# FAMILY & CONSUMER SCIENCES NEWS APRIL 2025

#### A MESSAGE FROM YOUR FCS AGENT:

Spring is in the air, and I think we're all feeling a little spring fever. The days are getting longer, the air is a little warmer, and everything is starting to bloom again. It's a season of fresh starts, new growth, and a perfect time to try something new. This month brings some great programs, including the adult beginner sewing series, estate planning series, and our regular monthly programming of Cooking Through the Calendar, nutrition lessons at the senior center, and Laugh and Learn. I hope you take some time to enjoy the season and maybe join us for a program or two!

#### Take a look inside to see important upcoming dates!

#### In this issue:

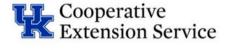
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#### Cooperative Extension Service

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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#### Fleming County Office

P.O. Box 192(1384 Elizaville Rd.) Flemingsburg, KY 41041-0192 Phone: (606) 845-4641 Fax: (606) 845-6311 Email: fleming.ext@uky.edu Website: https://fleming.ca.uky.edu/



Katie Fr



#### Disabilities accommodated with prior notification.

Lexington, KV 40506



- April 15th Hillsboro Homemakers, 12:00pm @ Hillsboro Christian Church
- April 17th Country Neighbors, 6:00pm @ the FCEO
- April 21<sup>st</sup> Neighborhood Kids Club, 6:00pm @ FCEO
- April 28th Treasures of the Heart, 6:00pm @ FCEO

Notes:

- Club Leaders I will continue to send Homemaker Lessons via email and appreciate your dedication to sharing them with your groups! I also have printed lessons at the office.
- If you're interested in helping support flood victims in Kentucky, please reach out to Violet Barbee or Katie Fryman for details on collecting and donating items. Your generosity is greatly appreciated!

#### UPCOMING EVENTS!

- May 6-8 2025 KEHA State Meeting, Hyatt Regency Lexington
- May 16<sup>th</sup> Breakfast Fundraiser
- June 4<sup>th</sup> 2025 Fleming County Homemakers Annual Meeting theme: Summer Nights \*more information to come!\*





# **Basics** of Estate Planning Series

This series will cover the basics of estate planning, led by Rhonda Curran Koth from Edward Jones. Participants in the first session will complete a survey to help shape the topics for the following two sessions. Lunch will be provided. Please use the QR code to register. For more information, contact Katie Fryman, katie.fryman@uky.edu (606.845.4641) or Crystal Ruark, crystal@flemingkychamber.com (606.845.1223) or Rhonda Curran Kolh, rhonda.currankoth@edwardjones.com (606.845.1800)

April 16th 11:30am-1:00pm

May 21st 11:30am-1:00pm

June 18th 11:00am-1:00pm



REGISTER NOW



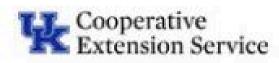
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All sessions will be hosted at the Fleming County Extension Office.

1384 Elizaville Road, Flemingsburg, KY 41041



There's no time like now to plan your future.



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### Sewing/Knitting/Crocheting Opportunities



Cooperative Extension Service

# Cooking Through the Calendar

JOIN US FOR A FREE COOKING DEMO AND TASTING WITH TIPS ON BALANCED

MEALS, SMART GROCERY SHOPPING, AND FOOD SAFETY!

#### APRIL 15TH

#### HILLSBORO CHRISTIAN CHURCH

11:00AM-12:00PM

#### APRIL RECIPE: LEMON BROCCOLI PASTA



#### 606-845-4641 or katie.fryman@uky.edu

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#### Contributy and Economic Development

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# **Beginner Adult Sewing Class**

#### **3 part class series @ Fleming County Extension office**

Participants should plan to attend all 3 sessions. Register by Thursday, April 3rd! Limited Spots Available!



April 7, 2025 1:00PM-3:00PM "Hem It Up!"

April 14, 2025 1:00PM-3:00PM "Take It In (Or Let It Out!)"

April 21, 2025 1:00PM-3:00PM



For More Information

606-845-4641 katie.fryman@uky.edu

#### Supply List:

"Fix It Fast!"

- Working Sewing Machine
- (Bring your manual if you have it)
  - Thread/Bobbins
  - Fabric Scissors
  - Sewing Pins or Clips
  - Extension Cord

Workshop Objectives: Basic Sewing Machine Functions, Measuring and marking, Adding darts, waistband tweaks, patching holes and adding buttons.

