

# JOHNSON COUNTY

 Cooperative Extension Service

# FAMILY AND CONSUMER SCIENCES

## SEPTEMBER AND OCTOBER 2024

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*Macey A. Stewart*

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**Johnson County Extension Service**

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**DID YOU KNOW?**

“Hiking is also a great physical activity. Hiking uses more muscles than a normal walk, both in your legs and core. You might find that you are sore after a hike – that is a good thing! It means you are engaging muscles that don’t get as much regular use. Hiking also requires more oxygen, so it makes your heart and lungs work harder.”

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Lexington, KY 40506



Disabilities accommodated with prior notification.



*Veggie Bucks has been a 9 week program at the Johnson County Farmers' Market this summer. We have reached 50 kids and their families thus far.*

**DID YOU  
KNOW?**

“September is National Family Meals Month. Studies have shown that families that eat meals often together have better eating habits and family dynamics.”

## Johnson County,

I hope you have enjoyed your summer! The kiddos have gone back to school and I cannot believe we are already into September. It has been a pleasure to see so many of you either at the office for our classes, at Farmers' Market, or just out and about within the community.

Much like Spring, the office was quite busy; we hosted Cooking Through the Calendar classes in collaboration with ARH, provided Laugh and Learn Playdates at Thealka Park, teamed up with 4-H to participate in Sewing Camp, and held Cake Decorating 101, just to name a few.

With Fall quickly approaching, we are heading toward Apple Days and into the holiday season of family gatherings. I hope this newsletter provides you with recipes and tips for making the upcoming season of business a little less stressful.

Follow us on Facebook so you have access to all updated information about upcoming classes, as well as new events!

See you soon!  
*Macey A. Stewart*



# Nutrition Education



# Flaine Burton



Recipes from the 2024 Food and Nutrition  
**Recipe Calendar**

**Cooperative Extension Service**



## Sweet Potato Hash



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

**Nutrition facts per serving:**  
270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

**Source:**  
Ruth Ann Kirk, Lawrence County EPNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

- 2 tablespoons olive oil
  - 1 medium onion, diced
  - 1 teaspoon salt
  - 1 1/2 teaspoons dried oregano
  - 3/4 teaspoon black pepper
  - 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
  - 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
  - 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
  - 4 ounces baby spinach (about 4 cups)
  - 2 tablespoons apple cider vinegar
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

**Makes 8 servings**  
**Serving size: 1/8th of recipe**  
**Cost per recipe: \$14.17**  
**Cost per serving: \$1.77**



Recipes from the 2024 Food and Nutrition  
**Recipe Calendar**

**Cooperative Extension Service**



## Ramen Skillet Dinner



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

**Nutrition facts per serving:**  
280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

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

- 2 teaspoons vegetable oil
  - 1 medium onion, chopped
  - 1 medium carrot, thinly sliced
  - 1 bag (16 ounces) frozen broccoli
  - 2 cups cooked chicken, chopped
  - 1 package (3 ounces) chicken-flavored instant ramen noodles
  - 1 cup water
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon ground ginger
  - 1/2 teaspoon red pepper flakes
1. Wash hands with warm water and soap for at least 20 seconds.
  2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
  3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).

4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

**Makes 4 servings**  
**Serving size: 1 1/2 cups**  
**Cost per recipe: \$7.66**  
**Cost per serving: \$1.92**

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Apple Pie Smoothie



### Ingredients:

- 2 cored and sliced apples (or 1 cup unsweetened applesauce)
- 1 medium banana (fresh or frozen)
- 1/4 cup rolled oats
- 1 1/2 cups skim milk
- 1 teaspoon ground cinnamon
- 3-4 ice cubes
- 1 teaspoon honey (optional)

### Directions:

1. Put everything in the blender and blend until smooth.
2. Enjoy!


**Source:** University of Kentucky Cooperative Extension Service: Nutrition Education Program: Eat Smart to Play Hard.

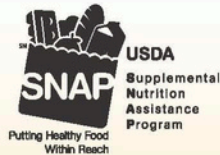
**Nutrition Facts Per Serving:** 250 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 56g carbohydrate; 8g fiber; 36g total sugars; 0g added sugar; 9g protein; 10% daily value of Vitamin D; 20% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.



