

Breckinridge County FCS Newsletter

APRIL 2023



Plan Ahead for Canning Season

Now is the time to start preparing for canning season. It is always a good idea to purchase your supplies early so you are not running around hunting for supplies at the last minute. You can buy canning supplies at many grocery stores, home goods and farm supply stores, hardware stores, big box retailers, and online.

Begin by taking an inventory of your supplies. See what you have on hand and what you need to buy before heading to the store. Inspect gaskets on pressure canners and make sure your racks are in good condition. Now is the perfect time to take your dial gauge canner to the Extension Office and have agents check it for accuracy. Gauges should be checked once a year, and this service is free. Don't forget to check your jars too. You can reuse canning jars year after year as long as they are not chipped, cracked, or have nicks along the sealing edge. You can also use ring bands over and over if they are not rusted.

When purchasing new jars, buy mason-type jars specifically made for canning. Other types of jars such as storage jars or craft jars are not suitable for canning and may break under the high temperatures of processing. You will also need lids and rings to seal the jars. Experts recommend two-piece lids (flat lid and ring band). If you cannot find two-piece lids, you can buy one-piece lids for use in a boiling water bath canner. Do not use one-piece lids in a pressure canner.



Get more information on canning, including research-based recipes, by contacting your local County Extension Office.

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

Spring Cleaning in the Kitchen

Don't forget about the kitchen this year when you start your spring cleaning. Bacteria can hang around kitchen surfaces, the sink, and even the refrigerator. Bacteria like moisture, and keeping your kitchen clean and dry can help protect you from food-borne illness.

- **Clean countertops with hot, soapy water.** Start by moving everything off the counters: small appliances, storage containers, utensils, knives, etc. Physically remove dirt and bacteria using soap (or detergent) and hot water. Follow by sanitizing with a disinfectant made from diluted chlorine bleach. Combine one (1) tablespoon unscented liquid bleach with 1 gallon water. Wipe over clean surfaces and allow to stand for several minutes. Rinse with water and allow to dry.
- **Wash dishcloths and towels often.** Dishcloths, towels, and sponges provide a moist environment for bacteria to grow. Disposable towels are a great option for use in the kitchen. They are single use and when you're done, the towel goes in the trash. Wash cloth towels and dish rags often in the washing machine using hot water and detergent. If you use sponges in the kitchen, replace them frequently. If they have an odor, throw them out.
- **Clean your refrigerator regularly.** Remove spills and any mold or mildew. Use hot water and soap (or detergent) to wipe down the inside of your refrigerator. Rinse with a damp cloth and dry with a clean cloth. Experts say not to use chlorine bleach inside the refrigerator because it can harm seals, gaskets, and interior linings.
- **Disinfect your sink, drain, and disposal often.** Food particles can get lodged in your sink drain and disposal, which is a perfect spot for bacterial growth. Clean sinks, drains, and disposals at least once a week with warm water and soap (or detergent). Follow by disinfecting with a solution made from $\frac{3}{4}$ teaspoon chlorine bleach per quart of water.



Reference: <https://www.fightbac.org/spring-clean-your-way-to-a-safer-kitchen/>

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



Don't Forget...Always keep cleaning products up and out of reach from children, especially liquid laundry packets!

For more tips and guides for home cleaning check out The American Cleaning Institute:

<https://www.cleaninginstitute.org/cleaning-tips/clean-home/cleaning-basics>

Managing Seasonal Allergies

The onset of seasonal allergies and asthma cause a host of problems for the person suffering from them. It also places a substantial burden on the health-care system. A variety of environmental exposures can cause seasonal allergies, but most come from the high amount of pollen during the spring. These allergens can cause a variety of symptoms including congestion, cough, ear pressure, sinus pressure, and itchy, watery eyes. To help manage your seasonal allergies, consider the following suggestions.



- Avoid outdoor activities during high pollen levels.
- Change your clothes after working outside during the spring months.
- If possible, avoid mowing or working outdoors. If you must work outdoors, wear a mask and goggles.
- Keep your windows and doors closed.
- If your symptoms persist and become unmanageable, ask your health-care provider for help.

References

Schmidt, C. W. (2016). Pollen overload: seasonal allergies in a changing climate. In: National Institute of Environmental Health Sciences.

Staff, M. C. (2022). *Seasonal allergies: Nip them in the bud*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>

Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Safety



We need your help at the Spring Bazaar!

