

LIVINGSTON COUNTY EXTENSION Home & Family Newsletter

February 2023



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

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Livingston County Family & Consumer Science Agent

ABCS of Heart Health

February is American Heart Month, which focuses on motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. People with poor heart health are at an increased risk of severe illness from COVID-19. In addition, heart disease is a leading cause of death in the U.S. Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by choosing healthy habits and following the ABCS!

A: Take aspirin as directed by your health-care professional. Ask your health-care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health-care professional if you have a family history of heart disease or stroke, and mention your own medical history.

B: Control your blood pressure. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health-care professional to lower it.

C: Manage your cholesterol. There are different types of cholesterol. One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health-care professional about cholesterol and how to lower your bad cholesterol if it is too high.

S: Do not smoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. It is never too late to quit smoking.

You can also take charge by choosing healthy habits to help prevent heart disease.

Choose healthy foods and drinks. The best diet for preventing heart disease is one that is full of fruits and vegetables, whole grains, nuts, fish, poultry, and vegetable oils. Try to go easy on red and processed meats, refined carbohydrates, and beverages with added sugar. You can include alcohol in moderation. Men should have no more than 2 drinks per day, and women no more than 1 drink per day.

Get regular physical activity. Staying physically active will help you control your weight and strengthen your heart. Adults should get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week. If you are not active, try adding 10 minutes of physical activity to your day – like walking or gardening.

Keep a healthy weight. People who are overweight or obese have a higher risk for heart disease. Carrying extra weight can put extra stress on the heart and blood vessels. You can check with your doctor about your body mass index (BMI). If you need help, talk to your health-care team about a weight loss plan.

The bottom line is that you can prevent heart disease by choosing healthy habits and following the ABCS! Healthy living is the best way to delay or avoid diseases. This includes being active, eating healthy, avoiding tobacco, and managing conditions that can put you at greater risk.

References
<https://www.cdc.gov/vitalsigns/million-hearts/index.html>
<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/american...>
<https://www.heart.org/en/healthy-living/healthy-lifestyle/prevent-heart-...>
Source: Dr. Natalie Jones, Family Health Extension Specialist

UPCOMING EVENTS:

February 7, 2023 - 10:00 am Food for Thought Livingston County Senior Center

February 14, 2023 - 9:00am - 2:00 pm Block of the Month Homemakers Club

February 16, 2023 - 5:30 pm Kitchen Rookie

February 17, 2023 - 10:00 am Cooking with Diabetes

February 21, 2023 - 9:00 am to 2:00 pm Pins & Needs Homemakers Club

February 27, 2023 - 10:00 am Laugh & Learn

February 28, 2023 - 9:00 am to 2:00 pm Unfinished Objects

February 28, 2023- 10:00 am Homemakers Leader Lesson Training

March 9, 2023 - 5:30 pm Pinterest Club

To Stay Connected:

"Like" the Livingston County Family & Consumer Science Facebook Group (<https://www.facebook.com/livingstoncountyfcs>.)

"Like" the Livingston County Extension Office Facebook Page (<https://www.facebook.com/LivingstonCountyExtension>)

Visit the Livingston County Extension Office webpage (<http://livingston.ca.uky.edu/>)



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LEXINGTON, KY 40546


Disabilities accommodated with prior notification.



HOMEMAKERS NEWS

Block of the Month Homemakers Club

The club will meet on Tuesday, February 14, 2023 from 9:00 am to 2:00 pm at the Livingston County Extension Office. This group has been working on a SEW BY THE ROW Quilt for 2023. If you interested in learning more about the SEW BY THE ROW Quilt please contact Joni K. Phelps at jkbarr3@uky.edu or (270) 928-2168.

Pins & Needles Homemaker Club

The club will meet on Tuesday, February 21, 2022 from 9:00 am to 2:00 pm. This months project is a ID/Key Holder! Please call or come by the Livingston County Extension Office for the Material List for this project. If you have any questions please call Joni K. Phelps at (270) 928-2168 or email her at jkbarr3@uky.edu.

UFO "Unfinished Projects"

Do you have a lot of Unfished projects and you just can't find the time to finish them? Do you start one project and then move on to another one before finishing the one you started on 1st? Here is your chance to step away from the other project at home and bring a project you can finish without starting another project. Livingston County Extension office will be opened up on Tuesday, February 28, 2022 from 9:00 am to 2:00 pm so you can finish that project! If you would like more information about UFO please reach out to Joni K. Phelps at (270) 928-2168 or jkbarr3@uky.edu.

March Leader Lesson - Fermented Food!

Fun with Fermented Foods (Angie York). You have probably consumed a fermented food this week without even realizing it. All fermented foods have one thing in common: good bacteria. Fermented foods are foods that have been aged in a way that allows good bacteria to develop. Join this lesson to learn different kinds of fermented foods and get an opportunity to taste something new. This will be a hands-on class! Call (270) 928-2168 today to register for this class or email jkbarr3@uky.edu. Location: Lyon County Extension Office, February 28, 2023, 10:00 AM

SAVE THE DATES:

It's Sew Fine: Sewing Expo

April 13 & 14, 2023

Boyle County Extension Office, Danville, KY

&

2023 Kentucky Extension Homemakers Assistant "KEHA"

State Meeting, May 9-11, 2023 Crowne Plaza Louisville, KY

See You
Next Year!



