

WINTER/SPRING 2024

# HENRY COUNTY FAMILY & CONSUMER SCIENCES

Quarterly Newsletter

Krista Perry, Henry County Extension Agent  
2151 Campbellsburg Rd, New Castle, KY 40050  
(502)-845-2811

The temperature has cooled down, leaves have fallen from most of the trees, our boat and camper have been winterized, and my little girls are getting excited about their break from school to spend time with family during Christmas. As a winter baby, the colder months have never bothered me, especially if the sun is shining!

These passed couple of months have been busy with association meetings, traveling around our area teaching a Homemaker leader lesson, facilitating the grand opening of the Story Walk in our community with our Henry County Public Library, conducting programs and preparing for upcoming programs.

Our Homemakers have been busy hosting a variety of workshops during the Kentucky Extension Homemakers Week held in October, organizing their Homemaker 30th Annual Holiday Bazaar and gathering items for families in our community.

As this year wraps and a new year approaches, take time for yourself to relax, enjoy time with loved ones, and laugh as much as you can! From my Family to yours, Merry Christmas and Happy New Year!



# FCS Programs

These programs do not require you to be a homemaker member



## FABRIC WEAVING WITH CINDY MOORE

Have some fun learning yarn/fabric weaving techniques by participating in these workshops. There will be two workshops, the first workshop is an introduction to fabric weaving, including creating a small project. The second workshop will be expanding the techniques learned into a large project of your choice!

Workshop 1: January 23  
1-3pm or 5:30-7:30pm

Workshop 2: February 29  
1-3pm or 5:30-7:30pm

This workshop is free, but registration is required!  
845-2811

## PAINTING WITH *Sharon Silvers*

This workshop is for beginners and experienced painters, alike! Sharon will show be showing the impressionistic style of painting a landscape with acrylic paints. This workshop is a collaborative event with the Henry County Arts & Crafts Guild. A portion of the registration cost will benefit their scholarship program.



**6 FEBRUARY 2024**

10:30-2:00 PM LUNCH PROVIDED

**\$20 PER PERSON  
SPOTS ARE LIMITED -  
REGISTRATION REQUIRED**



## Triangle Wellness With Jennifer

My mission is to positively impact the wellness of others by supporting healthy lifestyle changes.

### Health & Wellness Seminar

Tuesday, April 16th 5-6pm

### Yoga with Jennifer

Tuesday, April 23rd 5-6pm

Please call 845-2811 to register for the class or classes of your choice



Learn all the things!

## Napkin Basket workshop

This workshop is for beginners, learning the technique of setting up the base and start/stop weaving.

Thursday, April 18th  
5:30- 8:30pm

**\$20 per person - supplies & dinner included**

spots are limited- registration required  
845-2811

Henry County Family & Consumer Sciences

Presents

# Cook Wild

A 6 week program presented by a special guest each week designed to teach you about wild game and how prepare and cook the following species:

- venison
- duck
- fish
- dove
- squirrel
- goose
- rabbit
- mushrooms
- turkey



Thursdays beginning February 8th through March 14th  
6-7pm @ the Extension Office

# BRUSSEL SPROUTS

**Season:**  
June to November

**Nutrition Facts:**  
Brussels sprouts provide a good amount of vitamin C, folate, potassium, and vitamin K.

**Selection:**  
Choose sprouts that are similar in size, firm, and compact with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or that have yellowed or wilted leaves.

**Storage:**  
Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

**Preparation:**  
Soak the Brussels sprouts in water for about 10 minutes and then rinse with fresh water to thoroughly clean the sprouts.

**To boil:** Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender. **To microwave:** For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

**To steam:** Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

# Recipe of the Month

## Chicken and Brussels Sprouts One Pan Meal

<b>2</b> skinless, boneless chicken breasts (about 1 pound)	<b>12-14</b> Brussels sprouts, trimmed and quartered	<b>1</b> medium yellow onion, diced, about 1 cup
<b>1</b> tablespoon olive oil	<b>1</b> cup sliced fresh mushrooms	<b>2</b> cloves garlic, minced
Salt and pepper to taste	<b>1</b> red bell pepper, diced, about 1 cup	<b>½</b> cup half-and-half
		<b>¼</b> teaspoon nutmeg
		<b>¾</b> cup Parmesan cheese