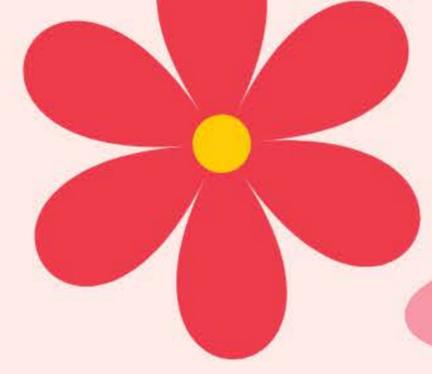
Specific ways to help with the Spring Bazaar:

- Donate a homemade cake or pie for the Bake Sale table hosted by the homemakers.
- Donate food to the Concession Stand hosted by the Homemakers: Hot dogs and buns, hamburger buns, individually packaged chips, can soda, individually packaged homemade desserts.
- Volunteer to work a shift in the concession stand or the bake sale table.
- Set-up or clean-up

Call the Extension Office at 270-756-2182 with questions or sign-up to volunteer.

Gather up family and friends and come to the Spring Bazaar!





Extension Homemakers

Spring Bazaar



Saturday, May 13, 2023

9 a.m. CT - 2 p.m. CT

***Shop local arts and crafts vendors for
spring holiday gifts and decor.***

Free Admission



Breckinridge County Extension
Community Building & Farmers Market
1377 S. Hwy 261, Hardinsburg, KY 40143

*Proceeds to benefit
local high school
scholarships!*



Cooperative Extension Service
Agriculture and Natural Resources
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Homemaker Happenings

Roll Call & Thought for February

Roll Call: April is National Volunteer Month. What is your favorite way to volunteer?

Thought for the Day: "Volunteers don't get paid, not because they're worthless, but because they're priceless."~~Sherry Anderson

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### April Club Meetings

- Apr. 17 Cloverport, 1 p.m. (ct), Cloverport Methodist Church
- Apr. 17 Hites Run & New Bethel, 1 p.m. (ct), Extension Community Building
- Apr. 18 Irvington, 10:30 a.m. (ct), Lincoln Trail Christian Church
- Apr. 24 Countryside, 5:30 p.m. (ct), Audrey Henning
- Apr. 25 Sunshine Sisters, 11 a.m. (ct), Extension Community Building
- Apr. 28 Flower Rangers, Breckinridge County Public Library, Hardinsburg

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May Club Meetings

- May 15 Cloverport, 1 p.m. (ct), Cloverport Methodist Church
- May 15 Hites Run & New Bethel, 1 p.m. (ct), Extension Community Building
- May 16 Irvington, 10:30 a.m. (ct), Lincoln Trail Christian Church
- May 22 Countryside, 5:30 p.m. (ct), Suzanne Myers & Holly Gregory
- May 23 Sunshine Sisters, 11 a.m. (ct), Extension Community Building
- May 26 Flower Rangers, Breckinridge County Public Library, Hardinsburg

May Homemaker Lesson Training

NOTE: DATE CHANGE

The May Lesson,
"Savoring the Eating Experience"
will be presented by Lynnette Allen,
Breckinridge County FCS Agent on
Friday, April 28 at 10 a.m. (ct)
in the Extension Office Basement.

Save the Date!!!

Homemaker Annual Meeting
Wednesday, May 31, 2023
details will be announced
in the May Newsletter.

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### Homemaker Awards Due May 19!

- ⇒ **Homemaker of the Year**
- ⇒ **Homemaker Life Time Award**
- ⇒ **Perfect Attendance**
- ⇒ **Reading Award**
- ⇒ **Volunteer Hours**

# Air Fried Okra Tots with Tangy Dipping Sauce

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

## Tangy

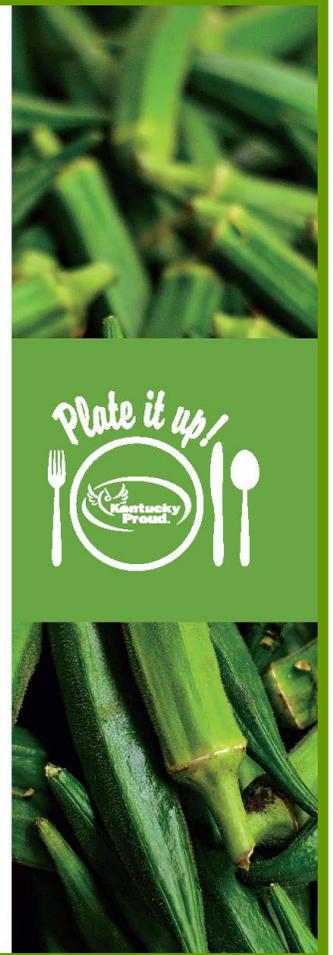
### Dipping Sauce:

- 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.

