



Homemaker Happenings

February
2010

A Note from the Desk of Lara

All is well here at the Extension Office. In the past month personally I celebrated my birthday by turning a quarter of a century old, went through my 6th month periodic progress review with my boss David Herbst, and I applied for graduate school at WKU and was accepted!

Remember, I am here for you to answer your questions about nutrition, finances, clothing, household, and family skills and abilities.

Sincerely,

Lara Savage
Extension Agent

P.S. Enjoy my cheesy and witty valentine notes throughout the newsletter. :)

Green Tips for Valentine's Day

Valentine's Day can be costly, not only to our pocket books but also our environment. Think green this Valentine's Day. These tips will help you treat your pocket book and the Earth right on this romantic night:

- Each year, approximately 180 million Valentine's Day cards are exchanged. That's a lot of cards, and a lot of waste. This year, before purchasing a card, consider making a card from recycled or natural materials. Don't have time to make a card, send an e-card. Many online e-cards are free.
- Instead of going out to eat in a restaurant, plan a candlelit dinner at home. Use locally grown foods and products if possible. Visit the Kentucky Proud Web site at www.kyagr.com/kyproud/ to find local cheeses, wines, and more.
- Not sure what to buy that special someone? Why not give a gift certificate to clean the house, wash the car, or watch the kids for an afternoon.

These simple tips will show your loved one, and our environment, how much you care.

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky, College of Agriculture

Homemakers Don't Forget...

Free Membership Joining Fee for all Extension Homemakers during February at the Monroe County Family Wellness Center!

Total value is \$30.00
Call 487-1184 for more info.

Save the Date...

Homemaker International Night
March 19, 2010

See the March Newsletter for more details.



Come have Dinner & Support the Local ARTS!

The Monroe County Youth Theater will be presenting the comedy production of "You Can't Take It With You".

Come and have dinner on March 6th, take in the District Arts Show, & enjoy a theater production. The evening will begin around 5:00 p.m. at the Extension office for a "meat & two" dinner & dessert meal. Then you'll venture to the Resource Center for the District Arts Show and play.

4-H Teen Leadership will be making & serving the meal as a fundraiser for 4-H Project Prom. Cost \$13.50 per person. Please pre-register by March 1.



Secrets of the Food Label

March Leader Training

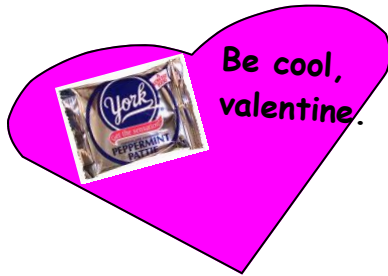
March 2nd - 1:30pm

Monroe County
Extension Office

Instructor:

Kathy Jump

Derby Breakfast



Clubs in Charge of DB are Free Will, Gamaliel, & Neighborhood. Please get Lara the names of your representatives for the DB planning Committee.

Add Up the Savings!



"Energy"

You're invited **February 23rd** to a **Lunch & Learn** at the Extension Office from 12:00-1:00 p.m. This event is open to all Monroe County Residents. Topic: How you can "Add up the Savings" in your home energy use. Please **RSVP to 487-5504 by Feb. 19th.**

Come by the extension office this month also and view the energy savings display and get information about how you can save on energy costs in the home. Register to win CFL's and a gift certificate to put toward an energy star appliance.

Sweet Facts on the "Sweet Potato"



Season: All year—peak October through March.

Selection: Three kinds of sweet potatoes are grown in Kentucky. They are divided by their color (dark orange, pale yellow, or white) and have either moist or dry flesh. Choose small to medium-sized potatoes with smooth, un-bruised skin.

Best thing of all, there are endless ways to prepare sweet potatoes.

- Baked
- Broiled
- Mashed
- Pan-fried
- Microwave
- Steamed
- Boiled

Nutritional Facts: Sweet potatoes are a good source of fiber, complex carbohydrates, and vitamins A and C.