SEPTEMBER / OCTOBER 2024

# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Making time for family meals

September is National Family Meals Month. Studies have shown that families that eat meals often together have better eating habits and family dynamics. The skills built at family meals can help us handle life's tough spots. Eating as a family helps self-esteem and can give each person a sense of well-being. It's even been shown to keep kids out of trouble. The more family meals that kids share, the less likely they are to take part in drinking alcohol, smoking, or using drugs. And kids who eat meals with their family up to four times a week have been shown to have higher test scores and succeed in school.

More than 80% of people surveyed eat together more often since the COVID pandemic began. Now that life is busy again, try to keep routine family meals. Is the family busy in the evenings? Try eating breakfast together before the day starts. Or try



to get together for breakfast, lunch, or an early dinner on the weekends.

Family meals don't just mean a mom, dad, and two kids sitting around the table. A family meal can be with someone you live with and think of as family. This could include roommates, domestic partners, single parents and kids, grandparents, and grandchildren.

People who live alone might consider calling a loved one or inviting a neighbor to eat at the same time.

**How to make family meals easy**  
Choose a day for planning. Some people do this on the weekend. Look at your week and figure out what meals the

**CONTINUED ON PAGE 2**

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## BASIC BUDGET BITES

### Leftovers

Using leftovers is a great way to cut down on food waste and save time. They can be a great snack, the next day's lunch, or even turned into a quick meal. You can make larger meals earlier in the week and use the leftovers later in the week or put them in the freezer. Be careful with leftovers to make sure the food is safe when you eat it. Look at some ways you can use leftovers:

#### Grains

- **Rice:** Use rice to make rice pudding and fried rice, or add it to meatballs, soups, and casseroles. You can also freeze it. You should add a small amount of liquid when you reheat leftover rice.
- **Bread:** If your bread, leftover rolls, hamburger, or hot dog buns are getting a little dry, try different recipes. Croutons, toast, stuffing, breadcrumbs, or French toast are all good options. Use day-old bread to make French toast. If you have one or two hamburger or hot dog buns left in the package, use them to make cheesy toast by topping with any kind of cheese, and broiling in the oven until the cheese is melted and lightly browned. Add canned tuna for a tuna melt!
- **Pasta:** Use in a pasta salad or casserole. Freeze it for later use in casseroles, soups, vegetable dishes, or as a side dish with a sauce.

#### Fruit

Add leftover fruit to salads or smoothies. Mix it with yogurt, cottage cheese, or pudding. Leftover fruit is also great in baked goods such as muffins or quick breads. Overripe bananas make excellent banana bread or muffins, or freeze them to use in fruit smoothies. You can freeze fruit

juice in ice cube trays and use it for flavoring and chilling fruit drinks.

#### Vegetables

Use vegetables in soups, salads, omelets, pasta dishes, and casseroles. Leftover baked potatoes are great for a topping for shepherd's pie, or in potato casserole or potato soup. You can scoop out the potato pulp and use it to make twice baked potatoes. Freeze chopped raw onions, celery, or green peppers to use in soups, stews, or casseroles.

#### Protein

- **Baked beans:** Use in casseroles or to make chili.
- **Roasts:** Slice to make sandwiches or shred for use in tacos, enchiladas, or barbecued meat. You can also cube it and use it to make beef and noodles or freeze it for use in casseroles.
- **Steak or chops:** Slice thinly and make fajitas (cooked with onions, peppers, and fajita seasoning). Make a sandwich by topping meat with sautéed peppers, onions, and cheese. Top a tossed salad with sliced steak for a quick meal.
- **Turkey or chicken:** Use turkey or chicken in casseroles, soups, tacos, or enchiladas. You can thinly slice the meat to make sandwiches, or you can shred it to make chicken or turkey salad sandwiches. Cube it to make chicken or turkey and noodles or freeze it for later use in casseroles or soups.
- **Ham:** Use ham to make ham and cheese sandwiches (either hot or cold). Or slice, freeze, and use it later for sandwiches. Cube it and use it in casseroles or soups.

Source: Adapted from UNL Extension Food and Nutrition

## CONTINUED FROM PAGE 1

family can eat together. The whole family should help select the menu, even kids! Meals don't have to be hard. Try soup and sandwiches with a side of fruit. Or breakfast for dinner on nights when you don't have much time. Check out [PlanEatMove.com](http://PlanEatMove.com) for some great recipes that are sure to please!

Adapted from The Family Meals Movement



## SMART TIPS

### Whole grains

Next time you go shopping, help keep your family healthy by choosing whole grains. Whole grains have a fiber-rich outer bran layer, a germ, and a starchy endosperm. Refined grains (such as white bread, white pasta, and white rice) have mostly just the endosperm.