**Note:** This sauce is good with chicken nuggets, chips and many different vegetables.



## 2023 KEHA State Meeting

The KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is "Let's Take a Hike with KEHA." Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night.

**NOTE:** The county has a few hotel rooms reserved until Friday, April 28. Because of rising prices, the registration pricing structure for 2023 has changed. Details for planning can be found on the state KEHA webpage. Full details and registration forms are available at the Extension Office.



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**HELP & HOPE  
ARE  
RIGHT HERE!**

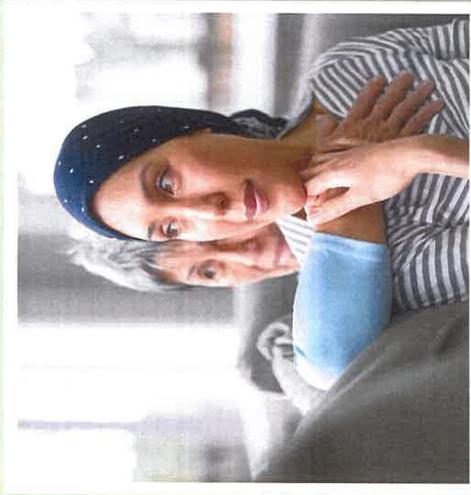


BRECKINRIDGE HEALTH, INC.

Breckinridge Health, Inc. is  
now offering

**Cancer Support Services**

Living with Cancer Support Group  
Educational Programs  
Resources  
Cancer Helpline



[www.mybreckhealth.org/cancersupport](http://www.mybreckhealth.org/cancersupport)

To Find Out More:

Call

**270-580-4949**

**April 11, 2023**

**FREE DIABETES SUPPORT GROUP**

Breckinridge County Extension Community Building  
1377 S. Hwy 261, Hardinsburg, KY 40143

***The Doctor is in...***

- No Registration Required!
- 1:30—3:00 CT**
- \* Relaxed Group Setting
- \* Recipe Sampling
- \* Nutritional Information
- \* Door Prize



**April's Guest Speaker:**  
**Dr. Brian O'Donoghue, MD**  
*Breckinridge Primary Care*

**Bring a friend or family member, everyone welcome!**

Call 270-756-0711 or 270-756-2182 for more information.



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

\$120

QUILTING &  
THE ELEMENTS OF ART  
LTA HOMEMAKER  
BUS TOUR

TOUR BUS TOUR BUS TOUR  
MAY  
2022, 2023  
TOUR BUS TOUR BUS TOUR

- Join Homemakers from across our area on a bus tour to the National Quilt Museum in Paducah, KY.
- Price will include transportation, brunch on the way and supper at Parkers Drive In on the way back.
- 3 pick up locations will be available: Bardstown, Elizabethtown & Caneyville.
- Open to LTA Extension Homemakers, each registered homemaker can bring one paying adult guest with them.
- One Check Per County made payable to the LTA Homemakers.

NOW BOOKING!



# LTA Extension Homemakers National Quilt Museum Bus Tour

Tentative Schedule  
*(times are in EST)*

8:00am- Bardstown Pick up

8:45am- Elizabethtown Pickup

10:00am- Brunch Stop at The Dinner Bell in  
Caneyville

11:30- Depart Caneyville

1:30 Arrive at National Quilt Museum in Paducah  
Participate in Guided Tour and Educational  
Hands on program

4:30 Dinner at Parkers Drive-In

9:00 Return to Hardin county

9:45 Return to Bardstown

# Homebased Microprocessing Workshop



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

For more information & to register:  
[ukfcs.net/HBM](http://ukfcs.net/HBM)

or call

Join our workshop!  
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.  
The first step to becoming  
certified as a homebased  
microprocessor is to attend  
a Homebased  
Microprocessor (HBM)  
workshop presented by the  
University of Kentucky.

The cost of the workshop is  
**\$50.00.**

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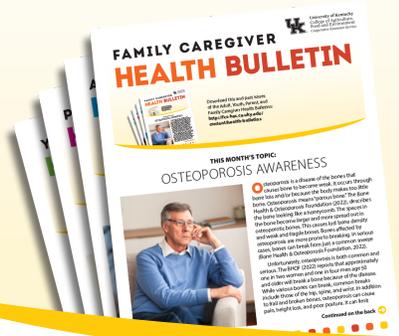


Disabilities  
accommodated  
with prior notification.



