



Protect your heart

Source: Janet Mullins, associate extension professor for food and nutrition; American Heart Association

Heat disease is the number one cause of illness and death for North American women and kills more women than all forms of cancer combined. February is Women's Heart Health Month, and it is a great time for women to start taking better care of their hearts all year round.



It's important to know your personal risk for heart disease and your family history. Common risk factors for heart disease include elevated blood pressure, high cholesterol levels, smoking, diabetes, a sedentary lifestyle and being overweight or obese.

Obesity increases women's risk for at least five leading causes of death including heart disease, stroke, arteriosclerosis (hardening of the arteries) and some types of cancer.

Two of the best ways to improve your heart health is to change your diet and to exercise.

You have many different options to change your diet for the better. Most of them include incorporating more vegetables and fruits and fiber sources into your diet. The U.S. Department of Agriculture's MyPlate encourages people to fill half of their plates with fruits and vegetables. Fiber not only helps

prevent heart disease but also may help prevent diabetes, manage weight and improve digestion. Good sources of fiber are beans, barley and oat s.

You can also start incorporating more Mediterranean meals into your diet. People in Mediterranean countries tend to have lower rates of heart disease because they eat a diet rich in monounsaturated fat and linolenic acid. They consume more olive oil, fish, fruits and vegetables.

High blood pressure can be a major contributing factor to heart disease and arteriosclerosis. If you have high blood pressure, learning to control it can greatly reduce your risk of developing heart disease. The DASH, Dietary Approaches to Stop Hypertension, diet has been proven to significantly lower blood

pressure. This diet involves limiting your salt intake and consuming plenty of fruits, vegetables, low-fat dairy products, fiber and lean meats. More information about the DASH diet is available on the National Heart, Lung and Blood Institute's website, <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/followdash.html>.

More than two-thirds of Kentuckians are not active, and 71% of women in the state report being sedentary. You can become more heart healthy by incorporating more movement into your day. That doesn't necessarily mean you have to spend hours at the gym. If you lead a sedentary lifestyle, you can start small by doing things like taking the stairs instead of the elevator, parking further away from a store entrance, playing tag with your children or walking around your neighborhood. Every bit of movement helps.


For more information on ways you can get healthy and protect your heart, contact the Campbell County Extension Office of the University of Kentucky Cooperative Extension Service.



Valley Homemaker's Christmas gathering...

Valley Homemaker's had their Christmas party at Shadow Lake clubhouse. We had an amazing lunch brought by members. Debbie Hyson taught us how to make paper snowflakes out of paper bags. We had an amazing time.



Join Us! **I ♥ Quilting** 

Attention Crazy Quilters... Please note date change

Wednesday, February 22 — 10-4

Bring a copy of a favorite 12 inch square.

Lunch Bunch 

Tuesday, February 7, 2023
Drake's
 11:00 a.m.

6805 Houston Rd, Florence, KY 41042

Meet at the extension office at 10:20 a.m. if you wish to carpool.

Tuesday, March 7, 2023
Save the Date (Location TBD)
 11:00 a.m.

Call/text Marcia if you have a recommendation

Call or Text your reservation or cancellation to **Marcia Kerby** at **859-816-8707**

LOOKING AHEAD...

Date	Event
February 7 11:00 a.m.	Lunch Bunch — Drake's — 6805 Houston Road, Florence, KY 41042 Call/text Marcia Kerby—859-816-8707—If carpool, meet at extension office at 10:20 a.m.
February 14 10:00 a.m.	Valley Homemakers Meeting Campbell County Extension Office (<i>Candle Wicking and Blessing Bags assembly</i>)
February 16 10:00 a.m.	Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
February 22 10:00 a.m.	Crazy Quilters Meeting Campbell County Extension Office (<i>Bring a copy of a favorite 12 inch square</i>)
March 7 11:00 a.m.	Lunch Bunch — Save the Date — Location TBD Call/text Marcia Kerby—859-816-8707
March 14 11:00 a.m.	Valley Homemakers Meeting Campbell County Extension Office (<i>Ribbon Pin Weaving</i>)
March 20 10:00 a.m.	Crazy Quilters Meeting Campbell County Extension Office

Bedtime Routines

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Young children need a lot of structure in their days. Knowing what to expect at certain times of day helps children predict changes and can help reduce resistance and emotional breakdowns. Having regular events at the same time each day also creates a sense of security. One of the best routines you can offer your child is a regular bedtime. Here are three tips on how to make bedtime less of a struggle and even enjoyable.

