

MARCH 2025

Family & Consumer Sciences- Extension Homemaker Newsletter



FIT TIP 2

Replace regular sedentary activities such as watching TV with a more physically active alternative such as walking after dinner. Even just standing more and sitting less helps. **Move to help your mood!**

Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles _____ 30 seconds
- March in Place _____ 1 minute
- Air Squats _____ 30 seconds
- Jumping Jack _____ 1 minute

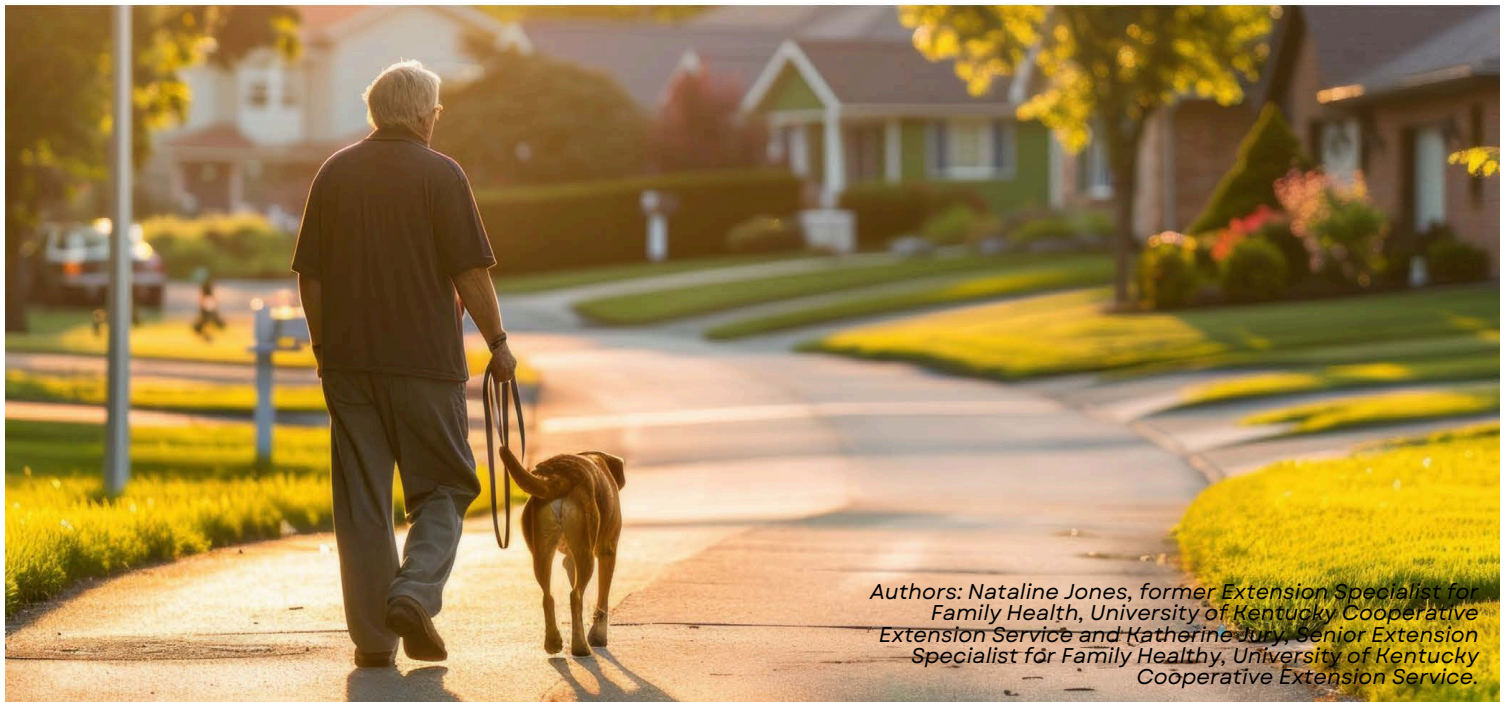
Workout:

Complete the following moves, resting as needed. Perform each movement for 40 seconds.

Rest for 20 seconds and move on to the next exercise. Repeat as needed.