The fiber in whole grains aids in digestive and heart health. Whole grains also have extra vitamins, minerals, and nutrients. No matter which whole grain you choose, make sure the ingredient list includes whole grains or that the label reads "100% whole grain."

Source: eatright.org



**RECIPE**

# Cabbage Rolls

- 12 cabbage leaves
- 1 pound lean ground beef
- 1 cup cooked brown rice
- 1 can (15 ounces) tomato sauce
- 1 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1 teaspoon sugar
- 1 tablespoon cornstarch
- 1 tablespoon water



1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cover cabbage leaves with boiling water. Let stand until leaves are limp, about 4 minutes. Drain. When cool, trim away excess ridge on leaf for easier rolling.
3. Mix beef, rice, 1/2 cup tomato sauce, garlic salt, pepper, basil, oregano, onions, and green pepper. Put 1/3 cup in each leaf, starting at leaf end, roll, tucking in the sides.
4. Place seam side down in a 9-by-11-inch baking dish.
5. Mix remaining tomato sauce with the sugar, pour over rolls.
6. Cover and bake at 350 degrees F for 1 hour.
7. Remove cabbage rolls from baking dish, pour juice in a saucepan.
8. Mix cornstarch and water; stir into saucepan. Heat and stir until mixture boils, cook 1 minute.
9. Serve sauce with cabbage rolls.
10. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings  
Serving size: 2 rolls

Nutrition facts per serving: 220 calories; 6 g total fat; 2.5 g saturated fat; 0 g trans fat; 50 mg cholesterol; 560 mg sodium; 24 g total carbohydrate; 6 g fiber; 9 g total sugars; 1 g added sugar; 20g protein; 0% Daily Value vitamin D; 6% Daily Value calcium; 15% Daily Value iron; 15% Daily Value potassium

Source: Plate it Up! Kentucky Proud Project <https://www.planeatmove.com/recipes/recipe/cabbage-rolls>

**COOKING WITH KIDS**

# Build Your Own Ramen

- 1 package ramen noodles (any flavor)
  - 2 cups water
  - 1 can (5 ounces) chicken or tuna
  - 1 cup mixed vegetables or a vegetable of your choice
  - Seasoning of your choice (garlic powder, onion powder, Italian seasoning, lemon pepper, or all-purpose seasoning.)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Prepare ramen in a microwave (or stovetop) according to package instructions.
  3. Add chicken or tuna and vegetables and heat for 30 seconds to 1 minute in the microwave until heated through.
  4. Note: If using the seasoning packet included in the

package, try using only half of the flavor packet and adding your own spices.

5. Store leftovers in the refrigerator within 2 hours.

*Tips: Avoid food waste by using leftover rotisserie or baked chicken. Make it a family fun night by being in the kitchen together and letting everyone choose what veggies and protein to include.*

Makes 1 serving  
Serving size: 1 ramen bowl

Nutrition facts per serving: 240 calories; 4 g total fat; 1 g saturated fat; 0 g trans fat; 45 mg cholesterol; 710 mg sodium; 31 g total carbohydrate; 3 g fiber; 3 g total sugars; 0 g added sugar; 21 g protein; 0% Daily Value vitamin D; 4% Daily Value calcium; 10% Daily Value iron; 6% Daily Value potassium

Source: <https://www.planeatmove.com/recipes/recipe/build-your-own-ramen>

**PARENT CORNER**

# Fun and engaging conversation starters

**W**e all know that talks around the dinner table are of great value. Here are a few ideas for starters:

- What is your favorite fruit or vegetable? How do you like to eat it?
- What are good qualities of a friend?
- What is your favorite thing about our family?

- Would you rather live in the mountains or at the beach? Why?
- If you were a season, which season would you be and why?
- What was your pit (low point) and peach (high point) today?
- Did you see or do a random act of kindness today? What was it?

Adapted from NDSU Extension





## FOOD FACTS

# Oats and Quinoa

### Oats

Oats have fiber which can lower cholesterol and help support the immune system. Oats boast antioxidant claims. Oatmeal is the age-old favorite for breakfast. You can add oats as a binder to meatloaf and burgers. Oats also work well in baked goods such as oatmeal cookies, as a crunchy topping to crisps and crumbles, and even in casserole dishes.

