

January 2024

# Newsletter



FAMILY & CONSUMER SCIENCES  
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston  
Bourbon County Extension Agent  
for Family & Consumer Sciences



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## HAPPY NEW YEAR!

2024 has arrived and a new year brings thoughts of a new start *“The past is kind enough to give us lessons. The present is kind enough to give us opportunities. The future is kind enough to give us both.”* Author unknown but the message is so **positive**. Positive is my word for 2024. My goal is to focus on the positive and to create positive energy.

One of the first positives to share is the excitement of Bourbon County Extension Homemakers having a new club. “Silver Belles” is the club name they have chosen and they have hit the ground running! Their first meeting was in early December, and they have already completed two community outreach projects! That positive energy is a blessing to the organization. Be sure to welcome the “Silver Belles”.

Another positive to start the new year is the **SHOP LOCAL** card. This card offers various discounts at participating Paris businesses. This is a team effort to encourage members to support the local small businesses as well receive benefit from the support. These businesses have been generous in their participation, and it is important that not only do homemakers support the business but also thank them for supporting homemakers. Like out county presidents says, “we are better together”!

A participating business from the SHOP LOCAL card will be highlighted in each of the following newsletters. Offering a chance to get to know our community members as well as supporting their businesses. The positive goal is to let the businesses know that homemakers are glad that they are here!

2024 has just begun and it is time in the extension world to begin our plans for 2025. (And no I am not joking!) It is time for you to tell us what homemaker lessons and programs you want for next year. Spend some time thinking about new processes, gadgets, information that you would like to know more about and share them on the last page of the newsletter. Suggestions are made throughout the year and lists are kept but we need to hear from everyone. Typically, a program cannot be suggested today and presented tomorrow. It requires planning and research information searched. Share your interest with us and we will work to provide.

It is a new year, and the word is “positive”! Let’s work together to make this a very positive 2024.

Kay Denniston

Agent for Family Consumer Science



Bourbon County Extension Office  
will be closed  
Monday, January 15  
in observance of

★ ★ ★ ★ ★

**MARTIN LUTHER  
KING, JR. DAY**

— I HAVE A DREAM —

## 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.



## Make resolutions stick: Focus on family

This is the year to add to the health of your family. Try a few of these ideas:

### Nutrition that counts

- Offer routine meals during the day, along with nutrient-rich foods. Start the day with a healthy breakfast, such as oatmeal with fruit, nuts, low-fat milk, or yogurt. Think about balanced choices at lunch. Try to get the family together for dinnertime at least a few times a week.
- Put the focus on health, not weight. Kids and teens are very watchful and tend to repeat things they hear or see. Try not to make comments about your weight in front of them as it can overstress looks and undervalue health.
- Follow the MyPlate steps. Make half your plate fruits and vegetables. Add a quarter from the grains group and a quarter from the protein group. Pair this with a low-fat or fat-free dairy or calcium-fortified choice.

### Fitness and wellness

- Get active. Take a family walk after dinner. Children and teens should get 60 minutes or more of activity per day, while adults should get two and a half hours per week.
- Reduce your family's risk of foodborne illness. Have your family wash their hands before all meals.

Teach about food safety when kids and teens help in the kitchen. When you focus on a few goals at a time, small steps can become great strides in moving your family toward being healthy.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/make-resolutions-stick-focus-on-family>

## PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT

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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

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, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105 Agriculture Science Building North, Lexington, Kentucky 40546

The UK Office of Institutional Equity and Equal Opportunity, 13 Min Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue. SW. Washington. D.C.



**Leader Lesson**



**Self-Care  
Self-Pamper**

Join us on  
Thursday,  
January 18<sup>th</sup>  
at 10 am for  
this  
important  
lesson!

Reserve a spot 859-987-1895



**UK Cooperative Extension Service** | **Martin-Gatton**  
College of Agriculture, Food and Environment

**“PRESIDENT’S NOTES”**

Author Hilary DePiano said “We all get the exact same 365 days. The only difference is what we do with them.” What are you going to do with the next 365 days? Do you believe in making resolutions? Do you make goals for all aspects of your life? What good do you hope to bring out in the next year? I personally have never liked making resolutions because they always seem unrealistic. The last few years I have tried to focus on small, realistic goals that I want to reach in my personal life. My goals this year consist of drinking more water, spending one on one time with each of my girls, continue to grow in my roll at my job and to bring a new idea to the Homemakers organization. I challenge each of you to think outside the box this year. Try something you have been too scared to try. Make this your best year yet! Remember we are “Better Together”!