**Preheat** oven to 425 degrees F. **Cut** chicken into bite-sized pieces. **Heat** oil in a heavy, oven-safe skillet or pan over medium heat. **Add** chicken and sauté 3-4 minutes. **Lightly season** with salt and pepper. **Add** vegetables and **stir** gently to combine. **Cook** 3-5 minutes until vegetables are tender. **Remove** from heat. If skillet or pan is not oven-safe, transfer mixture to a baking dish. In a small bowl, **combine** half-and-half, nutmeg and salt and

pepper to taste. **Pour** mixture over chicken and vegetables. **Sprinkle** with Parmesan cheese. **Bake** 25-30 minutes until lightly golden on top. **Serve** hot.

**Yield:** 6, 1 cup servings

**Nutritional Analysis:**

220 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 11 g carbohydrate, 3 g fiber, 4 g sugars, 23 g protein.



## Kentucky Brussels Sprouts

**SEASON:** June to November  
**NUTRITION FACTS:** Brussels sprouts provide a good amount of vitamin C, folate, potassium and vitamin K.  
**SELECTION:** Choose sprouts that are similar in size, firm and compact, with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or have yellowed or wilted leaves.  
**STORAGE:** Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

**PREPARATION:** Soak Brussels sprouts in water for about 10 minutes, then rinse with fresh water to thoroughly clean the sprouts.  
**To boil:** Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender.  
**To microwave:** For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.  
**To steam:** Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

### KENTUCKY BRUSSELS SPROUTS

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students

**October 2018**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.  
<http://plateitup.ca.uky.edu>



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

# Big Blue Book Club is back!

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 hosted at the Extension Office and 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/BBBC24book!>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. You will pick up your free book at the Extension office after you receive notification that you are one of the book recipients.



## Self Awareness in Today's Unpredictable Environment

Join Eminence Police Department's Major John Dudinskie for our first lunch seminar as he shares ways we need to be self-aware of our surroundings at home, work, online and while out and about.

When: Feb. 13

Time: 12-1PM @ the  
Extension Office

Registration is required in order to have enough lunch! Call (502) 845-2811 to reserve your seat today!

ADULT

# HEALTH BULLETIN



DECEMBER 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

NAME County  
Extension Office  
000 Street Road  
City, KY  
Zip  
(000) 000-0000

THIS MONTH'S TOPIC:

## THE GIFT OF HEALTH



Perhaps you are familiar with the holiday tune that describes 12 Christmas gifts, but a gift worth giving that is not included in the song is good health!

As you prepare to host or attend holiday functions this season, here are 12 tips to staying safe and healthy yourself, and not passing along germs for family and friends:

- 1. Wash your hands:** Use soap and warm water when possible and alcohol-based hand sanitizer when out and about.
- 2. Eat well-balanced meals:** Making healthy food choices most of the time helps to offset occasional treats that may be less nutritious.

Continued on the next page 



*Ways to keep moving include taking a family walk, having a dance party, and enjoying an outdoor winter activity like ice skating.*



➔ Continued from the previous page

- 3. Keep moving:** Find creative ways to incorporate movement into your daily routine, take a family walk, have a dance party, or enjoy an outdoor winter activity like ice skating.
- 4. Stay warm:** Dress for outdoor weather in layers, with an outer layer to keep you dry.
- 5. Practice food safety:** Wash hands and cooking surfaces, cook foods to proper temperatures, avoid cross-contaminating cooked and uncooked foods, serve foods hot or cold, and refrigerate uneaten food promptly.
- 6. Prevent house fires:** Never leave an open flame (candle, fireplace, stove, or heater) unattended, install smoke detectors, and replace their batteries twice a year.
- 7. Manage stress:** Holiday events and spending can cause stress. Make a plan that keeps your finances and calendar from becoming overburdened.
- 8. Limit alcohol consumption,** and do not drink and drive.
- 9. Get routine health screenings:** Holiday breaks from work may be a good time to schedule annual exams that can get put off throughout the year.