#### 1384 Elizaville Road, Flemingsburg KY 41041

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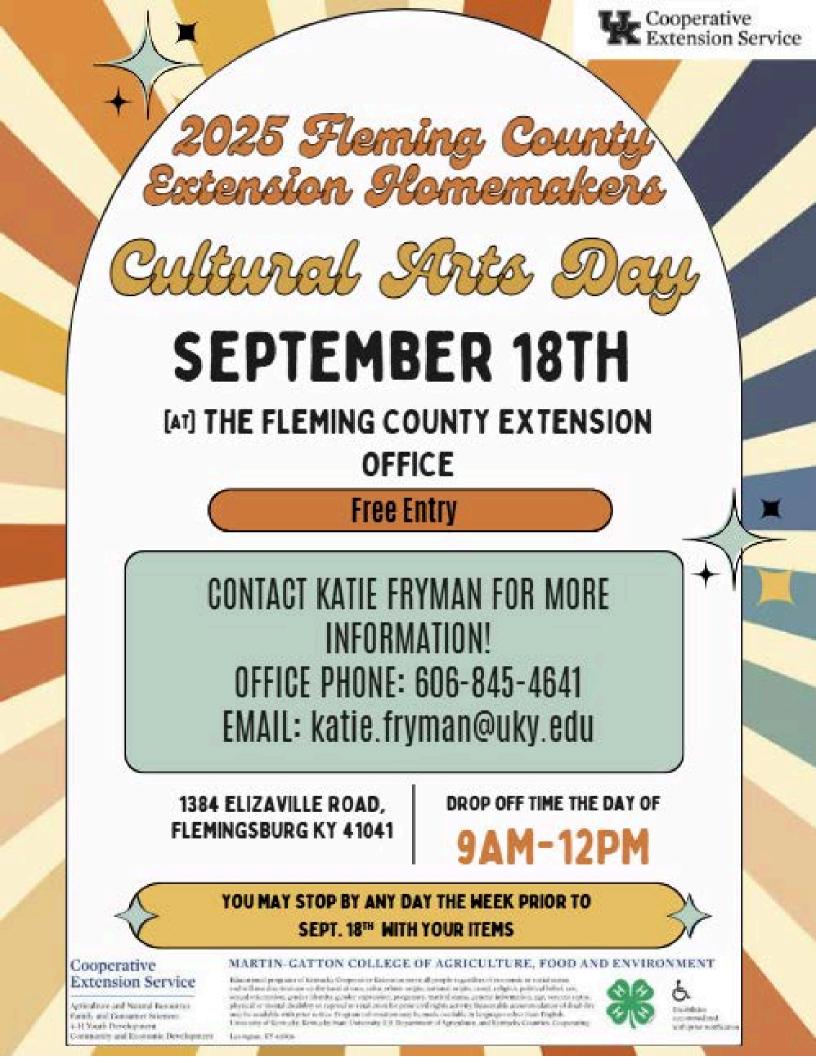
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# The Power of

Luncheon

Join us as we celebrate a message of Hope & Health & Empowerment Education &

We welcome **WOMEN OF ALL AGES** to come together to share in the message of Breast Health and screenings. The morning will be filled with amazing stories of advocacy, survivorship, demonstrations, delicious food, singing, doorprizes, fellowship, fun and a presentation by Dr. Stephanie Brashear.

# Saturday, April 26th 10 am to Noon

(Doors & Registration will open at 9:30 AM) Mason County Extension Office 800 U.S. Hwy 68, Maysville, KY 41056 Please RSVP by Monday, April 21st by calling 606-564-6808

#### Hosted by:





College of Agriculture. Food and Environment Cooperative Extension Service





K Extension Service FAMILY CAREGIVER

# **ALTH BULLETIN**



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1304 Elevelle Road Flamingsbung, KY Extension Office ENGI-SKE 1903 11041

Fleming County

# **BENEFIT-FINDING IS A POSITIVE FORM** OF COPING WITH CAREGIVER STRESS THIS MONTH'S TOPIC



Costrospiring can be rewarding. But it can also be catrospirit, even for the most resilient people. benefits and negative stress at the same time. According to the Mayo Clinic, caregivers have It is not uncommon for caregivers to have good higher levels of stress than non-caregivers. But the American Psychological Association reports that caregivers who feel more benefits than stress from caregiving report lower levels of depression and owerall stress. This sensed level of satisfaction can have banafits even after caregiving has ended.