### Quinoa

Quinoa has all nine essential amino acids, making it a good protein source. Quinoa is a great source of magnesium and a good source of iron and folate. Making quinoa is similar to cooking rice. Simply follow the package instructions. Toasting quinoa before boiling it in liquid adds flavor, as does cooking it in vegetable broth. You can make quinoa in a rice cooker. Before cooking, use a fine mesh strainer to rinse the quinoa to remove compounds called saponins that can give the quinoa a bitter taste. Quinoa is fun for kids because it pops in your mouth when you chew it and it comes in many colors: beige, red, black, and even purple. Mix quinoa with beans or nuts for a tasty side dish or add to salads and stir-fries.

Source: eatright.org

## LOCAL EVENTS

# JOHNSON County

Local events

**If you are interested in nutrition classes, contact your Extension office.**

**Johnson County Cooperative Extension Office**  
 826 F.M. Stafford Avenue Paintsville, KY 41240  
 (606) 789-8108  
 Macey Stewart  
 Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT  
**EXTENSION.CA.UKY.EDU/COUNTY**



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

### EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

### SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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## STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



### GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

### WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

### RESOURCE:

<https://www.ready.gov/low-and-no-cost>

Written by: Annhall Norris | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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# ADULT

# HEALTH BULLETIN



**SEPTEMBER 2024**

Johnson County Extension Office  
826 FM Stafford Ave.  
Paintsville, KY  
41240  
(606) 789-8108

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

## THIS MONTH'S TOPIC

# STEP INTO NATURE: GROUNDING



**W**hen you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

**Continued on the next page** ➔



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# Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



## → Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

#### REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

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**ADULT**  
**HEALTH BULLETIN**

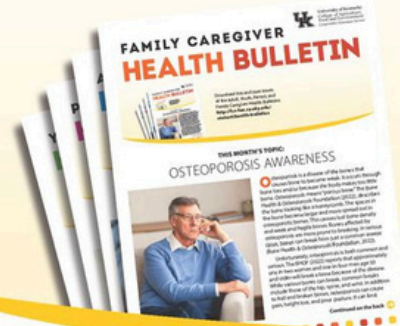
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**Stock images:**  
Adobe Stock





# FAMILY CAREGIVER

# HEALTH BULLETIN



SEPTEMBER 2024

Johnson County Extension Office  
826 FM Stafford Ave.

Paintsville, KY  
41240

(606) 789-8108

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

## THIS MONTH'S TOPIC

# STEP INTO NATURE: THE BENEFITS OF AUTUMN ON THE MIND AND BODY



**W**hile you may find autumn colors to be beautiful and crisp fall temperatures to be invigorating, did you know that fall can also positively affect mental and physical well-being? Here are a some ways that autumn keeps us healthy:

- **Sensory stimulation.** Neurons in the brain are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. The fall offers bright colors, visual contrasts, leaves to touch, wind to feel, and fresh air and falling leaves to smell. The fall harvest in Kentucky stimulates taste buds with a variety of produce including apples, pumpkins, and squash.

Continued on the next page 



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## After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity.

### → Continued from the previous page

- **Happiness.** Fresh air is a natural way to raise oxygen levels in the brain. As a result, serotonin is released. Serotonin is a neurotransmitter associated with mood regulation and happiness. According to the Cleveland Clinic, normal serotonin levels help you stay focused, emotionally stable, happy, and calm.
- **Stress relief.** Fall colors — reds, oranges, and yellows — can stimulate the brain and trigger positive emotions. When you feel positive emotions, you are more likely to use them to calm yourself. When you're calm and composed, problem-solving is more effective.
- **Enhanced memory.** Research from the Journal of Experimental Social Psychology reports that recall, memory, and clarity in thinking improve when temperatures drop.
- **Nostalgia.** For many, autumn triggers memories such as new academic years, fall festivals and dances, Halloween celebrations, Thanksgiving with family, jumping in piles of leaves, picking apples, harvesting crops, hayrides, and horseback rides. According to research in the Journal of Personality and Social Psychology, a stroll down memory lane improves mood, stimulates inspiration and motivation, puts you in touch with your authentic self, and contributes to meaning in life. People high in nostalgia are also more likely to deal with stressful situations in healthy ways, including connecting with others and asking for help. Nostalgia can also promote storytelling, which enhances social connections and meaningful relationships.
- **Awareness.** Witnessing the cycle of life and death with each falling leaf helps you become more attuned to nature and life around you. Becoming more aware of your surroundings can be grounding and helps reduce self-centered thoughts, which can boost confidence and self-esteem.
- **Physical activity.** After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity. Moving more outside and



sitting less inside is good for the respiratory system, muscles, and bones. Movement also supports the immune system, heart, and mental health.