- 10. Sleep:** Adults need between seven to nine hours of sleep per night. Lack of sleep can compromise your immune function and decrease your mental clarity.
- 11. Stay up to date on vaccines:** You can prevent many serious diseases by getting routine vaccines. Ask your health-care provider what vaccines you should get.
- 12. Avoid smoking and tobacco products:** Secondhand smoke and vaping products also have negative health outcomes.

Being mindful of healthy habits will help keep you and your loved ones feeling good throughout the season, which is always a reason to celebrate.

**REFERENCE:**

<https://tools.cdc.gov/medialibrary/index.aspx?media/id/303214>

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**ADULT**  
**HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Marceau  
**Stock images:**  
Adobe Stock



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# HOMEMAKER HUB

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HENRY COUNTY HOMAMAHER OFFICERS:  
PRESIDENT- TERRY HEFFLEY  
VICE PRESIDENT- KATHY SCHWANDNER  
SECRETARY- CYNTHIA DARE  
TREASURER- IRENE SMITH  
CULTURAL ARTS CHAIR-CINDY MOORE

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## COMMUNITY PROJECTS

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### January

Bring Chef Boyardee, Mac 'n Cheese, Vienna Sausage, small boxes of cereal, pop tarts, individual snack crackers and cookies, small boxes of raisins, ind. packs of pudding, Jello, applesauce, fruit cups and juice boxes for the Back Pack Program

### February

We are asking for peanut butter and monetary donations so that the Henry County Help Center can purchase items they are out of. Hopefully this might help out our members if you can not get out to purchase.

### March

Bring soup or single serve microwaveable shelf stable meals, crackers and cookies, fruit or pudding cups, baby lotion, shampoo, Kleenex, paper towels, toilet paper, dish soap, cleaning supplies for Senior Citizens Center

TUESDAY, MARCH 19, 2024

## *Henry County* CULTURAL ARTS

- **PROJECT CHECK- IN  
8:00-10AM**
- **PROJECT VIEWING  
1:00-3PM**
- **PROJECT PICKUP  
3:00PM**



**THERE WILL BE AN EARLY CHECK-IN FOR  
PROJECTS ON MON. MARCH 18 FROM 2-5PM**





# Homemaker Soup Swap



Bring a pot of your favorite soup with the recipe! Try as many soups as you like and take home new recipes!

Get ready to paint the town red with laughter and excitement! We're starting the year with a bang, playing Bingo or Bunco each month. Come join us and let's have a blast!



See the calendars for the dates!

FRIDAY, JANUARY 19TH  
11:30AM-1PM @ THE  
EXTENSION OFFICE

# Drawing & Watercolor

Learn the history, tools and techniques of drawing and painting using our state of Kentucky!

Watercolor Workshop

March 8, 2024

1:30PM



Drawing Workshop

March 14, 2024

1:30PM

Both workshops will be held at the Extension Office

# KEHA Update

## Nominate a Candidate for KEHA State Board –

Be on the lookout for possible state nominees! Encourage candidates to consider applying. The following KEHA state officer and chair positions will be open for election in spring of 2024:

President-elect

Second Vice President

Cultural Arts & Heritage Chair

Family & Individual Development Chair

International Chair

These positions will be elected for three-year terms from July 1, 2024, to June 30, 2027, with the exception of president-elect. The president-elect serves a one-year term is from July 1, 2024, to June 30, 2025, at which time she or he will transition to president for a three-year term. Additional details regarding elections will be shared in January 2024. Qualifications for nominees are listed on page 12 of the Handbook.



## 2024 State Meeting –

Next year's KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). Details are on the State Meeting webpage.

## COLLECT

The Collect was written by Mary Stewart of Longmont, Colorado, in 1904 as a personal prayer and without any organization in mind. The prayer was published under the title, A Collect for Club Women, because Mary felt that “women working together with wide interests for large ends was a new thing under the sun and that perhaps they had a need for a special petition and meditation of their own.” The Collect has found its way around the world wherever English-speaking women work together.

Keep us, oh God, from pettiness; let us be large in thought, in word, in deed,

Let us be done with fault finding and leave off self-seeking, May we put away all pretense and meet each other face to face without self-pity and prejudice.

May we never be hasty in judgment and always generous.

Let us take time for all things; make us grow calm, serene, and gentle.

Teach us to put into action our better impulses, straightforward and unafraid.

