

APRIL 2024 EDITION

Monthly Russell County FCS Newsletter

Do you have a plan? Estate

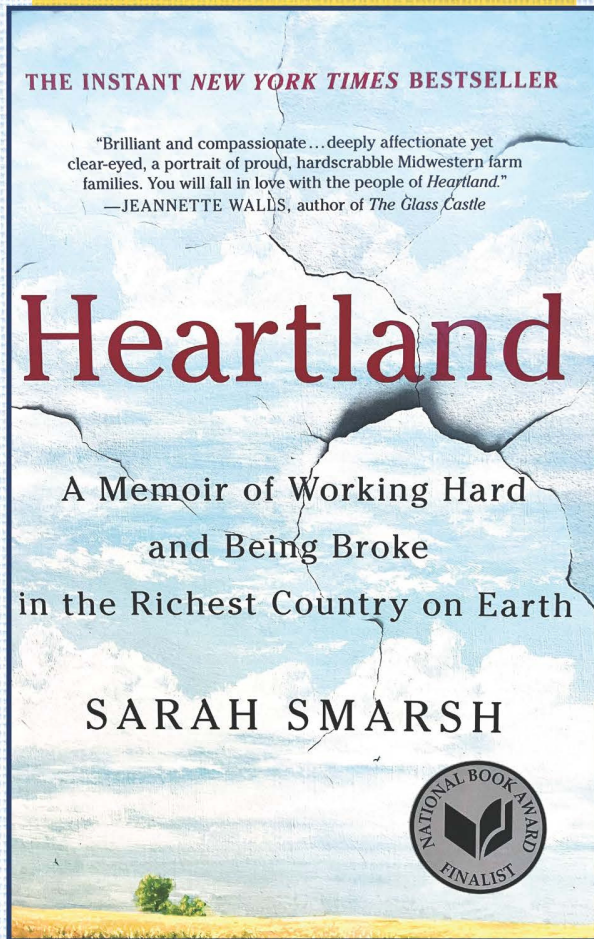
Planning Program Success

The Russell County Extension Office hosted a series of Estate Planning workshops. UK specialists, local attorneys and CPAs discussed transitioning assets, including farms and farmland, as well as general estate transitioning with almost 70 participants. UK publications on Estate Planning were provided. If you would like information on Estate Planning, please call or stop by the Russell County Extension Office. If you are interested in more programs like these, please call the Russell Co. Ext. Office.



Have you taken time for yourself lately?

The Russell County Extension Office will be offering a FREE self-care and pampering workshop on April 22nd. Self pampering is a valuable self-care practice for enhancing wellness. Come find out more about self-pampering and self-care on April 22nd at 4:00 PM. Call 270-866-4477 to RSVP.



WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with **Heartland: A Memoir of Working Hard and Being Broke in the Richest Country** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Upcoming Workshops

- April 15th: Cooking Through the Calendar @ 5 CST
- April 22nd: Self-Care & Pampering Workshop @ 4 CST
- May 13th: Floral Design Class @ 5 CST
- May 20th: Cooking Through the Calendar @ 5 CST
- May 21st, 23rd, & 24th: Hook & Cook @ 5:30 CST
- May 30th: Cooking with Cast Iron @ Wayne Co. Ext.

For all workshops, please call 270-866-4477 to RSVP

RSVPING ALLOWS THE AGENT TO BETTER PLAN
FOR YOUR ATTENDANCE

You can also find these events on our Facebook
Page.

[FACEBOOK](#)

Office: 270-866-4477 OR russell.ext@uky.edu

WEBSITE: RUSSELL.CA.UKY.EDU

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MARCH / APRIL 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.

Spring cleaning your kitchen

National Cleaning Week will be March 24-30 this year. The American Cleaning Institute says 95% of American households take part in some form of spring cleaning. What better way to kick off your spring cleaning than with the heart of your home, the kitchen? Here is a checklist of spring-cleaning tasks to get your kitchen clean and set up:

- **Pantry:** Remove all items and wipe down shelves with warm, soapy water. Toss or give away old items. Dried spices are often best used within two years. When placing items back into the pantry, place items that will expire soon closest to your reach. Place older items in the front so you will use them up first.
- **Refrigerator and freezer:** Remove items and wipe down shelves, compartments in the door, and bins



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PARENT CORNER

Why is bone health so important for kids?

Growing children need calcium and nutrients like vitamin D to build strong bones. In fact, for children ages 9 to 18, the body reaches its highest need for calcium. You have likely heard calcium builds strong bones. Yet most young people don't get enough. Children can store calcium in their bones. After reaching young adult age, the body can no longer store calcium, and bones reach peak bone density. When the body needs calcium and you don't get enough through food, the body takes what it needs from the bones. This can cause bones to be weak and easy to break. This is called osteoporosis. Milk with meals is a good rule of thumb to help your child get 3 to 4 servings of dairy daily. To learn more, keep reading about calcium in the Food Facts section of this newsletter.