# FAMILY CAREGIVER

# HEALTH BULLETIN

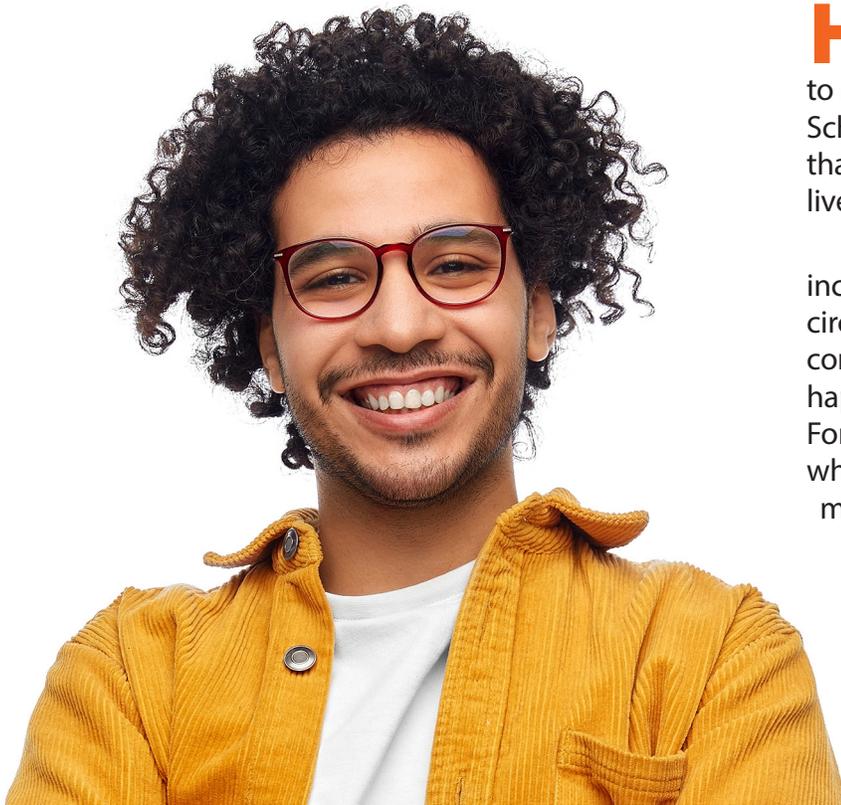


APRIL 2023

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:

# HAPPINESS FOR HEALTH AND WELL-BEING



**H**appiness can help you feel better and improve your health according to researchers at the Harvard Medical School. Their research demonstrates that positive emotions can help people live healthier and longer lives.

Many factors influence happiness including your genetic makeup, life circumstances, achievements, social connections, and relationships. But a lot of happiness comes down to personal control. For example, people tend to be happier when they set and meet goals, maintain meaningful relationships, find purpose, engage in challenging activities, and indulge in life's pleasures.

Continued on the next page



# It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health.

## ➔ Continued from the previous page

Even if you do not consider yourself particularly happy, research suggests that most people can increase their happiness. A study, printed in the June 2019 Psychological Bulletin, reported that something as simple as smiling makes people feel happy.

### Happy people may live healthier and longer lives for a list of reasons:

- Happiness improves heart health.
- Happy people are more likely to engage in better exercise, sleep, and nutrition.
- Happy people are less likely to smoke and abuse alcohol and drugs.
- Happy people have stronger immune systems.
- Happiness combats stress.
- Happiness is associated with improvements in short- and long-term disease and disability.
- Happy people have better attitudes and outlooks.
- Happy people are more productive.
- Happy people are more likely to be successful.
- Happy people have a lower risk of depression.
- Happy people smile more.

It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health. Researchers at the University of Pennsylvania found that happiness and life satisfaction come from focusing on things that make you happy, being fully engaged in activities that trigger pleasurable emotions, and by deliberate intentions to do good.

### Other ways to boost happiness, according to Harvard Health include:

- Look for meaningful social connections and emotional stimulation.
- Perform acts of kindness.
- Volunteer.
- Invest in experiences.
- Pick up hobbies and activities you enjoyed as a kid.
- Be grateful for big and little things.
- Take time to smell the roses.
- Add variety to your day or break up your routine.

### Blue Zones True Happiness Test

Dan Buettner, author of the book *The Blue Zones*, has worked with experts in the field of positive psychology to help evaluate true happiness. Dan believes that tracking your happiness helps you stay focused on your well-being.

To take the Blue Zones True Happiness Test, go to: <https://apps.bluezones.com/en/happiness> or follow the QR code on the right.

You will receive personalized results and learn more ways to improve your environment to maximize happiness.



- Minimize your decision-making and choice burden (limit options, set time limits for making choices, don't second guess).
- Embrace nature.
- Be with happy people.

#### REFERENCES:

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## FAMILY CAREGIVER HEALTH BULLETIN

**Written by:** Amy F. Kostelic,  
Associate Extension Professor,  
Adult Development and Aging

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**  
123RF.com