Get them involved. Like most adults, children enjoy having a role in whatever activity you are trying to do. Build in some fun if you can, like allowing them to swish mouthwash or choose the



toothpaste flavor. Sometimes allowing the child to help tell the bedtime story can also make going to bed more desirable and create less conflict for the parents.

Let the routine provide the discipline. Having a multi-step process can work in your favor. For

instance, remind your child(ren), "You only get a story and a song after you brush your teeth and wash your face." You are simply reminding them they must do all the steps of the routine to get to the fun stuff.

Encourage... encourage... encourage. Look for

opportunities to acknowledge when your child is doing well, what you appreciate about their attitude or behavior, and how you notice their hard work. Your encouragement builds cooperative behavior.

Reference:

Popkin, M.H. (2014). Active Parenting 4th ed. Active Parenting Publishers, Atlanta, GA.

ATTENTION HOMEMAKERS — WE NEED YOUR HELP...

We ask all readers, including our Homemakers, and Mailbox members to participate in bringing items in **February** for "Blessing Bags" that will be distributed to women in need in our area. Please review the list on the right. You probably already have some of these items at home that you've not used so please bring them or give them to a club member to do so. (There is a box will be located in the entry of the Extension Office for your items.)

Valley Club members are sponsoring this project and will put your donations with those from others to create the bags for the women.

We thank you in advance for your help with this worthwhile project. **All items due by February 20th.**

What to put in Blessing Bags for Women

Personal Care

- Wipes
- Hand sanitizer
- Toothbrush/Toothpaste
- Floss
- Lotion
- Sunscreen
- Chapstick
- Comb or Brush
- Deodorant
- Razor
- Feminine hygiene products
- Hair elastics
- Band aids/first aid kit
- Nail clippers/nail file
- Q-tips
- Tissues
- Shampoo/conditioner
- Soap

Non-Perishable Foods

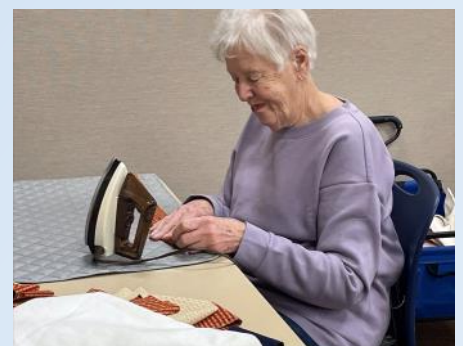
- Granola Bars
- Bottled Water
- Beef Jerky
- Nuts/Trail Mix
- Fruit Leather/Raisins/Fruit Cups
- Pudding/Jell-O/Applesauce
- Easy open canned soup
- Tuna and cracker packets
- Instant Oatmeal
- Hot Chocolate packet/coffee/tea
- EmergenC (vitamin C packet)
- Plastic spoon/fork/knife

Miscellaneous

- Hand warmers
- Socks (wool for winter)
- Gloves
- Hat
- Scarf
- Blanket
- Coat
- Pillow
- Travel mug
- Wash cloth
- Headlamp/flashlight
- Grocery store gift cards
- Small denomination gift cards for coffee/food . Journal/pen
- Card game (Uno, etc.)
- Cough drops
- Paper/envelope/stamps
- Small tarp
- Pre-paid phone card
- Free meal coupon
- Laundry detergent

Thank You Crazy Quilter's...

At the Crazy Quilter's January meeting we constructed "Blessing Bags" that will be distributed to women in need in our area. Valley club members are sponsoring this project and filling the bags at their February 14 meeting. Thank you quilters for constructing 20 bags.



Campbell County Homemaker Scholarship Opportunities

Hello Campbell County Homemakers, did you know that as a Campbell County Homemaker you are eligible to apply for scholarships and grant monies? If you didn't know then let me tell you a little bit about it. Scholarships and grants are available at the county and state level. Each scholarship and grant has specific requirements to help decide which one may be the best fit for your particular need or interest. It just takes a little research and filling out the application.



My personal experience with this has been so very beneficial, both to me and, hopefully to the Homemaker organization. In 2021, I applied for the Burnett Braun/Annabelle Perkins Educational Fund. This was a fund set up to provide monies to a member of homemakers to increase their knowledge and skills



in the area that was specified on the application. This fund is for a non traditional student, continuing education, or to learn a heritage art or skill.

I was thrilled to receive the scholarship money and used it toward my tuition cost at The Royal School of Needlework, in Hampton Court Palace, England. I was enrolled in an online 30 week class (three 10 week terms) to learn the art of Traditional Jacobean Crewelwork. This scholarship covered the cost of one of those terms.

Additionally, I applied for the KEHA State Mini-Grant for Study or Research. I was so very honored to receive that grant at the State Meeting that year. That money covered a second term for me to continue my studies.