Storage: Store unwrapped in a cool (50°F), dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

Try these serving ideas: Serve hot, cooked sweet potatoes with butter seasoned with lemon peel and juice, orange juice, brown sugar, or chopped pecans. Or mash potatoes, adding butter and a sweet spice, such as cinnamon or nutmeg.

I'm "crais"y about Homemakers!



KEHA State Meeting

May 10-13, 2010

Hyatt Regency
Lexington, KY

Reservations:

859-253-1234 or
1-800-233-1234

Ask About:

KEHA Group Rate
Rate: \$109 + tax

(Deadline to get special rate 4/9/10)

County Homemaker Council Meeting

March 1, 2010

5:00 p.m.

Calling all homemaker council
officers & chairmen...please join us
at our next meeting.

Need help with your taxes?

March 3, 2010—9:30 a.m.-2:30 p.m.

Get help filing your taxes this year from
AARP tax certified personnel. By calling
487-5504 to make an appointment.

Spotlight on Food, Nutrition, & Health



Kentucky Tobacco Quit Line
Call 1-800-quitnow (1-800-784-8669)

Call today because you might get 2
weeks worth of replacement therapy.



- Monroe County Health Department
- Offering H1N1 Vaccine Shots free to residents everyday from 3:30-4:00 p.m. while supplies last.
 - Get low cost adult vaccines (like tetanus, shingles, & pneumonia) for less <\$15.
 - Call MCHD 487-6782



Are you 55 and over? Low income? And need a job? Experienced Works, an organization that helps transition workers into other jobs, is currently seeking employees. You will work in the capacity of community service or with a local agency. You will expect to get 18 hours per week and will get minimum wage. Call Linda Jones at 487-9847 or 427-8943 for more information.



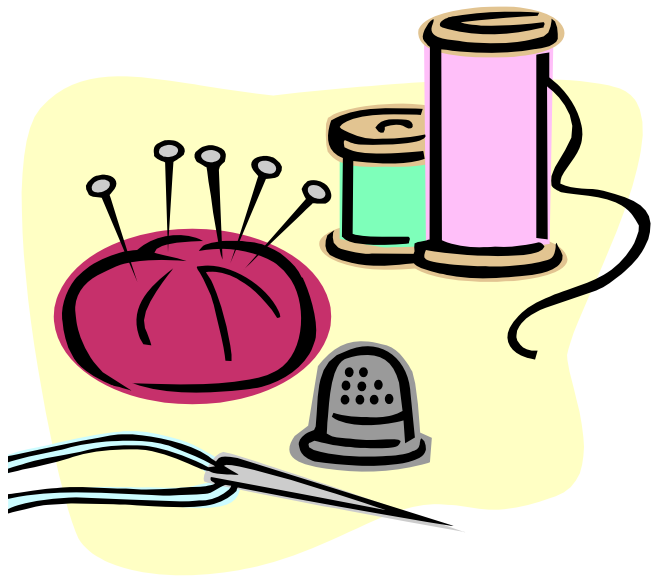
Cardiovascular diseases, including stroke, are the nation's No.1 killer. During February wear red for "American Heart Month".

You're Invited

We are calling all **scrapbook** enthusiasts. Please come join us on **February 19th at 6:00 p.m.** at the Extension Office. We are considering on forming a special interest club. A special **card making** activity is planned. Bring your creative mind and a couple of bucks and we'll order pizza once everyone arrives. For more information call Kim at 487-5504.

Come Sew With Us

Tuesday, March 16, 2010



*Barren County
Extension Office*

*1463 West Main Street
Glasgow, Kentucky*

9:00 a.m. - 4:00 p.m.

Workshop presented by
University of Kentucky
Master Clothing Volunteers
in the Mammoth Cave Area.

Pre-registration required by
Monday, March 8

\$8.00 Registration Fee: includes
a box lunch of sandwich, chips,
cookie and drink

WORKSHOPS

All Day session on Alterations

Half day sessions:

Basic Repair and Maintenance

Magic Pillowcases

Quilted Casserole Carrier

Quilted Makeup Bag

To information on class descriptions
and a registration form contact the

Monroe Co. Extension Office.