Grant that we may realize it is the little things that create differences, that in the big things of life we are at one.

And may we strive to touch and know the great, common human heart of us all,

And, oh Lord, God, let us forget not to be kind.

## KEHA Recommended Book List

### Fiction

- A Woman in Time by Bobi Conn (2022)
- The Clover Girls by Viola Shipman (2021)
- The Girl in His Shadow by Audrey Blake (2021)

### History

- The 1619 Project: A New Origin Story by Nikole Hannah-Jones (2021)
- Kentucky Innovators: Famous (and Infamous) Kentuckians Who Led the Way in Their Field by Paul W. Bass (2022)

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## HOMEMAKER CLUBS

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**COUNTRY LADIES:  
TERRY HEFFLEY**

**JERICHO:  
CYNTHIA DARE**

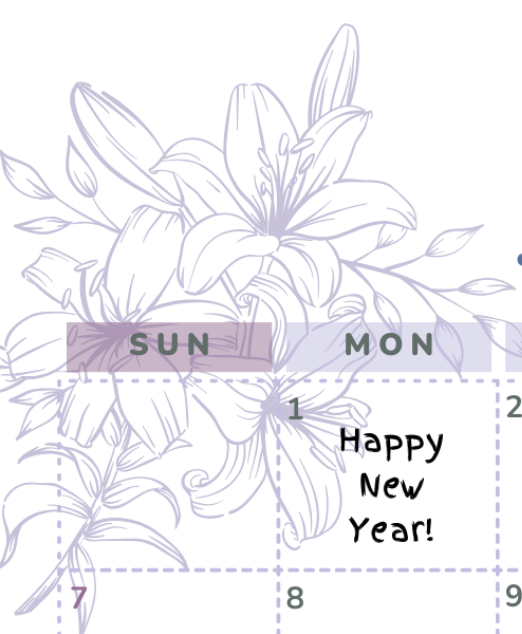
**TOWN & COUNTRY:  
NANCY  
HEIGHTCHEW**

**LOVING LOCAL  
LADIES:  
DIANA BAXTER**

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**"THE HOME SHOULD  
BE THE TREASURE  
CHEST OF LIVING."  
-LE CORBUSIER**

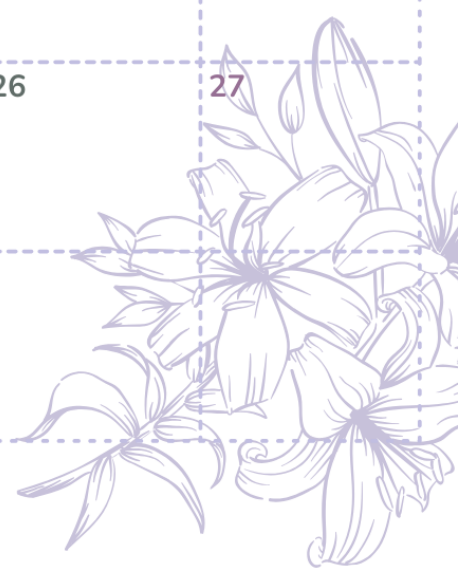
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# JANUARY 2024

Blue: FCS  
Pink: Homemaker

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Happy New Year!	2	3	4	5	6
7	8 General Sew Day 10AM-4PM	9	10	11	12	13
14	15 Loving Local Ladies, 6PM	16	17 Book Club 1:30PM	18 Quilt Day 10AM	19 Soup Swap 11:30AM	20
21	22	23 Pin Weaving Workshop 1 1:00PM or 5:30PM	24	25	26	27
28	29	30	31 Bingo-1:30PM			



## Notes

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# FEBRUARY 2024

Blue: FCS

Pink: Homemaker

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Registration opens for Big Blue Book Club (BBBC) 9AM	2	3
4	5 General Sew Day 10AM-4PM	6 Painting with Sharon Silvers, 10:30AM-2PM	7	8 Cook Wild Program, 6:00PM	9	10
11	12	13 Self Awareness lunch seminar 12PM	14	15 Quilt Day 10AM Cook Wild Program, 6:00PM	16	17
18	19	20	21 Book Club 1:30PM	22 Cook Wild Program, 6:00PM	23	24
25	26	27	28 Bunco-1:30PM	29 Pin Weaving Workshop 2 1:00PM or 5:30PM Cook Wild Program, 6:00PM		