- **Goal setting.** Associated with going back to school and new beginnings, some people view fall as a time for a fresh start. To start new, it is important to set goals and prioritize favorite activities, which are both important tasks that can benefit mental health. Fall helps keep the focus on moving forward with a fresh outlook.

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### FAMILY CAREGIVER HEALTH BULLETIN

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**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock

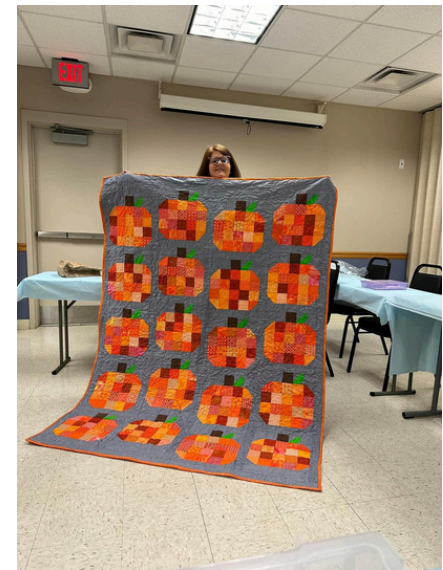






**DON'T FORGET:**

- Homemaker Leader Lessons will be conducted in Floyd County on September 25th. We will be taking a van to the lessons. Please call the extension office to reserve your spot on the van. Registration must be postmarked by September 18th.
- Homemaker Enrichment camp is September 17-19 at Camp Caleb.
- Holiday Happenings is quickly approaching, please check with your Club President to find out more information.




## Membership Meeting

Thursday, September 12th, at Noon  
 Location: 404 Pavilion at 404 Main Street; Paintsville



Cooperative Extension Service



*Lunch will be provided.*

Johnson County Quilt Guild meets every second Monday of the month at the Johnson County Extension Office beginning at 10 AM.



# FREE VENDOR MARKETING WORKSHOP

Please bring your own computer, tablet, or smartphone!

SEPTEMBER 13, 2024 | 5-7PM

**REGISTER NOW**



**Becky Grace**  
 Digital Marketing Educator & Influencer

**JOHNSON COUNTY EXTENSION OFFICE**

606-789-8108  
 826 F.M. Stafford Ave.  
 Paintsville, KY

Cooperative Extension Service

KEHA HomeMakers JOHNSON COUNTY

# 42ND HOLIDAY HAPPENINGS

## Indoor Craft Show

FRIDAY, NOVEMBER 1ST, 2024 | 10-7PM  
 SATURDAY, NOVEMBER 2ND, 2024 | 10-5PM

**WANTED VENDORS**

**REGISTER NOW**

SCAN 

- \$45/PER TABLE, MAXIMUM OF 2 TABLES PER VENDOR
- \$35/PER TABLE (JOHNSON COUNTY EXTENSION HOMEMAKER)

AT THE RAMADA INN OF PAINTSVILLE  
 624 JAMES S. TRIMBLE BLVD.

Cooperative Extension Service

Agriculture and Natural Resources  
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**DON'T FORGET:**

If you need a tent for the final Makers' Market event at The Historic Stafford House, please call the office to reserve one ASAP! Quantities are limited!



Johnson County  
EXTENSION HOMEMAKER'S  
**MAKER'S MARKET**

SENSORY ART | HANDMADE ITEMS | LOCAL FOOD TRUCKS

10:00 AM - 2:00 PM



THE MOUNTAIN HOMEPLACE SHELTER

JUNE 8, 2024  
JULY 13, 2024  
AUGUST 10, 2024  
SEPTEMBER 14, 2024  
OCTOBER 5TH, 2024 @ KY  
APPLE FESTIVAL

745 KY ROUTE 2275, STAFFORDSVILLE KY 41256

**JAMS & JELLIES COMPETITION**



Do you have a home canned Jam, Jelly, or Soft Spread you want to show off? Enter it into the Jams and Jellies Competition during Makers' Market at The Kentucky Apple Festival 2024.

- When:** Saturday, October 5th, 2024
- Judging will begin at 1 PM.
  - All entries must be on location and entered by Noon.

**Where:** The Historic Stafford House  
102 Broadway Street Paintsville, KY 41240

Pre-Registration forms can be picked up at the Johnson County Extension Office M-F, 8 AM - 4:30 PM beginning August 28th!

