

Hancock County Homemaker News

Hancock County

Building Strong Families for Kentucky



Cooperative Extension Service

Hancock County
1605 US Highway, 60 West
Hawesville, KY 42348
(270)927-6618
Fax: (270)927-1194
[Http://hancock.ca.uky.edu/](http://hancock.ca.uky.edu/)

May 2023

Roll Call

In May, we celebrate mothers. Share a favorite Mother's Day memory.

Thought for the Day

"Motherhood is the biggest gamble in the world. It is the glorious life force. It's huge and scary-it's an act of infinite optimism."-Gilda Radner

Monthly Meetings

Hawesville Homemakers monthly meeting will be May 8th, 2023 at Kenergy. Lesson will be Entertaining Little Ones, taught by Carolyn McCarty. Bring your favorite pie with recipe. Homemakers will sample pies and exchange recipes.

Hawesville Homemakers do not meet in July and August.

Sunshine Circle Homemakers monthly meeting will be May 16th at 9 am. at Hancock County Development Complex. The lesson will be Entertaining Little Ones taught by Margaret Harris and Lisa McCormick.

Dates to Remember

Sunshine Circle Homemakers

- May 2-4:00 pm.-Workshop at Career Center
- May 16-5:30 pm.-May Business Meeting at Career Center
- May 23-10:00 am.-Workshop at Career Center
- May 30-5:30 pm. -Workshop at Career Center
- June 3-Heritage Festival Grab-n-Go Breakfast and Lunch at the Community Center
- June 6-9:00 am.-Workshop at Career Center
- June 13-5:30 pm. June Business Meeting At Career Center
- June 14-9:00 am. -1:30 pm. -Camp Vastwood Sewing Project
- June 20-9:00 am.-Workshop at Career Center
- June 27-5:30 pm.-Workshop at Career Center





Financial Considerations In Retirement

Source: Nichole Huff, Extension Specialist For Family Financial Management

We often receive financial advice about the importance of retirement planning but less about what to do with our money once retirement arrives. If you are retired or will be soon, here are some tips to make your money go further.

Create a budget. Knowing how much money you have coming and going is a simple but important concept. First, consider all income sources. This includes Social Security benefits, employer-sponsored benefit plans and personal investments for many people.

Next, review your monthly expenses. Expenses include those that are fixed, like a mortgage or car payment, as well flexible expenses like groceries and utilities. You should also consider annual occasional expenses, like birthday gifts or vacations. Costs associated with new or continued hobbies may fit into the occasional expenses category. A key to financial health is understanding and controlling where your money goes.

Compare income to expenses to make sure ends meet. This will let you know if you are on target when creating monthly and annual budgets that work for your retirement income. You may find, especially if there are rising inflation rates, that your retirement income will not last as many years as you originally intended. This could require you to reduce your spending in some areas or get a post-retirement job to generate additional income.

If you have a spouse, go through the budgeting process together and communicate regularly about your retirement goals and ways to meet them.

Being retired does not mean that you should quit investing. Continuing to invest during retirement could help protect you against inflation the rising cost of everyday living expenses like clothing and food—and ensure your money lasts as long as you think it will. Many different investment options are available to retirees, and like before retirement, what you invest in will depend on how comfortable you are with risk. Often the investments that carry the most risk are the ones with the most potential to have a higher rate of return. Talk with your financial advisor about your options and risk tolerance.

Extension offices often offer financial education programs for people of all ages. To find one near you, contact the Hancock County Extension Office.

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The Sunshine Circle Homemakers have been working on the "I Found a Quilted Heart" Project. This project began in January 2014 while three sisters and their husbands were vacationing in Nevada. While hiking they found a quilted heart near a cave in the middle of nowhere, with a tag attached that said, "I need a home." Once they returned home, they searched for information about the heart; what it was, what it meant, and who made it. After weeks of searching, they decided that the little heart brought them so much joy that they should do the same for others. They created a website <https://www.ifoundaquiltedheart.com> and started making quilted hearts. Their goal was to keep it simple, anonymous, random, and neutral with no hidden agenda. This website has a printable tag that should be added to the heart. Simply leave a quilted heart in a public place for a random stranger to find to brighten their day. It has become a community of volunteers who place small quilted hearts around the globe to brighten the day of strangers.



Here is an example of a quilted heart sewn by one of our very own Sunshine Circle Homemaker Club members.

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Contact us for more information at 270-927-6618.

Lisa Hagman

Lisa Hagman, Extension Agent for 4-H Youth Development Education– Hancock County



Angelia Swihart

Angelia (Angie) Swihart

Extension Agent for FCS

Hancock County

Pictured below are the Sunshine Circle Homemakers with the peasant dresses they made for children in different countries who are in need. The Sunshine Circle Homemakers learned of a missionary sponsored by Hancock Christian Church who does work in Haiti with an orphanage. These dresses will be donated to that mission. The homemakers have made 120 dresses with donated fabric and elastic.



FARMERS MARKET

Come on out and support your local Farmer's Market! If you would be interested in being a vendor, call Evan Tate, 270-927-6618.