- Jumping Jacks
- Russian Twists
- Burpees
- Side Plank Hold (Right side)
- Side Plank Hold (Left side)
- High Knees
- Pushups
- Bodyweight Squat
- High Plank Hold
- Wall Pushups
- Jog in Place
- Bodyweight Walking Lunges

Need help with the workout movements or want more workouts for home? Visit www.planeatmove.com for more information.



Authors: Nataline Jones, former Extension Specialist for Family Health, University of Kentucky Cooperative Extension Service and Katherine Jory, Senior Extension Specialist for Family Health, University of Kentucky Cooperative Extension Service.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

A message from Cotton Club...



Our Cotton Club was hit hard with more than the frigid weather this month. We lost our president, our leader, our instructor, our travel agent, our comedian, our mentor and our dear friend, Joyce York.

If you were fortunate enough to have spent some time with Joyce, you never heard her complain about her health. Her husband said she wanted to live life as long as she could, and she did exactly that.

She was in her happy place while sewing at a retreat, shopping at a quilt show or browsing at an antique mall.

She was actually scheduled to instruct a class at the Jabez quilt seminar this April on the quilt in the photo.

She taught a class there last year and was praised by the committee and asked to return again this year.

We could always count on her to plan our quilting adventures, repair our sewing machines or explain a new technique to us.

I know our members as well as others who came in contact with Joyce will be telling funny stories and sharing fond memories of our time with her for many years to come. She was a person not quickly forgotten!



Extension District Board Meeting

Tuesday, March 18th
~ 5 PM ~

Owen County Extension Office

Owen County Homemaker Officers

Donna Bryant	President
Linda Williams	Vice President
Lana Jones	Secretary
Beverly Kincaid	Treasurer
Judy Williams	Educational Chair



Homemaker Area Meetings

April 23rd Grant County (6:30 PM)
July 23rd Gallatin County (1:00 PM)
September 24th Carroll County (1:00 PM)
Triannual Meeting October 22nd Kenton County

REGISTER NOW

2025 KEHA State Meeting May 6-8, 2025



Make your reservations by April 7, 2025, to secure the conference rate.

Reservation cancellations must be made by 3 PM the day prior to arrival to avoid a no-show charge.

Online Reservations:
<https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>

Phone Reservations: 800-233-1234
(group code G-KEHA for conference rate) Room rate \$149.00 + tax (1-4 people per room)

Hyatt Regency Lexington
401 West High Street
Lexington, KY



Discover KEHA - A Hidden Treasure



Cooperative
Extension Service

Mother's Day Tea



Save the Date

May 10, 2025

This event is an open to the community.

More details to follow
in the April newsletter.

OWEN COUNTY EXTENSION OFFICE

265 Ellis Road
Owenton, KY 40359



BLUEGRASS AREA BASKETMAKERS SEMINAR



JUNE 17-21, 2025

Join us for a variety of
Beginner, Intermediate and
Advanced classes that are
available for you.

ABOUT THIS SEMINAR

We are offering plain reed, dyed reed, pine needle, and Nantucket classes making baskets, totes, wall hangings and other items. In addition, we have four days of Shaker box classes.

www.babasketmakers.org gives you information concerning the organization, seminar and lodging options.

<http://bluegrass-area-basketmakers-seminar.cheddarup.com> is where you can register and view the baskets and other items offered at the seminar.

PLACE AND TIME

June 17-21, 2025
General Butler State Park
Carrollton, Kentucky



Deadline is May 1, 2025, so register early!

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



HOMEMAKER BOOK LIST

Organizing for the Rest of Us: 100 Realistic Strategies to Keep Any House Under Control
by Dana K. White (2022)

Traditional organizing advice never worked for the decluttering expert and self-proclaimed recovering slob Dana K. White. Is it possible, she wondered to get organized without color coding my sock drawer? As Dana let go of the need for perfection, she discovered the joy of having an organized house in the midst of everyday life. You can too!

Lark Ascending
by Silas House (2022)

Set in the future America, fires are destroying the land and persecuting religious nationalists are in power. Lark and his family leave Maryland for Maine to escape, but nowhere is safe. The family heads to Ireland on an overcrowded boat, that is the best place on earth rumored to be accepting American refugees. Upon arrival, it turns out that Ireland no longer accepts refugees and Lark must seek a safe harbor elsewhere with his companions.