**MAKERS' MARKET**

APPLE FESTIVAL

Come and join us in celebrating abundant harvests and the delights of the season at the Kentucky Apple Festival. Immerse yourself in the vibrant autumn colors, savor tasty local baked goods, and explore handmade items at the Makers Market. Dive into the local history and partake in a range of engaging activities for the entire family, including a Jams & Jellies Competition hosted by FCS!



**5**  
10AM-2PM

**OCTOBER**  
THE HISTORIC STAFFORD HOUSE  
102 BROADWAY STREET,  
PAINTSVILLE, KY 41240



Disabilities accommodated with prior notification.



# SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <b>Labor Day Office Closed</b>	3 Oil Springs Club 1 PM @ Oil Spring Community Church  FCS Council Meeting 2:30 PM	4	5 <b>SNACK Club Begins!</b> Homemaker Council @ 10 AM Veggie Bucks @ Farmers Market 2- 4 PM	6 <b>Farm and Home Field Day @ Flat Gap Elementary</b>	7
8 	9 <b>Quilt Guild Club 10 AM - 4 PM</b>	10 Homemaker Volunteer Project: Sew for Paws 8 AM - 4:30 PM	11 <b>Embroidery Club 1 - 4 PM</b>	12 Homemaker Council @ Chamber of Commerce Noon 404 Pavilion	13 <b>Highrisers Club 1 - 3 PM @ High Rise</b>  <b>Marketing Workshop 5 - 7 PM</b>	14 Makers' Market 10 - 2 PM @ Mountain Home Place  Yoga 10 AM @ Mountain Home Place
15	16 Community Club 6 - 8 PM @ Extension Office	17 <b>ENRICHMENT CAMP @ CAMP CALEB</b>			19 Northeast Area Committee Meetings 10 AM - 1 PM Lawrence Co. Extension Office	21
22	23	24 Northeast Area Meeting	25 Leader Lesson Day 8:30 - 2:30 Floyd Co. Extension Office	26	27	28
29 Tips for Saving Money at the Grocery Store! 	30	1	2	3	4	5 

\*Requires Pre-Registration





# October

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <b>Oil Springs Homemaker Meeting 1 PM @ Oil Springs Community Church</b>	2	3	4 <b>60th Annual Kentucky Apple Festival</b> Ol' Fashion Contest 10:30 AM* 	5 Jams and Jellies Competition* Makers' Market 10 - 2 PM @ Historic Stafford House
6  QR Code	7	8	9 <b>Embroidery Club 1 - 4 PM</b>	10	11	12 <b>Northeast Area Meeting 11 AM - 2 PM Lawrence Co. Extension Office</b>
13	14 <b>Quilt Guild 10 AM - 4 PM @ Extension Office</b>	15	16 <b>Highrisers Homemaker Meeting 1 - 3 PM</b>	17	18	19
20	21 <b>Community Club 6 - 8 PM @ Extension Office</b>	22 <b>ARH Heart Healthy Cooking Class 5 - 7 PM @ Extension Office*</b>	23 <b>Highrisers Club 1 - 3 PM @ High Rise</b>	24	25	26
27 Berry Crunch Rollups QR Code	28	29	30	31 <b>HALLOWEEN</b> 	1 <b>42nd Annual JCEH Holiday Happenings</b>	2

\*Pre - Registration Required



Johnson County

826 F. M. Stafford Avenue

Paintsville, KY 41240

RETURN SERVICE REQUESTED



## Cheesy Broccoli Potatoes

<b>5 slices</b> turkey bacon	Salt and pepper to taste
<b>1 tablespoon</b> olive oil	<b>4 large</b> potatoes, cubed
<b>1 clove</b> garlic, minced	<b>2 cups</b> fresh broccoli florets
<b>2 tablespoons</b> chopped chives	<b>1 cup</b> fat-free, shredded cheese

**Preheat** oven to 425° F. **Cook** bacon until crispy, crumble and set aside. **Spray** 9x13-inch baking dish with non-stick cooking spray. In a small bowl, **combine** olive oil, garlic, chives, salt and pepper; **stir** to blend. In a large bowl, **toss** together potatoes and broccoli. **Pour** olive oil blend over potato mixture; **stir** to coat. **Pour** into baking dish and **cover** with foil. **Bake** for 35 minutes or until potatoes are tender; **remove** from oven. **Sprinkle** cheese and bacon on top and place back in oven until cheese melts.

**Yield:** 8, ½ cup servings.

**Nutritional Analysis:** 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.



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

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