

GREENUP COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

Cooperative Extension Service
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Lora Pullin, Greenup County Family & Consumer Sciences Agent

NORTHEAST AREA ANNUAL MEETING

The Northeast Area Homemakers Annual Meeting will be hosted by the Magoffin County Homemakers on October 8, 2022, at the Lloyd M Hall Community Center in Salyersville, KY. The registration form is still in development. If you are interested in attending this event, please call the Greenup County Extension Office to be added on the list to receive the registration form.

Anyone who was awarded a first place ribbon at the Greenup County Homemaker Annual Meeting held on April 22, 2022 and plans to enter the item at the Area meeting, should take the item personally, or bring the item to the Extension Office by October 6, 2022, for transporting. Use the same entry card that was given to the item upon entry at our county meeting. ALL items must have these cards attached for entry at the October meeting.

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HOMEMAKERS OPENING DAY MEETING SET FOR AUGUST 12, 2022

The Greenup County Homemakers Opening Day Meeting will be held at the Extension Office on Friday, August 12, 2022. A light breakfast will be served beginning at 9:30am and the meeting will begin promptly at 10:00am. Club officers are encouraged to attend as materials will be given out to begin the year. We understand there will be conflicts but please make every effort for at least one officer from each club to be present. Please come join us as we kick off our 2022-2023 year of fun!

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SCHEDULE OF EVENTS

- Aug 10: Quilt Guild Sit 'N Sew— 9:00am-3:30pm at Extension Office
- Aug 12: HM Opening Day— 9:30am breakfast, 10:00am meeting begins at Extension Office
- Aug 18-28: Kentucky State Fair
- Aug 24: Quilt Guild meeting— 10:00am at Extension Office
- Aug 25: HM Leader Lesson— Extension Office @ 10am— Northeast Area Event
- Aug 29-Sept 3: County Fair
- Aug 29: Decorate County Fair Booths— 9am-4pm
- Aug 30: Entry Check-in for County Fair 9am-4pm
- Sept 1 : Floral Arrangement Check-in 9am-noon

THOUGHT FOR THE MONTH

“You can’t buy happiness, but you can buy ice cream, and that is pretty much the same thing.”
 ~ Unknown



ROLL CALL

What is national sandwich month. What is your favorite sandwich?

September 2022

SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

- Sept 4: Exhibit pick-up for County Fair 2-3pm
- Sept 5: Labor Day— Extension Office Closed
- Sept 14: Quilt Guild Sit 'N Sew— 9:00am-3:30pm at Extension Office
- Sept 21-23: Enrichment Camp— Camp Caleb, Flat Gap, KY
- Sept 28: Quilt Guild meeting— 10:00am at Extension Office

Looking ahead:

- Sept 29– Oct 1 Old Fashion Days
- Oct 8: NEA Homemakers Annual Meeting in Salyersville, KY— Meeting begins at 10am
- Oct 19: HM Executive Council Meeting at Extension Office—9am
- Oct 19: HM Council Meeting at Extension Office— 10am
- Nov 29– Decorate Lodge at Greenbo
- Dec 3— (Subject to change) Christmas Open House at Greenbo

ROLL CALL

September is National Honey month. Share a favorite honey recipe.

THOUGHT FOR THE MONTH

“A day without a friend is like a pot without a single drop of honey left inside.”

~ Winne the Pooh



KEHA NEWS & NOTES

Manual Updates – The KEHA Manual Handbook and Appendix have been updated and the revised editions are now [online](#). Links to the manual can be found on the home page Quick Links and from within the Member Resources tab. The website includes complete files for each section, the tables of contents for each section, and a separate PDF file with only the pages that were changed this year. As you review each table of contents, please note that the pages with updates are in bold. Due to budget constraints, each county will receive one printed copy of the revised manual pages only in July.