Finding the rewards of caregiving is a way of coping with the stressful circumstances. Those rewards might include: Strengthened relationships, A sense of purpose, Continued on the next page 📀

# Extension Service Cooperative

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or yourself and your loved one. It gives everyone a reset. Take a break. Everybody needs a break. Taking a break from caregiving can be one of the best things you do

Continued from the previous page

Modeling caregiving traditions for Giving back to someone who may Happiness at knowing your loved have cared for you or others. one is getting the right care, younger people, and/or

ncrease your risk for chronic health conditions. As a lack of sleep, poor nutrition, physical inactivity, and According to the Mayo Clinic, caregivers report will harm overall health and well-being over time. feeling depressed or anxious. These lifestyles also esult, caregivers need to care for themselves too. a loved one's care and well-being, it can be easy to miss the toll on your own health. See ady stress than non-caregivers. When you're so focused on When you're stressed, you are at greater risk for higher levels of emotional and physical stress

# Iry these tips from the Maye Clinic to help manage and lower caregiver stress:

Ack for help • Accept help • Get in touch with the right resources (call

your local Area Agency on Aging, national Eldercare Locator or the state Department for Aging and Independent Living) Join a support group (online or in-person)

- - so you know you are not alone
    - Focus on your strengths
    - Eat a healthy diot
      - · Be physically active
- -Talk to your health-care professional Sook sunshino

loved one. It gives everyone a reset. There are Taking a break from caregiving can be one of the best things you do for yourself and your many types of respite care including in-home Take a break. Everybody needs a break.

espite, adult care conters, and short-term or



neighbors can also help you take some time off. long-term care facilities. Family, friends, and

provide essential support to those who need it. Caregiving is an important role. Caregivers In return, caregivers need self-care to protect their emotional and physical well-being.

# Resourcest

- Area Agency on Aging: https://www.chfs. xy.gov/agoncies/dail/Pages/aaail.aspx
  - Department for Aging and Independent
- Living: https://www.chfs.ky.gov/agencies/dail -ElderCare Locator: https://eldercare.ad.gov
  - or 1-800-677-1116

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Associate Extension Professor. Adult Development and Aging Edited by: Alyona Samus Mitthea by: Any E. Kontel Designed by: Rush Man Stack images: Adates Sark HEALTH BULLETIN FAMELY CARROIVER



#### SUN MON TUE WED THU FRI SAT

		Aprile Fools	2 10AM-11AM LAUGH & LEARN @ FCEO	3	4	5
6	7 1PM-3PM Sewing Series @ FCEO - Katie Fryman	8 6PM- YARN CLUB @ FCEO	9	10	11	12
13	14 1PM-3PM Sewing Series @ FCEO - Katie Fryman	15 11AM- CTTC HILLSBORO 12PA- HILLSBORO HOMEMAKERS MEETING	16 11:30-1PA BASICS OF ESTATE PLANNING @ FCEO	6PA- COUNTRY NEIGHBORS @ FCEO - VIOLET BARBEE	18	19
20 Happy Easter	21 1PA-3PA SEWING SERIES © FCEO - KATIE FRYAAN 6PA- NEIGHBORHOOD KIDS CLUB @ FCEO - VIOLET BARBEE	22	23	24	25	26
27	28 6PA- TREASURES OF THE HEART FCEO / SUSAN WOOD	29	30 9AM-4PM BABY QUILT MAKING DAY			



ave the Date

## 2025 Fleming County Homemakers Annual Meeting

June 4th, 2025

"Summer Nights"

## More information coming soon!

#### Cooperative Extension Service

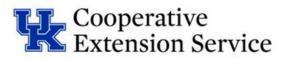
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#### 12 ounces okra stalks

- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

#### Tangy

- 1 cup plain
- low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

#### Air Fried Okra Tots with Tangy Dipping Sauce

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Cut the ends off the okra. Cut the okra into 2-inch (tater tot sized) chunks. In a large bowl, place the cut okra, olive oil, and seasoning. Toss to coat. Add to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. Cook at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, prepare the sauce by mixing all of the ingredients in a small bowl. Refrigerate the sauce until ready to serve. Serve okra tots with tangy dipping sauce. Store leftovers in the refrigerator within two hours.

Yield: 5 servings. Serving Size: 1/5 of recipe. Nutrition Analysis for Okra Tots with Tangy Dipping Sauce: 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. Nutrition Analysis for Okra Tots (no sauce): 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.