Happy Fall,  
*Mallory Lowe*  
County President

**Save the Dates**

- January 2.....New Calendars Available
- January 4.....Bourbon Bite Size Learning 1
- January 11.....Homemaker Council Meeting**
- January 18.....Leader Lesson
- January 19.....Breakfast for FCLA Star Events
- January 19.....Bourbon Bite Size Learning 2
- January 24-26.....Kay out of Office
- February 13.....Leader Lesson
- February.....International Meal
- March 1 and 2.....Farm Machinery Auction
- March 4 ...Homebased Microprocessor Workshop
- March 21.....GAP Conference
- April 25.....Annual Meeting
- May 7-9.....KEHA State Meeting, Bowling Green

**Grandparent Raising Grandchildren**

**SAVE THE DATE**

**3 21 24** **GAP**  
Grandparents As Parents of Kentucky

**20th Annual Bluegrass Regional  
Grandparents Raising  
Grandchildren Conference**

Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and relatives caregiving in Kentucky. This conference includes workshops, speakers, legal consultation, resources, exhibits and more!

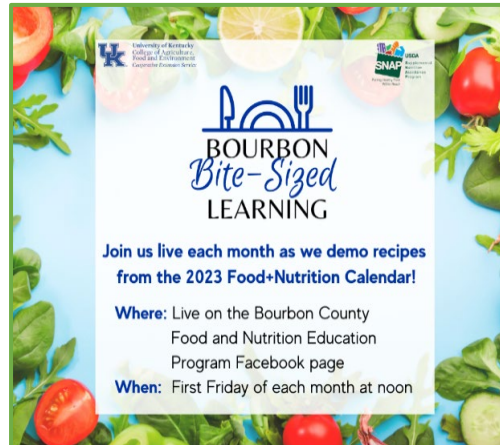
WE WILL BE BACK AT  
THE NEWLY  
RENOVATED -  
CLARION HOTEL,  
1950 NEWTOWN PIKE,  
LEXINGTON, KY

For more information and to view helpful resources, please visit our website at [www.gapofky.org](http://www.gapofky.org)  
Follow us on Facebook-Grandparents as Parents Conference

Coming to you on Bourbon County Nutrition Education Facebook page.  
If you missed the 1<sup>st</sup> Friday, it is still available on FB and YouTube.



Stop  
by the  
Extension  
Office  
and pick up  
your  
**2024**  
calendar  
to cook  
along!



BA

Join us on Bourbon County Nutrition Education Program Facebook page, January 4th to view Kacy preparing "Savory Winter Pork Stew" or even better - get your new calendar, the ingredients and prepare along with us. Mark your calendar for January 4th at noon!

*We have expanded!*

**BOURBON Bite-Sized LEARNING**  
**Plate it Up! Kentucky Proud edition**

Watch the 3rd Friday of each month on the Bourbon County Extension FCS/Homemakers Facebook page!

Join Kacy and Kay on the 3rd Friday of each month at noon when they share a Kentucky Proud Plate It Up! Recipe on the Bourbon County Extension FCS/Homemakers Facebook page. Look forward to sharing our recipes!

**Subscribe to our YouTube Channel!**

Check out our past recipe demos and more on our office YouTube Channel!



Search for Bourbon County Cooperative Extension Service on YouTube to view our videos

## Membership Update

Number of members this time last year -  
252

Number of members by end of last year -  
282

**Number of members as of  
December 15, 2023 -278**

Remember new members welcome anytime!

## Shop Local Cards are here!



As of January 1, 2024, every paid member of Bourbon County Extension Homemakers receives a **Shop Local Card** with their 2023-24 dues. If you have paid your dues but have not received your card, call 859-987-1895 so you can start supporting out local community businesses!