- These books can be found at the Owen County Public Library.

Owen County Memory Makers host

Craftin' for the Community

**Sat. April 12th, 2025 at the
Owen County Cooperative
Extension Office**

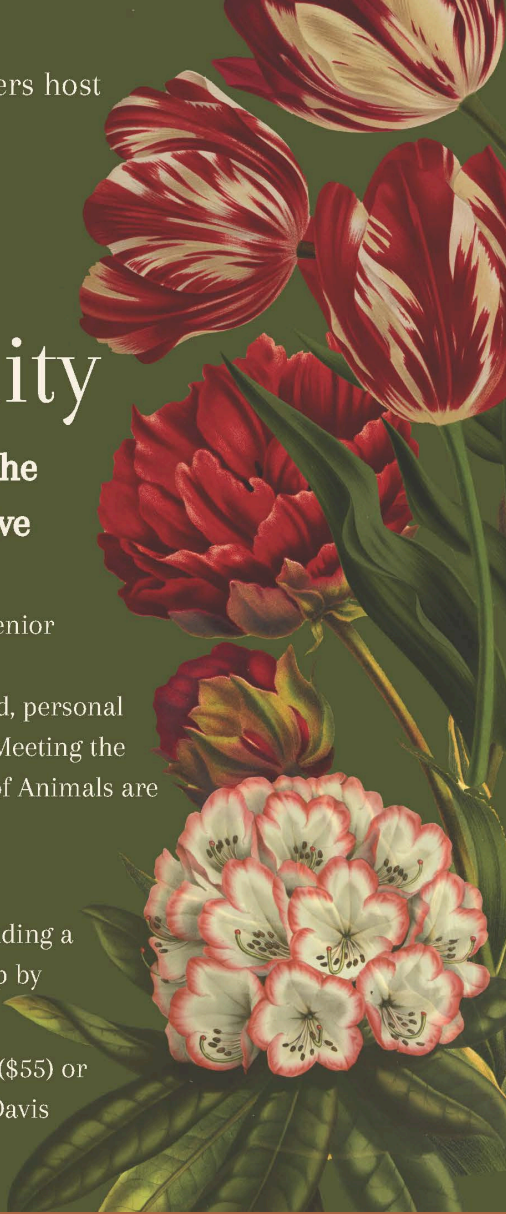
Proceeds benefit Owen County Senior
Citizens Group

Donations of non-perishable food, personal
care items, and pet supplies for Meeting the
Needs Ministry and OC Friends of Animals are
appreciated

Food provided by Bear Dog BBQ

Craft classes will be offered including a
spring-themed ceramic workshop by
Firing Square Ceramics

To register for either a full table (\$55) or
a half table (\$30), contact Dawn Davis
(502) 682-2725



**Please complete the
registration form
below.**

**Submit registration
form to club leader of
Memory Makers, Dawn
Davis.**

**Checks should be
made to the Memory
Maker Homemakers.**

**Mail registration and
checks to:**

**Dawn Davis
PO Box #2
New Liberty, KY 40355**

NAME: _____

ADDRESS: _____

PHONE: (_____) _____ - _____

EMAIL: _____ @ _____ . _____

I would like to sit near (not guaranteed but we will try our best): _____

Dietary needs (please be specific if any allergies) _____

Please indicate the table size that you are requesting:

_____ 1/2 table (\$30 each)

_____ full table (\$55 each)

_____ Sorry, I am unable to attend but would like to make a donation toward the Owen County Senior Citizens. If donating, please make a check payable to the organization directly and we will be sure they get it.

ADULT

HEALTH BULLETIN



MARCH 2025

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

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359
(502) 484-5703
owen.ext@uky.edu

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food “bad” or “unhealthy,” we might start feeling bad about eating it. For example, saying things like, “I shouldn’t eat this,” or “this is so unhealthy,” can make us feel guilty when we enjoy our favorite foods. But when we use words like “balanced” or “nourishing,” it reminds

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While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

➔ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

ADULT
HEALTH BULLETIN

Written by:
Anna Cason, RDN
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



IT'S TAX SEASON. BE PREPARED WITH THESE TIPS.