Needless to say, these scholarship opportunities have propelled me to continue my education with the RSN, as well as with individual studios and tutors. To date I have taken classes in Crewelwork, Blackwork, Silk Shading, Stumpwork, and my favorite Goldwork. I look forward to continuing this process, and hopefully soon, teach a class or two myself.



There are other scholarships available at both the county and state level. I encourage you to take a look into the opportunities that are available for you in your area of interest, or going back to school to finish your degree or training.

I hope this information is both helpful and inspiring.

Jennifer Duvall

KEHA Grants, Scholarships, and Contests

March 1 is the entry deadline for several KEHA contests, scholarships, and grants. All details and requirements can be found in the KEHA Manual. Be sure to submit your entries on time and to the correct address/email. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

Scholarships and Grants Link

<https://keha.ca.uky.edu/content/scholarships-grants>

KEHA Manual with information about Scholarships and Grants on Pages 94-111

https://keha.ca.uky.edu/sites/keha.ca.uky.edu/files/handbook_revised_june_2022.pdf

Grown-Up... AND ME

Grown-Up and Me had a great first meeting! We learned about fruits and vegetables, MyPlate, how to safely use knives and wash dishes. Our meal prepared by the kids was funny face sandwiches and apple nachos.





CAJUN SEASONED FISH WITH RICE



Servings: 6 Serving Size: 1 fish filet and 1/2 cup rice

Recipe Cost: \$11.41 Cost per Serving: \$1.91

Ingredients:

- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 pounds thawed fish fillets, any type
- 1 lime (optional)

Source: Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

Tips:

Variations: Add 1/4 teaspoon cayenne pepper or chili powder for a spicier mix.

Nutrition facts per serving:

260 calories; 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
3. Melt butter in a medium saucepan.
4. Add frozen vegetable blend.
5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
6. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
8. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
9. Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the pan preheat until it's very hot but not smoking.
10. Place fish fillets in a single layer in the pan. The pan will smoke a little.
11. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.
12. Cook the fish on the other side for 3 more minutes, or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.
13. Divide fish into six portions and serve each piece over 1/2 cup of cooked rice.
14. Optional: Sprinkle fish with juice from one lime.
15. Refrigerate leftovers within 2 hours.



Crazy Quilter's Christmas celebration...

Crazy Quilter's enjoyed a lunch at O'Charley's for their Christmas celebration. Afterwards we played games and exchanged gifts.



Build Your Emergency Savings

Source: Nichole Huff, Ph.D., assistant Extension professor, family finance and resource management

One of the most important things you can do to protect your family's finances is to be proactive. This means planning for unexpected life events that can affect your money.

Consider the 5 Ds: downturn, disaster, disease, divorce, and death. Building an

emergency savings fund can help your family afford the costs that come with unexpected life events.

Ideally, an emergency savings fund will have between three- and six-months' worth of living expenses. Living expenses include critical needs such as housing, food, monthly utility bills, and other necessities such as medicine and



health-care costs. You can leave out noncritical expenses. These expenses are ones not crucial to your livelihood, such as entertainment, vacations, and nonessential shopping. While three- to six-months of living expenses is ideal, any amount of money is helpful if an unexpected life event occurs.

Because emergencies often come with little warning, you want to be prepared. It is best to begin saving before an emergency arises. Your emergency savings fund should be a separate account from your regular savings because it is strictly for emergencies. The money in this

account should be "liquid," meaning you should be able to access it easily. If an emergency occurs, you want to be able to retrieve your money quickly without a penalty for withdrawal. Consider keeping your emergency savings in a high-yield savings account that will earn interest. Be sure to choose an account with no monthly fees, minimum balance, or deposit

An Old New Trend: Matcha Tea

Source: Source: Sarah Donnell, Human Nutrition Undergraduate Student, and Heather Norman-Burgdorf, PhD, Extension Specialist for Food and Nutrition

If you have been to a coffee shop recently you may have seen a product called matcha. Although matcha tea is newer to the U.S., people in Asia used it ceremonially for centuries. Traditionally, matcha is used as a tea but became popular in the U.S. as a sweetened hot latte drink. Recently, bakers have added matcha to muffins, oatmeal, blondies, and other sweet baked goods.

So, what is matcha? It's a type of green tea that is picked, dried, and then the whole tea leaf is ground into a bright green powder. Traditionally, you mix matcha tea powder with hot water using a special bamboo whisk. Matcha has an earthy, vegetal taste that pairs well with sweet foods and drinks like lattes, smoothies, oats, and muffins.

Matcha has three distinct grades: ceremonial, premium, and culinary.