2021-2022 KEHA Reports Due for Counties – Now is the time to report county Volunteer Service Unit (VSU) hours, as well as county Program of Work report forms for the eight educational chairmanships. There are instructions and links at <https://keha.ca.uky.edu/content/impacts>. County VSUs are filed on the revised paper forms and county Program of Work reports are filed via Qualtrics survey. For each county Program of Work survey submitted, the final screen will offer the option to print. **A printed copy should be mailed or emailed to the Area Chairman. All county reports are due Aug. 15.** Next, area VSU reports are due Sept. 15.

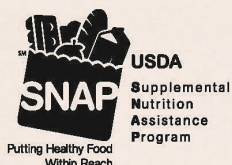
Leadership Academy – The second KEHA Leadership Academy will take place on March 1-3, 2023, at Blue Licks Battlefield State Resort Park. The goal of the academy is to strengthen leadership skills for emerging leaders within the organization and increase the pool of leaders available to hold county, area, and state level elected and appointed positions. The academy will recruit up to 30 participants. Each area is encouraged to provide the names of two delegates and one alternate. The application deadline will be Oct. 1 and participants will be notified Nov. 1. The application and other details are coming soon.

Dates to Remember

- July 25-27 - National Volunteer Outreach Network (NVON) Conference in Evansville, Indiana.
- Aug. 15 – Due date for county reports to be submitted, including both program of work reports and volunteer service logs.
- Sept. 15 – Due date for Area VSU logs to be submitted to state chair for Leadership Development.
- Oct. 1 – Application deadline for KEHA Leadership Academy.
- Oct. 9-15 – KEHA Week with the theme of “We’ve Got You Covered!”
- Oct. 15 – Deadline for submitting session proposals for the 2023 KEHA State Meeting.



EASY BAKED FISH WITH PINEAPPLE SALSA



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- *Nonstick cooking spray*
- *1 1/2 pounds fish fillets (any mild-flavored fish like tilapia, catfish, cod, etc.)*
- *1 teaspoon salt-free herb blend*
- *2 tablespoons butter, melted*
- *Juice of 1 lime (optional)*

1. Preheat oven to 400 degrees F. Coat the inside of a 9-by-13 baking pan with nonstick spray.
2. Arrange the fish fillets in a single layer in pan. After handling raw fish, wash hands with warm water and soap, scrubbing for 20 seconds.
3. Sprinkle herb blend over fish.
4. Pour melted butter over fish.
5. Finish with a squeeze of fresh lime juice, if desired.
6. Cover pan with foil.
7. Bake for 20 minutes, or until fish flakes easily with a fork and has reached an internal temperature of 145 degrees F.
8. Serve with Pineapple Salsa.
9. Store leftovers in the refrigerator within 2 hours.

Pineapple Salsa

- *1 (20-ounce) can pineapple tidbits, drained*
- *1/4 red onion, finely diced*
- *1/2 small jalapeno, finely minced and seeds removed*
- *2 tablespoons lime juice*
- *2 tablespoons cilantro or parsley (optional)*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently rub red onion and jalapeno under cool running water before preparing. Rinse cilantro under cool running water and pat dry before chopping.
3. Drain pineapple. (Juice can be saved to drink.)
4. In a medium-sized bowl, combine pineapple, onion, jalapeno, lime juice, and cilantro or parsley.

Makes 6 servings

Serving size: 4 ounces fish and 1/6 of salsa recipe
Cost per recipe: \$11.10
Cost per serving: \$1.85

Nutrition facts per serving:

200 calories; 7g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 85 mg sodium; 17g total carbohydrate; 1g dietary fiber; 14g total sugars; 0g added sugars; 19g protein; 70% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium.

Sources:

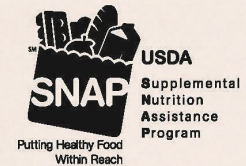
Fish: Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

Pineapple Salsa: Lorie Dunn, Grant County SNAP-Ed Program Assistant Senior





HONEY MUSTARD CHICKEN TENDERS



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1/3 cup low-fat mayonnaise
- 2 tablespoons honey
- 2 tablespoons mustard, any type
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika (optional)
- 1/4 teaspoon black pepper
- 1 1/2 pounds uncooked chicken tenders or boneless chicken breast, sliced into strips
- Nonstick cooking spray
- 2 cups panko breadcrumbs

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine mayonnaise, honey, mustard, garlic powder, paprika (optional), and black pepper. Stir well.
3. Trim any fat from chicken. After handling raw poultry, scrub hands with warm water and soap, for at least 20 seconds.
4. Using tongs, add chicken to sauce in bowl. Turn pieces over to coat all sides with sauce.

