



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!

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 **Cooperative
Extension Service**

Fleming County Office

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Email: fleming.ext@uky.edu

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Katie Fryman



**Cooperative
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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.



Homemakers News

April Meetings:

- April 15th - Hillsboro Homemakers, 12:00pm @ Hillsboro Christian Church
- April 17th - Country Neighbors, 6:00pm @ the FCEO
- April 21st - 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 16th - Breakfast Fundraiser
- June 4th - 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@flamingkychamber.com (606.845.1223) or Rhonda Curran Koth, 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



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

1384 Elizaville Road, Flemingsburg, KY 41041



**Cooperative
Extension Service**

Edwards Jones

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



Rhonda Curran Koth, MSW
Estate Planning Advisor
Edward Jones



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Louisville, KY 40202



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Sewing/Knitting/Crocheting Opportunities



UK Cooperative Extension Service

Baby Quilt Making Day
hosted by the Fleming County Extension Homemakers

Utilizing Homemaker talents, we work to give to children that are dealing with medical challenges, by providing quilts at Shriner's Hospital.

Fleming County Extension Homemakers donated Baby Quilts to the Fleming County Sheriff Department on Friday, March 15, 2024.

April 30th
9:00AM-4:00PM
FLEMING COUNTY EXTENSION OFFICE
1384 ELIZAVILLE RD, FLEMINGSBURG



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
youth Development

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YARN CLUB

APRIL 8TH

FLEMING COUNTY EXTENSION OFFICE

6:00PM

Whether you're working on a project or just getting started, come enjoy creativity and conversation!
Contact Susan Wood for more information

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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Facilities
accommodated
with prior notification.

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**
"Fix It Fast!"

For More Information
& Registration:



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

Supply List:

- 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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Louisville, KY 40202



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*2025 Fleming County
Extension Homemakers
Cultural Arts Day*
SEPTEMBER 18TH

**[AT] THE FLEMING COUNTY EXTENSION
OFFICE**

Free Entry

**CONTACT KATIE FRYMAN FOR MORE
INFORMATION!**

**OFFICE PHONE: 606-845-4641
EMAIL: katie.fryman@uky.edu**

**1384 ELIZAVILLE ROAD,
FLEMINGSBURG KY 41041**

**DROP OFF TIME THE DAY OF
9AM-12PM**

**YOU MAY STOP BY ANY DAY THE WEEK PRIOR TO
SEPT. 18TH WITH YOUR ITEMS**

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Individuals accompanied with prior notification



The Power of *Pink* 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:





APRIL 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletin:
<http://co.kia.ca.us/adaulcontent/health-bulletin>

Fleming County
Extension Office
1384 Elmville Road
Fleming County, KY
41041
(606) 845-8641

THIS MONTH'S TOPIC

BENEFIT-FINDING IS A POSITIVE FORM OF COPING WITH CAREGIVER STRESS



Caregiving can be rewarding. But it can also be stressful, even for the most resilient people. It is not uncommon for caregivers to have good benefits and negative stress at the same time. According to the Mayo Clinic, caregivers have 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 overall stress. This sensed level of satisfaction can have benefits 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



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International Program of Cooperative Extension serves all people, regardless of location or social class, and is a key element of the land-grant university mission. The program is designed to provide the current knowledge, skills, and attitudes needed to meet the needs of the community. The program is designed to provide the current knowledge, skills, and attitudes needed to meet the needs of the community.



University of Kentucky, Kentucky State University, and University of Tennessee are partners in the program.

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

Continued from the previous page

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

According to the Mayo Clinic, caregivers report higher levels of emotional and physical stress than non-caregivers. When you're so focused on a loved one's care and well-being, it can be easy to miss the toll on your own health. Steady stress will harm overall health and well-being over time.

When you're stressed, you are at greater risk for lack of sleep, poor nutrition, physical inactivity, and feeling depressed or anxious. These lifestyles also increase your risk for chronic health conditions. As a result, caregivers need to care for themselves too.

Try these tips from the Mayo Clinic to help manage and lower caregiver stress:

- Ask 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 diet
- Be physically active
- Sleep
- Seek sunshine
- Talk to your health-care professional

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



long-term care facilities. Family, friends, and neighbors can also help you take some time off. Caregiving is an important role. Caregivers provide essential support to those who need it. In return, caregivers need self-care to protect their emotional and physical well-being.

Resources

- Area Agency on Aging: <https://www.chfs.ky.gov/agencies/dail/Pages/aaal.aspx>
- Department for Aging and Independent Living: <https://www.chfs.ky.gov/agencies/dail>
- Eldercare Locator: <https://eldercare.acl.gov> or 1-800-677-1116

References

- American Psychological Association. (2011). Positive aspects of caregiving. Retrieved February 21, 2025 from <https://www.apa.org/subject-areas/caregiving/positive-aspects>
- Mayo Clinic. (2023). Caregiver stress. Tips for taking care of yourself. Retrieved February 21, 2025 from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/article-1-3064479>

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Adobe Stock



APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1 	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 12PM- HILLSBORO HOMEMAKERS MEETING	16 11:30-1PM BASICS OF ESTATE PLANNING @ FCEO	17 6PM- COUNTRY NEIGHBORS @ FCEO - VIOLET BARBEE	18	19
20 	21 1PM-3PM SEWING SERIES @ FCEO - KATIE FRYMAN 6PM- NEIGHBORHOOD KIDS CLUB @ FCEO - VIOLET BARBEE	22	23	24	25	26
27	28 6PM- TREASURES OF THE HEART FCEO / SUSAN WOOD	29	30 9AM-4PM BABY QUILT MAKING DAY			



LEARN. LEAD. SERVE.

Save the Date!

2025 Fleming County Homemakers Annual Meeting

June 4th, 2025

"Summer Nights"

More information coming soon!

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Air Fried Okra Tots with Tangy Dipping Sauce

- **12 ounces**
okra stalks
- **2 tablespoons**
olive oil
- **2 tablespoons**
salt-free seasoning

Tangy Dipping Sauce:

- **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

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.