For more information contact

Kathy Jump at 586-4484 or

kjump@uky.edu

Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



ADULT HEALTH BULLETIN

FEBRUARY 2010

THIS MONTH'S TOPIC: HEART DISEASE

Cardiovascular disease is an umbrella term used to describe diseases associated with a variety of heart conditions, such as heart disease, high blood pressure, and diseases of the arteries. A narrowing of the arteries that supply blood and oxygen to the heart causes coronary heart disease. Coronary heart disease includes *myocardial infarction*, commonly referred to as a heart attack, and *angina pectoris*, the clinical term for chest pain. When a person has a heart attack, there is a blockage of a coronary artery, usually caused by a blood clot. Chest pain occurs when the heart does not receive enough oxygen.

A **stroke** occurs when the blood vessels, carrying oxygen and nutrients to the brain, become clogged or rupture. When this happens, the brain is deprived of the blood flow it needs. Without the blood flow, cells will die, and the part of the body controlled by these cells cannot function either.

More than 960,000 Americans die of CVD each year, accounting for more than 40 percent of all deaths. Cardiovascular disease is the leading cause of death for American women aged 35 and older and the leading cause of death in Kentucky. In fact, CVD will kill more people in Kentucky this year than all forms of cancer, pneumonia, influenza, and traffic accidents combined. Understanding, reducing, and controlling the risk factors for cardiovascular disease can reduce deaths and save lives.

Continued on the back 



TEST YOUR HEART HEALTH KNOWLEDGE!

TRUE or FALSE

1. One in five women will eventually die because of heart disease or stroke.
2. Heart disease is the leading killer of women in Kentucky.
3. More men than women have high blood pressure and high blood cholesterol.
4. African-American women have a higher death rate from heart disease than Caucasian women.

(Answers located on back)

More than 960,000 Americans die of cardiovascular disease each year.

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Healthy Diet and Lifestyle Recommendations

Risk factors can be controlled. Risk factors include:

- Obesity
- High Blood Pressure
- Diabetes
- High Blood Cholesterol

Lifestyle recommendations will help reduce your risk for developing cardiovascular disease include:

- **Don't Smoke:** Cigarette smokers are two to three times more likely to die from coronary heart disease than non-smokers. The chances of dying early will decrease dramatically if you do not smoke. If you do smoke and quit, the benefits to your health will be immediate. Besides feeling physically better, within a few years of quitting, the risk of stroke and coronary artery disease will become similar to that of non-smokers.
- **Eat a variety of nutritious foods from all the food groups:** Vegetables and fruits are high in vitamins, minerals, and fiber — and are low in calories. Whole-grain foods help lower blood cholesterol level and create a feeling of fullness. Eat fish, such as salmon or herring, at least twice a week to increase intake of omega-3 fatty acids.
- **Limit the amount of nutrient-poor foods you eat:** Limits foods and beverages high in calories but low in nutrients. Limit your intake of foods high in saturated fats, trans fats, cholesterol, and sodium.
- **Maintain a healthy weight:** Obesity is now recognized as a major risk factor for developing heart disease, which can lead to a heart attack. People who are overweight or obese are more likely to have heart disease. High blood pressure is more common among those who are obese. Obesity is also associated with higher levels of triglycerides (blood fat) and lower levels of HDL cholesterol (good cholesterol).
- **Become more physically active:** Most Americans don't do enough physical activity to benefit their health. Physical inactivity is a major risk factor for cardiovascular disease. All forms of physical activity — walking, swimming, cycling, jogging, skiing, aerobic dancing — will benefit your heart tremendously.

Chronic fatigue and shortness of breath are a major indicator of heart disease in men and women, but more often ignored in women



KNOW THE WARNING SIGNS OF A HEART ATTACK! DIAL 9-1-1

- Uncomfortable pressure, fullness, or squeezing pain in center of chest, lasting more than a few minutes. Pain may go away and come back.
- Pain that spreads to the shoulders, neck, and arms.
- Chest discomfort with lightheadedness, fatigue, sweating, nausea, or shortness of breath.