5. Refrigerate chicken for 30 minutes, turning over once or twice.
6. Preheat oven to 400 degrees F.
7. Lightly coat a baking sheet pan with nonstick spray.
8. Place breadcrumbs in a shallow bowl. Lift chicken out of bowl one piece at a time, keeping a good layer of sauce on the chicken. Put chicken on the breadcrumbs and turn to coat all sides. Discard any remaining sauce.
9. Place chicken pieces on pan in a single layer.
10. Bake for 15 minutes. Remove pan from oven and carefully turn chicken pieces over.
11. Return pan to oven and bake 10 more minutes, or until a thermometer inserted into the thickest piece reads 165 degrees F.
12. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings
Serving size: 4 ounces
Cost per recipe: \$9.45
Cost per serving: \$1.58

Nutrition facts per serving:

270 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 80mg cholesterol; 280mg sodium; 27g total carbohydrate; 0g dietary fiber; 7g total sugars; 0g added sugars; 29g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 10% Daily Value of iron; 0% Daily Value of potassium.

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2022

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THIS MONTH'S TOPIC: INVESTING BASICS: MAKING YOUR MONEY WORK FOR YOU

Investing your money wisely can help it grow over time. Like compost in a garden, investment products are tools to promote financial growth. Each product has unique value and risk. With higher risk comes the potential for higher reward (or loss). Before investing, be sure you understand the basics of each product.



TYPES OF INVESTMENT PRODUCTS

Your investment portfolio is a collection of the different financial investments you've made at any one time. A portfolio may contain a wide range of assets including real estate, art, or private and public investments. There are several types of investment products, but three common choices are stocks, bonds, and mutual funds.

- **Stocks** represent a fraction of a corporation's ownership. When you own stock, it entitles you to a percentage of the company's profits. Units of stock are called "shares." Stocks offer long-term potential for growth over time. However, stock prices can vary greatly and fluctuate with the market and economy.
- **Bonds** are one-time loans you make to the government or a company for a set period time. In exchange for your money, you receive interest payments. Bonds are generally viewed

as "safer" investments than stocks because they are less volatile, or subject to change. If the bonds are held to maturity, you may earn back the principal (i.e., the initial amount invested), plus any interest earned.

- **Mutual Funds** are professionally managed investment pools where companies invest combined money from investors into a variety of different securities like stocks and bonds. When you invest in a mutual fund, you receive income from its portfolio, or its combined holdings.

INVESTMENT CONSIDERATIONS

As you build an investment portfolio, there are different strategies you can use to generate wealth based on your personal preferences, financial situation, and willingness to take risk. There are four important considerations for investing: time, risk, diversification, and fees. Ask yourself four questions:



DO NOT INVEST MORE THAN YOU CAN AFFORD TO LOSE



- **Time.** *When do I want to invest?* Time is essential in investing. The longer you invest, the more time your money has to grow. Time also allows for fluctuations in the economy and financial market.
- **Risk.** *What amount of risk am I willing to take?* Most investments come with some risk. Consider your current financial situation and select an option that feels comfortable. Do not invest more than you can afford to lose.
- **Diversification.** *Are my investments diversified, or varied?* Diversifying your investments means spreading them out to help minimize risk. In other words, diversification is “not putting all your eggs in one basket.” If one investment doesn’t do as well as you hoped, you still have other investments to fall back on.
- **Fees.** *How much am I paying in investment fees?* Investments have fees, especially if you are paying someone else to manage investments for you. Always read all the fine print before investing and consider how fees affect your bottom dollar.