## Notes

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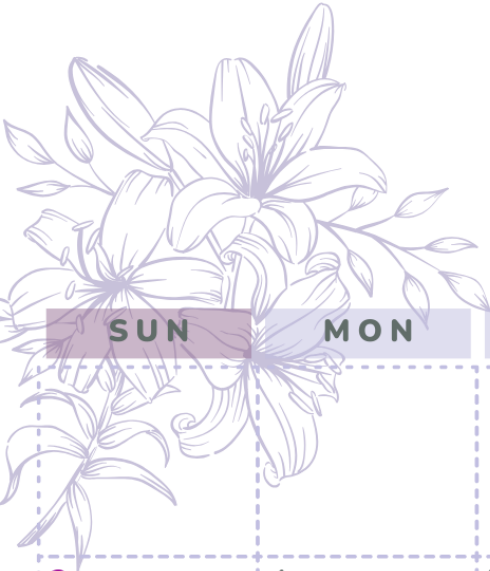
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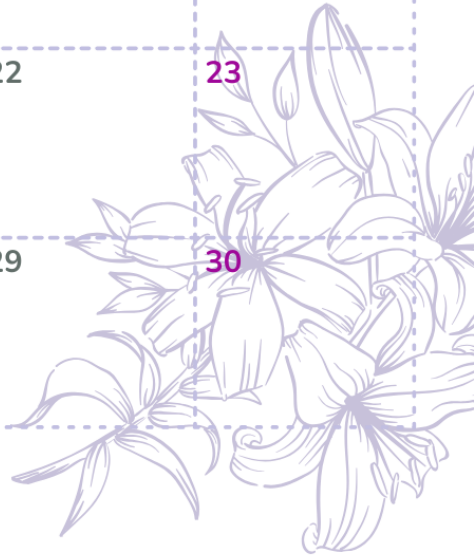


# MARCH 2024

Blue: FCS

Pink: Homemaker

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 General Sew Day 10AM-4PM	5	6	7 Cook Wild Program, 6:00PM	8 Watercolor Workshop @ 1:30PM	9
10	11	12	13	14 Cook Wild Program 6:00PM Drawing Workshop @ 1:30PM	15	16
17	18 Cultural Arts Early Check-In 2-5PM	19 Cultural Arts Day! Homemaker Council, 1:30PM	20	21 Quilt Day 10AM	22	23
24	25	26	27 Bingo-1:30PM	28	29	30



## Notes

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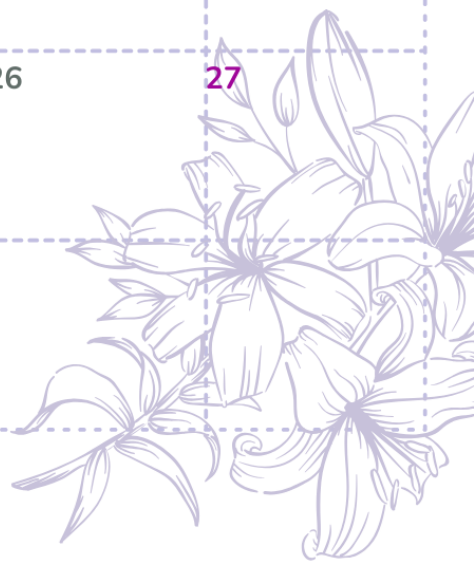
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# APRIL 2024

Blue: FCS  
Pink: Homemaker

SUN	MON	TUE	WED	THU	FRI	SAT
	1 General Sew Day 10AM-4PM	2	3	4	5	6
7	8	9	10	11 Big Blue Book Club, 11AM	12	13
14	15	16 Health & Wellness Seminar 5-6PM	17	18 • Big Blue Book Club, 11AM • Quilt Day, 10AM • Napkin Basket Workshop 5:30-8:30PM	19	20
21	22	23 Yoga with Jennifer 5-6PM	24 Bunco-1:30PM	25 Big Blue Book Club, 11AM	26	27
28	29	30				



## Notes

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with prior notification.