The card offers various savings with purchases from the following businesses:

- All About Kentucky
- A & W Kustom Apparel
- Bourbon Boot Supply
- Caffe Marco
- Fancy Flamingo
- Flora Berry Farm
- Frames On Main Gallery
- Frosted Blessings
- Happy People Coffee
- Hopewell Bake Exchange
- Just Graze
- Lil's Coffee House
- Loch Lea Antiques
- Meals Made Easy
- Paris Bourbon County Farmers Market
- Paris Bourbon County YMCA
- Pauline's Hair Design
- Southern Lux Style

This is a great opportunity to show your support to our participating local businesses and receive savings.

PLEASE remember to thank each local business for their support of Bourbon County Extension Homemakers when using the card.

**BOURBON COUNTY HOMEMAKERS  
SHOP LOCAL!**

**REMEMBER:  
WINTER WEATHER POLICY  
No School = No Meetings**

**If Bourbon County Schools are closed due to inclement weather, meetings will be automatically canceled. If in doubt, please call 859-987-1895.**

**“What the new year brings to you will depend a great deal on what you bring to the new year.”**

VERN MCLELLAN

THE PIONEER WOMAN

**Homebased Microprocessor Workshop**  
**Bourbon County Extension Office**  
**March 4, 2024**  
**9:30 am – 2:30 pm**

Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. Homebased microprocessors are allowed to make higher risk products such as canned tomatoes, pickled fruits and vegetables, salsa, barbecue sauce, pepper or herb jellies, vinegars, low or no sugar jams and jellies, and pressure canned vegetables.

The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. One of these workshops is being offered at the Bourbon County Extension Office on March 4, 2024. The workshop will run 9:30 am - 2:30 pm on this date.

The cost of the workshop is \$50.00. Next, recipes for all products to be sold under the program must be submitted to the University of Kentucky for approval, at a fee of \$5.00 per recipe. Proof of workshop completion, approved recipes, draft labels for all products, and verification of an approved water source are then attached to the application for HBM certification and sent to the Department for Public Health Food Safety Branch. There is a \$50.00 fee for this certification each year.

Homebased microprocessors cannot have a gross annual income over 60,000 (sixty thousand dollars) from the sale of their products. Homebased microprocessed products can only be sold from three locations within Kentucky: the processor’s farm, a Kentucky Registered farmer’s market, or a certified roadside stand.

January is National Human Trafficking Prevention Month. Use this month to reflect on the fortitude of trafficking survivors and the efforts of those individuals that work toward eliminating this inhumane form of abuse and exploitation.

## PICKLEBALL: What is that?

Over the last two years, what is the fastest growing sport in America that combines features of badminton, ping-pong, and tennis? If you said pickleball, you are correct.

Pickleball is an easy-to-learn, affordable, fun, social, and friendly game played with a large paddle and plastic ball. According to the Sports and Fitness Industry Association (SFIA) (2022), 60% of core pickleball participants are 55 or older and 33.7% are 65 or older. It has grown in popularity because most ages, body types, and skill levels can play.

Some of the reasons that people enjoy pickleball include:

- The courts are smaller and require less running than tennis (four pickleball courts fit in one tennis court).
- The game is easy to learn and score and can evolve into a more fast-paced competitive match for more experienced players.
- All skill levels from beginner to professional can play.
- The game is familiar because it is like other racquet sports.
- The game is designed to be fun and carefree.
- It is social and associated with less frustration than some other sports.
- The game encourages physical and social activity as well as a sense of personal mastery.
- There are lots of opportunities to play through open play, leagues, clubs, senior and recreation centers, etc.

Not only is pickleball fun and accessible, but there are benefits for your health as well. These include the physical activity of moving, improving hand-eye coordination, improving reflexes and balance, along with other physical health aspects. By getting out and playing with others, pickleball is associated with enhanced social health. It promotes fun, friendly competition and combats social isolation and loneliness. It is also associated with enhanced mental health by reducing stress and boosting your mood through exercise.

Due to the popularity of the sport, many local parks and recreation departments now have pickleball-specific courts or have adapted tennis courts for pickleball use. Other places with recreational space, such as senior centers, local YMCAs, and faith communities, are also using that space for pickleball.