GETTING STARTED

To begin investing, think about your budget. How much money can you reasonably invest each

month after paying bills, contributing to your savings and retirement funds, etc.? Like savings accounts, investments can start small — especially while you learn to invest wisely. Also, consider how much time you can dedicate to managing your investments. Hiring a licensed professional may be a good option if you lack the knowledge or time to manage investments effectively.

You also can invest through a retirement fund. Whether through your employer or on your own, retirement funds can kickstart an investing journey. Some retirement funds allow you to manage how your money is invested. Others manage the investments for you. For more information on investing through retirement plans, visit <https://www.irs.gov/retirement-plans>.

Finally, when considering investment opportunities, always take time to learn. For a detailed guide on getting started with investing, visit <https://www.sec.gov/investor/pubs/sec-guide-to-savings-and-investing.pdf>. You also can contact the U.S. Securities and Exchange Commission (SEC) with questions at (800) SEC-0330 or at <https://www.investor.gov/>.

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ADULT HEALTH BULLETIN



AUGUST 2022

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

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THIS MONTH'S TOPIC:

VACCINES AREN'T JUST FOR KIDS



You might know that the basics of a healthy life include making time for regular physical activity and eating right. However, there is an important step you might be missing. You need to stay up to date with vaccines and medical care. You might not realize you need vaccines throughout your adult life. That is why, during August, we celebrate National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your lifespan.

Each year, thousands of adults in the United States get sick from diseases that vaccines could have prevented. Vaccines play an important role in keeping us all healthy. Vaccines save lives by protecting us from serious diseases, such as COVID-19,

Continued on the back →



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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Everyone should get a flu vaccine every year before the end of October, if possible.

→ Continued from page 1

measles, and whooping cough. Therefore, it is important to know the facts about vaccines, immunization, and vaccine-preventable diseases.

Vaccines are important to your health, and here are three reasons why:

- 1. Vaccines lower your chance of getting sick.** Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.
- 2. Vaccines lower your chance of spreading certain diseases.** There are many things you want to pass on to your loved ones: a vaccine-preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine-preventable diseases.
- 3. Vaccines are one of the safest ways to protect your health.** Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

What vaccines do you need?

- Everyone should get a flu vaccine every year before the end of October, if possible.
- Adults need a Td/Tdap vaccine every 10 years to protect against tetanus, diphtheria, and pertussis (whooping cough).
- Healthy adults 50 years and older should get a shingles vaccine.

Adults may need other vaccines based on health conditions, their job, lifestyle, or travel habits. Based on your age, health conditions, childhood vaccines, and other factors, you may need vaccines against other illnesses such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)



- MMR (measles, mumps, rubella)
- Meningococcal
- Pneumococcal

If you are traveling abroad, you might need additional vaccines depending on your destination. Vaccines prevent diseases that can be very serious. All adults need vaccines to help protect themselves and others. Talk with your health-care professional to make sure you are up to date with the vaccines recommended for you.

REFERENCES:

- https://www.cdc.gov/vaccines/growing/images/global/CDC_Growing_Up_with_Vaccines.pdf
- <https://www.cdc.gov/vaccines/hcp/adults>
- <https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-vaccines-need.pdf>

ADULT
HEALTH BULLETIN

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



Northeast Area Leadership Training

Register
by
**August
19th**

Thursday, August 25 at 10:00am
Greenup County Extension Office
35 Wurtland Avenue
Wurtland, KY 41144

Join us in Greenup County for the Leadership Lesson Training Day. This day is for ANY and ALL Homemakers. It is a fun (FREE) day of learning for the lessons for the year, leadership training, and fellowshiping with other Homemakers. Call your local Extension Office if you plan on attending. At least one member from each club is encouraged to attend.

Lessons include:

- Savor the Flavor: Cooking with Oils & Vinegars
- Savoring the Eating Experience: The Art of Eating Mindfully
- Hunger in Kentucky: Know More, Do More





University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Greenup County Extension Services
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RETURN SERVICE REQUESTED

Sincerely,

Lora B. Pullin

Lora Pullin,
Greenup County
Extension Agent for
Family and Consumer
Sciences

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