This is the time of year when we start thinking about filing our income taxes. Even though it's an annual event, it can cause anxiety for many. By preparing now, you can ease the process for yourself or your tax preparer.

Begin by gathering the necessary forms including your social security number and that of your spouse if filing jointly, plus the numbers of any dependents. In addition to W-2 forms, you want to include information about any taxable interest you earned from savings accounts, stocks, mutual funds and virtual currency transactions. You will need to gather other 1099 forms from any earned compensation, including unemployment compensation, pension distributions, annuity or retirement plans, or contract employment.

Additionally, have a copy of last year's federal and state tax returns accessible, and your bank account and routing number to receive any refunds by direct deposit. Depending on your circumstances, you may need to include Form 1095-A, Health Insurance Marketplace Statement, if anyone in your household enrolled in a Marketplace plan in 2024.

One of the largest deductions many people can claim is mortgage interest. If you have a mortgage, you should have a 1098 form from your lender specifying how much interest you paid in the last year. Mortgage interest and points may be tax deductible if you itemize. Learn more at <https://www.irs.gov/taxtopics/tc505>.

If you expect a refund, different factors may impact when you receive your return. The IRS issues most direct deposit refunds within 21 days, however, certain factors may affect refund timing. Returns that require additional review can take longer, as well as paper returns (i.e., a mailed check). Claims involving tax credits that need verification may delay processing times. Further, incomplete information, errors, or missing documentation, like W-2 and 1099 forms, may cause delays.

To receive your refund quickly, electronically file your taxes as early as possible and choose the direct deposit option.

If you owe the IRS money this year, you may want to consider changing your withholding status with your employer moving forward. This will allow the employer to withhold more money from your check throughout the year, so you're not hit with a big payment next year.

For general information on filing taxes this year, visit <https://www.irs.gov/individuals/get-ready-to-file-your-taxes>.

If you have questions about whether certain tax laws apply to your individual circumstances, consider using the IRS Interactive Tax Assistant tool at <https://www.irs.gov/help/ita>. This free online tool can help you determine if you need to file a tax return, your filing status, if you can claim a dependent, if your income is taxable, tax credit eligibility, or if you can deduct certain expenses.















Contact your local Owen County Extension office for more information.

Source: Nichole Huff, extension specialist for family resource management

MARCH 2025



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	<p>Kindly reach out to club and class leaders to confirm each meeting. Membership is required for homemaker clubs.</p> 					1
2	3	<p>SEW ALL DAY Extension Office 9 AM- 4 PM</p> 	<p>Pleasant Home Extension Office 11 AM</p> 	6	7	8
9	<p>Sew & Go Extension Office 11 AM</p> 	11	<p>Homemaker Council Meeting Extension Office 1 PM</p> 	13	<p>Sweet Owen Sweet Owen Store 11 AM</p> <p>Memory Makers Extension Office 9 AM</p> 	<p>Memory Makers Extension Office 9 AM</p> 
16	<p>ST. PATRICK'S DAY</p> 	<p>Extension District Board Meeting Extension Office 5 PM</p> <p>Cotton Club Extension Office 6 PM</p> 	19	<p>hello SPRING</p> 	21	22
23	<p>Craft Club Extension Office 6 PM</p> 	<p>Embroidery Class Extension Office 6 PM</p>	<p>Crochet & Fellowship Extension Office 11 AM</p> 	27	28	<p>29</p> 
30	31					



Bryce Charles

4-H Youth Development Agent

Kendal Bowman

Agriculture & Natural Resources Agent



Baked Egg Cups

Ingredients:

- Cooking spray
- 6 slices of thin cut deli style turkey or ham
- 6 eggs
- Pepper
- 1/2 cup finely shredded 2% cheddar cheese
- 1/2 cup diced red and green bell pepper or vegetables of choice)

Directions:

1. Preheat oven to 350
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

Make it a Meal

- Baked Egg Cup
- Toast
- Fresh fruit
- Low-fat milk