The USA Pickleball Association website is a great place to start to learn the basic rules and regulations, and how to play this popular sport. And just getting out there and trying it is the best way to see if this latest is the physical activity for you!

**Source:** Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, October 2023



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## Start the New Year with a Clean Fridge!



When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.

Start cleaning your refrigerator by removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a good time to check dates on dairy products and condiments and replace them if necessary.

If you can remove any drawers or shelves, do so and wash with hot, soapy water. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe down with a diluted bleach solution made from 1 tablespoon unscented bleach in 1 gallon of water.

Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.

Keep your refrigerator clean throughout the year by cleaning up spills as soon as they occur and keeping track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also a good practice to wipe down door handles and control dispensers with a disinfecting wipe daily in order to remove bacteria left by hands.

Reference: CDC <https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html>

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



### ATTENTION SNOW BIRDS - Traveling South for the Winter

If you are heading south for the winter months, do not forget to let us know! We will send your newsletter to your winter address – no problem. The post office will not forward or hold your newsletter. They return it to us and charge us for the return.

Remember to bring us some warm weather and sunshine in the spring!





JANUARY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Bourbon County Extension Office  
603 Millersburg Road  
Paris, KY 40361  
(859) 987-1895

**THIS MONTH'S TOPIC:**

## TALKING TO YOUR CHILD ABOUT WORLD CONFLICTS



**P**erhaps your child has come home from school worried about current world events, or they have seen a snippet of the evening news recently and have questions. Talking with kids about violence and world conflict (like what's happening in the Middle East and Ukraine) can be hard, but it is important. As caregivers, we want to help them make sense of what's going on in the world and keep them away from disturbing content.

Before having a conversation about an event or conflict, take some time to learn about who is involved. Read multiple perspectives on why there is a conflict. This often requires some historical context.

**Continued on the next page**



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Disabilities accommodations with your medication.

Lexington, KY 40506

Let your child talk about their feelings without judgment or negative response.



**Continued from the previous page**

It is helpful to lead off a conversation by asking your child what they have heard and what questions or concerns they have. This can help tailor your conversation to answer your child's questions. You can better address a particular facet that is on their mind. It can also give you an opportunity to correct any misunderstandings that they have.

Let your child talk about their feelings without judgment or negative response. It can be helpful to repeat back to them your understanding of their feelings. It is OK to tell your child how these things make you feel, too. Fear, worry, anxiety, or stress are normal and valid reactions to violence and chaos.

Answer your child's questions as best you can with age-appropriate information. Avoid graphic details or real-world images, if possible. It can be helpful to show children on a map where a particular country is or where there are boundaries between countries. You can also point out where they live so they will understand how near or far they are from the war.

Try to avoid giving more information than children ask for. They may come back with more questions later. Then you can give more information about a specific concern. End the talk by telling

them that you are there to protect them, help them, and look out for their best interests.

Encourage children to come to you first with their questions, instead of looking online or at media coverage. All children should have limits to what kind of content and how much social media and online information they see. This is particularly important when it comes to violence and war. Photos and videos can produce traumatic responses for those seeing it. Consider setting strict guidelines on news sites. Continued viewing can intensify feelings for children and adults alike.

If your child asks about ways to help, consider options such as collecting supplies for local refugees or emergency responders, or hosting a fundraiser. Look for positive news stories that highlight ways other people are helping, too.

**REFERENCE:**

<https://kidshealth.org/en/parents/talk-about-middle-east.html>

Written by: Katherine Jury, MS  
Designed by: Alyssa Simms  
Stock images: Adobe Stock

ADULT HEALTH BULLETIN



**2024-2025 LEADER TRAINING IDEAS**

Name or Club Name: \_\_\_\_\_

We are seeking ideas for Leader Lessons you would like in the 2024-25 year. Please suggest as many as you like and return by Friday, February 16, 2024.

Lesson:	Suggestion
HOUSING	
FOOD & NUTRITION	
HEALTH & WELLNESS	
FINANCIAL MANAGEMENT	
FAMILY LIFE	
CLOTHING/SEWING	
OTHER	



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>. 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.