HEART HEALTH QUIZ ANSWERS

1. **FALSE** – One in **TWO** women will eventually die because of heart disease or stroke.
2. **TRUE** – Women accounted for **52.1%** of all cardiovascular deaths for the period of 1995 to 1997.
3. **FALSE** – More women have high blood pressure and high blood cholesterol. Women are also more apt to lead a sedentary lifestyle.
4. **TRUE** – Obesity, high blood pressure, and high blood cholesterol are all modifiable risk factors for cardiovascular disease.

SOURCES:

- "Preventing Heart Disease and Stroke: The Nation's Leading Killers – At a Glance 2003." 2003. Centers for Disease Control.
- Centers for Disease Control and Prevention
- <http://www.americanheart.org/presenter.jhtml?identifier=3031884>
- <http://www.americanheart.org/presenter.jhtml?identifier=3040449>
- <http://www.americanheart.org/presenter.jhtml?identifier=3038016>
- Adapted from the February 2004 HEEL Health Bulletin

ADULT HEALTH BULLETIN

FEBRUARY 2010

Written by: Travonia Brown-Hughes, Ph.D., MCH Postdoctoral Fellow, University of Kentucky HEEL program
Edited by: Connee Wheeler
Designed by: Rusty Manseau

Download past health bulletins!

www.ca.uky.edu/HEEL/Bulletins

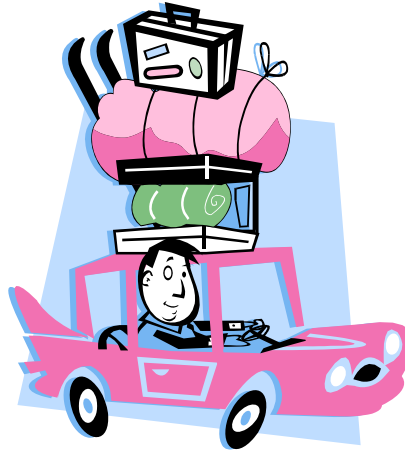


Spring Fling Homemaker Trip

April 9, 2010

Limit 14 Individuals

(First Come, First Serve, Must Pay to Reserve Spot)



Are you tired of setting at home? Ready for an adventure? Or just looking for something fun and exciting to do? If you answered yes to any of the above questions then the Spring Fling Homemaker Trip is for you.

Some highlights of the day include lunch at a special & unique location in Cookeville, shopping at the Crossville Outlet Mall & seeing "Greater Tuna" at the Cumberland County Playhouse.

Cost for the entire day is \$45.00 and this includes your transportation, play ticket, lunch, and your very own "Lara the Tour Guide".

We must have all 14 spots full for the trip to make in order to pay for the transportation cost. No Refunds, No Exceptions. Deadline to Sign-up March 9th



Upcoming Events

- Chamber Ladies Luncheon February 9
- Quilt Club monthly meeting February 13 @ 8:00 a.m.
- Scrapbook Kick-off Meeting February 19 @ 6:00 p.m.
- Add Up the Savings Energy Program February 23 @ 12:00-1:00 p.m.
- A Family Stay-Cation Kick-Off February 25 @ 6:00-8:00 p.m.
- Basket Class reschedule date February 27
- County Homemaker Council Meeting March 1 @ 5:00 p.m.
- Leader Training March 2 @ 1:30 p.m.
- AARP Tax Workshop March 3rd from 9:30-2:30 p.m.
- Dinner & Theater March 6th @ 5:00 p.m.
- Sewing Workshop in Barren County March 16
- County Legislative Day to Frankfort March 17
- International Night March 19 (More details next month)
- Spring Fling Homemaker Trip April 9
- KEHA State Meeting May 10-13

Have a ball this
Valentine's Day!



COOPERATIVE
EXTENSION
SERVICE

Cooperative Extension Service

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College of Agriculture

RETURN SERVICE REQUESTED