Ceremonial grade matcha is the most expensive and is used in traditional tea ceremonies. Premium grade matcha is less expensive than ceremonial grade and is a good choice if you drink matcha regularly. Culinary grade matcha is the least expensive and is better for baking than drinking.

Does matcha have health benefits? Like many green teas, matcha is said to have many health benefits. Matcha tea has chemicals called antioxidants that protect our cells against damage. Matcha also has caffeine. It has up to 60mg worth, which is a little less than a

cup of coffee. Drinking matcha tea is also another way to increase water intake during the day. Because of the antioxidants in matcha and other green teas, some research suggests that drinking it regularly may help prevent heart disease, diabetes, and some cancers. However, it is unclear how much

tea each day makes a difference in our health. Therefore, we need more research to figure out matcha's impact on health, especially among different groups of people.

For more reliable information about nutrition, contact the Campbell County Cooperative Extension Office.

Reference: What is matcha powder?. (2016). Retrieved 29 September 2022, from https://www.canr.msu.edu/news/what_is_matcha_powder

Kate Vaughn Thompson

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Campbell County Extension Agent for
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2023

Flower Buds



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).
Older children are also
welcome to join with prior notification.

Space is limited to 15 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu



Location:

Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

2023 Flower Buds Schedule:

10:00 a.m.-11:30 a.m

- Thursday, February 2
- Thursday, March 2
- Thursday, April 6
- Thursday, May 4
- Thursday, June 1
- Thursday, July 6

If you have questions, please contact Kate Thompson or Terri Turner.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

FEBRUARY 2023

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

Campbell County
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3500 Alexandria Pike
Highland Heights, KY 41076
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THIS MONTH'S TOPIC:

HEART-HEALTHY CHOICES EVERY DAY



Every February, the American Heart Association sponsors American Heart Month to increase awareness about heart disease. During February, and throughout the year, the AHA encourages all Americans to consider ways they can increase their heart health and decrease their risk of cardiovascular disease.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. By taking action, you can lower your risk of heart disease and improve your overall health and well-being.

Continued on the next page



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Small changes in dietary habits are often more sustainable than making a drastic change to eating patterns all at once.

Continued from the previous page

Preventing heart disease starts with knowing what your risks factors are and what you can do to lower them. Some risk factors you cannot change. These include your age, sex, and a family history of early heart disease. Many others you can modify. For example, being more physically active, not smoking, and eating healthy are important steps for your heart health.

Risk factors such as high blood pressure or cholesterol do not have obvious signs or symptoms. A crucial step in determining your risk is to see your health-care provider for a thorough checkup and risk assessment. Your provider can be an important partner in helping you set and reach goals for heart health. Ask about your risk for heart disease at your annual checkup. Since your risk can change over time, keep asking each year.

Healthy choices that everyone should take also decrease a person's chances of developing heart disease. These include eating a healthy diet and being physically active. A heart-healthy eating plan includes fruits, vegetables, whole grains, lean protein, and low-fat dairy. It also limits sodium (salt), saturated fat, added sugars, and alcohol. Small changes in dietary habits can add up over time. They are often more sustainable than making a drastic change to eating patterns all at once.

Regular physical activity can help you lose excess weight, improve physical fitness, lower many heart disease risk factors such as "bad" LDL cholesterol levels, increase "good" HDL cholesterol levels, and manage high blood pressure, lower stress, and improve your mental health. Talk with your health-care provider before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

To encourage people to add heart-conscious practices into their daily routine, the AHA partnered with the National Institute of Health. They created a calendar for the month of February that includes one heart-healthy activity to complete each day.



These activities range from completing a specific physical activity, to adding heart-healthy foods, to health behaviors such as having your blood pressure checked. You can download *28 Days to a Healthy Heart* at <https://www.nhlbi.nih.gov/resources/28-days-towards-healthy-heart>.

REFERENCE:
<https://www.nhlbi.nih.gov/health/heart-healthy-living>

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123RF.com

ADULT
HEALTH BULLETIN





LAUGHTER YOGA CLASS

- Wear comfortable clothing
- Yoga mat not needed

Laughter Yoga is a combination of breathing (yoga), stretching, and simulated laughter. The benefits of laughter are experienced through eye contact, interaction, and movements that simulate laughter—which becomes real and contagious!

April 14
10:00am

Laughter is the best medicine!

Registration is limited!

Register at

**<https://campbell.ca.uky.edu/> or
859-572-2600**

at the Campbell County
Cooperative Extension Office

*Presented by: Suzanne Piper, Certified
Senior Advisor and Certified Laughter Yoga
Instructor*

