Club
25	26	27 <u>Bingosize 1pm</u>	28 Cooking Through the Calendar 12pm	29 <u>Bingosize 1pm</u>	30	1

July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
25	26	27 	28	29	30	1	
2	3 <u>Bingosize 1pm</u>	4 Out of Office Independence Day	5	6 <u>Bingosize 1pm</u>	7	8	
9	10	11 <u>Bingosize 1pm</u>	12 Cooking Through the Calendar 12pm	13 <u>Bingosize 1pm</u>	14	15	
16	17 Super Star Chef Day 1	18 Super Star Chef Day 2	19	20	21	22	
23	24	25	26	27	28	29	
30	31	NOTES:					