**MAY 13TH, 7 AM. TO
SELL OUT
Vastwood Park
Hawesville, KY**

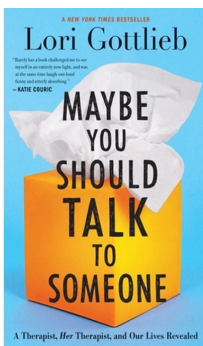


The Farmer's Market is back! May 13th at 7 am. If you are interested in being a vendor please call Evan Tate, 270-927-

BOOK CORNER

Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed

by Lori Gottlieb (2019)



A hilarious and thought-provoking book that takes us behind the scenes of a therapist's world, where her patients are looking for answers and so is she.

Handling Assets in our Senior Years

A presentation from The Green River Area Homemakers' Association. At the Daviess County Extension Service Office on May 25, 2023, at 5:30 pm. A local second-generation financial advisor will give a short presentation and answer questions.



For more information, give Angie Swihart at a call at 270-927-6618.

Regular Physical Activity Can Improve Your Mental Health

Most of us know that physical activity provides numerous physical benefits to our bodies, but a lesser-known benefit of physical activity is that it also improves our mental health.

Physical activity promotes positive changes in your brain including neural growth, reduced inflammation and new activity patterns that promote calmness and improved well-being. During exercise, the brain releases endorphins, which are chemicals that can help improve your mood and raise your spirits. Physical activity can also give you a break from your daily worries, as it allows you to focus on something else.

Research has shown that regular physical activity, which is 150 minutes of moderate-to-vigorous movement each week for adults and 60 minutes each day for children, can improve brain function. Improved brain function occurs regardless of your age, ability, ethnicity, shape and size.

Some of these results occur immediately after one workout and include reduced short-term anxiety, improved sleep and improved cognitive function.

Improved cognitive function can result in better academic performance for students, including improved test taking skills and higher grades. Research has also shown that regular physical activity reduces the risk of depression and improves the moods of young people between the ages of 6 and 17.

In adults, physical activity can speed up brain processing, improve memory and lead to a higher quality of life. As physical activity becomes a regular part of your daily routine, you can experience long-term mental health benefits including reduced anxiety, lower stress levels, higher self-esteem, deeper sleep, stronger planning and organization skills, and more control over your emotions and behaviors. Harvard University researchers found that when people increase their physical activity to 35 minutes a day, they have a reduced risk of depression, even if they have a genetic predisposition to the condition. Physical activity has also shown to reduce the risk of dementia, including Alzheimer's disease.

If you have not worked out in a while and are ready to start adding physical activity into your day, you may want to consult a medical professional before beginning. However, most people can achieve moderate intensity exercise, which would include brisk walking, with few adverse issues.

If 150 minutes each week seems like a lot, you can break up the 150 minutes into segments as small as 10 minutes to help you work physical activity into your day. Normal household chores like mowing the grass and vacuuming count toward your weekly physical activity goals.

More information on the benefits of physical activity, contact the Hancock County Office of the University of Kentucky Cooperative Extension Service.

Source: Natalie Jones, Extension Specialist For Family Health





Farmer's Market Skillet Bake

½ small onion, finely chopped	2 cups shredded mozzarella cheese, divided	4 medium sized tomatoes, sliced
2 cloves garlic, minced	1 medium summer squash, sliced	1 teaspoon salt
4-5 small red potatoes, sliced	1 medium zucchini, sliced	1 teaspoon pepper
1 tablespoon olive oil		5 fresh basil leaves, finely chopped, divided

Preheat oven to 375 degrees F. **Prepare** onion, garlic and sliced potatoes (about ¼ inch thick). **Heat** olive oil over medium heat in a 10 or 12-inch oven safe skillet. **Add** onion, garlic, and potatoes to pan and **stir** to coat with oil. **Cook** over medium heat, **stirring** occasionally until golden brown and tender. **Add** 1 cup mozzarella cheese. In a bowl, **toss** together the squash, zucchini and tomatoes with salt, pepper, and half of the finely chopped basil. **Layer** squash

and tomato slices over the potato and cheese layer. **Top** with remaining mozzarella cheese. **Bake** 35 minutes or until vegetables are tender and cheese is melted. **Remove** skillet from oven and **top** with remaining basil.

Yield: 8, 1 cup servings

Nutritional Analysis: 200 calories, 8 g fat, 4 g saturated fat, 20 mg cholesterol, 490 mg sodium, 24 g carbohydrate, 3 g fiber, 5 g sugars, 10 g protein.

Summer Squash

SEASON: June through October.

NUTRITION FACTS: Squash is low in calories. One cup raw squash contains only 20 calories. It contains vitamins A and C, and is naturally free of fat, cholesterol and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straightneck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested when 6 to 8 inches in length. Patty pan squashes are ready when they are 3 to 4 inches in diameter or less.

STORAGE: Store unwashed squash in plastic bags in the crisper drawer of the refrigerator. Wash the squash

just before preparing. The storage life of summer squash is brief. Plan to use within two to three days.

PREPARATION: Summer squash is a mild flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried or used in stir-fry recipes.

PRESERVING: Select small squash with small seeds and a tender rind. Wash and cut into ½ inch slices and heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving ½ inch headspace. Seal and freeze.

SUMMER SQUASH

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
June 2017

Source: www.fruitsandveggiesmatter.gov

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<http://plateitup.ca.uky.edu>



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