"It's Sew Fine"

Sewing Expo

SAVE THE
DATES

Thursday - Friday, April 13 & 14 • 2023

Boyle County Extension Office • 99 Corporate Dr • Danville KY • 40422

Details will be posted when available

Hosted by the Ft. Harrod Area FCS Extension Agents
and Sewing Expo Committee Members



University of Kentucky
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State Meeting

MAY 9 - 11, 2023

Crowne Plaza in Louisville, KY

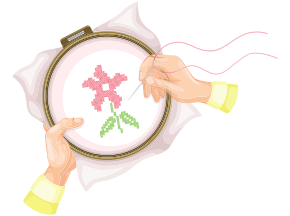
**WILDERNESS TRAIL
AREA HOSTING!**



Pennyrile Area Cultural Arts Exhibit Day



March 17, 2023
10:00 am

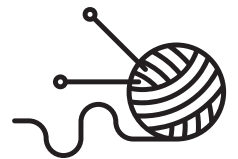


Christian County Extension Office

2850 Pembroke Rd, Hopkinsville, KY 42240



Celebrate the arts with us!



Schedule:

10:00 - 11:00 am: Exhibit Check-in

11:00 am - 12:00 pm: Educational Session: Junk Journaling

12:00 - 12:30 pm: Exhibits open for viewing

12:30 pm: Exhibits Check Out

Contact your local Family & Consumer Sciences Agent for a list of Cultural Arts Exhibit Categories and to obtain Entry Tags for exhibits. Please complete entry tags prior to check-in. Entries in each subcategory limited to one per person.



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Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

Livingston County Extension
Office Joni Phelps
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

UPCOMING FCS PROGRAMS

Food for Thought program is on February 7, 2023 at 10:00 am at the Smithland Senior Center. Come learn about different types of Kentucky foods while tasting a delicious Plate it up! KY Proud recipe,

The Kitchen Rookie February 16, 2023 at 5:30 pm. Register by February 13, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168. Note:

A minimum of 5 participants must be registered to host the session

Cooking with Diabetes is on February 17, 2023 at 10:00 am at the Livingston County Extension Office. Have you or someone you know been diagnosed with Diabetes? This program helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading. Participants have the opportunity to sample healthy foods made utilizing concepts taught. Register by February 15, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

Laugh & Learn, Preschool Playdate, February 27, 2023 at 10:00 am. Designed for children 18 months of age to 5 years old. This event allows them to practice kindergarten readiness skills through play. Our theme this month is SNOW/WINTER. Register by February 22, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

Pinterest Club program is on March 9, 2023 at 5:30 pm at the Livingston County Cooperative Extension Office. Bring a friend and enjoy making Easter - H O P Wood Display . Cost is \$10.00 per person. Register by March 3, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

This program is for Adults only child care is not available.

Life Simplified Podcast

Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life? Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday as we use research-based information to make practical changes and simplify life. You can find the podcast, Life Simplified, on your favorite podcast app.



Life
SIMPLIFIED

FCS PODCAST

Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life?

Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday as we use research based information to make practical changes and simplify life.

Life
SIMPLIFIED
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LISTEN ON YOUR FAVORITE PODCAST APP EACH TUESDAY!

RECIPE CORNER



Red Potato Salad

| | | |
|---|--------------------------------------|---------------------------------------|
| 6 medium red potatoes cut into 1½ inch pieces | 1 red bell pepper, chopped | ¼ cup mayonnaise |
| 4 cups fresh green beans cut into 1½ inch pieces | 1 yellow bell pepper, chopped | 2 tablespoons red wine vinegar |
| 1 small red onion, chopped | 1 cup chopped cherry tomatoes | 2 teaspoons fresh oregano |
| | | Salt and pepper |

- 1. Wash** vegetables in warm water.
- 2. Boil** potatoes until tender and drain.
- 3. Boil** green beans until tender crisp and drain.
- 4. Place** the potatoes and green beans in a bowl.
- 5. Add** chopped red onions, peppers and tomatoes.
- 6. In** a small bowl, **mix** mayonnaise, red wine vinegar and chopped

- oregano.
- 7. Add** to potato mixture and mix lightly.
 - 8. Season** with salt and pepper. **Mix** well. **Serve** cold.

Yield: 16, ½ cup servings

Nutritional Analysis:
140 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 35 mg sodium, 26 g carbohydrate, 6 g fiber, 3 g sugar, 5 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Potatoes

SEASON: Late June–October.

NUTRITION FACTS: Potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates. They do not contain fat, cholesterol, or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling when possible.

SELECTION: Select firm potatoes free from wrinkles, green spots, or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned, and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying, and mashing, choose drier varieties.

Source: www.fruitsandveggiesmatter.gov

STORAGE: Potatoes should be kept in a cool, dark, well ventilated place. Do not store in the refrigerator.

PREPARATION: Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

March 2013

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LOVE TRYING NEW RECIPES, JOIN RECIPE CLUB!

RECIPE CLUB



**ONCE A MONTH YOU WILL GET RECIPES
DELIVERED TO YOUR MAILBOX!**

SIGN UP FOR RECIPE CLUB TODAY!

**Call the Livingston County Extension
Office at 270-928-2168**

OR

Joni Phelps at jkbarr3@uky.edu



GRAND RIVERS

QUILT SHOW

April 26 - 29,
2023

Presented by the
Grand Rivers
Chamber of
Commerce



Grand Rivers Community Center
155 W. Cumberland Avenue
Grand Rivers, KY 42045

Admission \$3

Wed. - Friday 9am - 5pm
Saturday 9am - noon