Source: Adapted from American Academy of Pediatrics (www.healthychildren.org)

BASIC BUDGET BITES

Cut convenience, cut costs

Looking to spend less with rising prices at the grocery store? A way to do this without losing quality is to cut the convenience charge. Look at your most recent shopping trip. Did you buy pre-cut fruit, shredded cheese, premade packaged meals, or instant rice? While these items make meal prep faster, it comes at a cost. Making small changes to skip these charges can impact your monthly food cost. Use a grater to shred cheese, cut your produce, and skip prepackaged meals and snacks to start saving.

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with warm, soapy water. Throw away rotting produce and old, out of date items. Don't forget the saying, "Four days throw away," to decide on any leftovers you have on hand. To keep fresh produce longer, move veggies to the high-humidity bins. Move fruits to the low-humidity bins if your fridge has those choices. Restock items in your freezer with the items that need to be eaten soon on top or in close reach.

For a list of how to store fruits and veggies, scan the QR code or visit <http://tinyurl.com/nzx53kht>



- **Appliances:** After you have cleaned and set up all the drawers and cabinets, don't forget to wipe down your appliances. Unplug appliances before cleaning. Use warm, soapy water to wipe your toaster (and shake out those crumbs), coffee maker, and all those microwave splatters. Use a paste of baking soda and water to scrub buildup from your oven.

These tasks don't need to all happen on the same day. Spread out deep cleaning tasks as needed and when you have the time. Clean countertops and cooking equipment daily. This will help keep your kitchen sparkling year-round.

Source: Amy Singleton, RDN, University of Kentucky Area Extension Agent for KY Nutrition Education Program



FOOD FACTS

Calcium

Calcium is vital across the lifespan for a healthy body. It is a mineral your body needs to build and keep strong bones. It keeps the heart pumping. It moves muscles. Nerves need it to carry messages between your brain and every part of your body. The Dietary Guidelines for Americans state that 30% of men and 60% of women older than 19 do not get enough calcium. The recommended dietary allowance (RDA) for calcium is 1,000 mg for men 19 to 70 years old and for women ages 19 to 50. The RDA increases to 1,200 mg for women ages 51 to 70. The RDA for calcium is even higher during pregnancy and lactation. To meet this goal, eat more dairy products such as low-fat milk, low-fat cheeses like cottage cheese, and plain, low-fat yogurt. Even people with lactose intolerance can eat small amounts of dairy foods like cheese, yogurt, and lactose-free milk. People who need to skip dairy because of allergies can eat non-dairy foods high in calcium. This can include sardines, salmon, and kale. You can also eat calcium-fortified foods like unsweetened, fortified cereals and fortified orange juice.

Source: Adapted from National Institutes of Health

COOKING WITH KIDS

Quick Berry Cooler

- 1 package (12 ounces) frozen mixed berries
- 3 cups skim milk

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place frozen berries and milk in blender with lid. Blend for 3 to 4 minutes or until very smooth.
3. Serve right away.
4. Refrigerate leftovers within 2 hours.

Makes 5 servings
Serving size: 1 cup

Nutrition facts per serving:
70 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 60 mg sodium; 13 g total carbohydrate; 2 g dietary fiber; 11 g total sugars; 0 g added sugars; 5 g protein; 10% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Source: Eat Smart to Play Hard: Martha Yount, former Regional Extension Specialist, University of Kentucky Cooperative Extension Service



RECIPE

Salmon Patties

- 1 can (15 1/2 ounces) salmon, drained
- 1 cup whole-grain cereal or crackers, crushed
- 2 eggs, lightly beaten
- 1/2 cup skim milk
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place salmon in a medium mixing bowl. Use a fork or clean fingers to flake salmon until very fine. Remove skin and large bones.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix well.
4. Shape into 8 patties.

5. Heat oil in a skillet on medium. Carefully brown both sides until the patty is fully cooked. Serve with vegetables and rice for a filling MyPlate meal.
6. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving Size: 1 patty

Nutrition facts per serving: 120 calories; 6 g total fat; 1 g saturated fat; 0 g trans fat; 75 mg cholesterol; 260 mg sodium; 5 g total carbohydrate; 0 g fiber; 2 g sugar; 0 g added sugar; 13 g protein; 40% Daily Value vitamin D; 10% Daily Value calcium; 10% Daily Value iron; 6% Daily Value potassium.

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



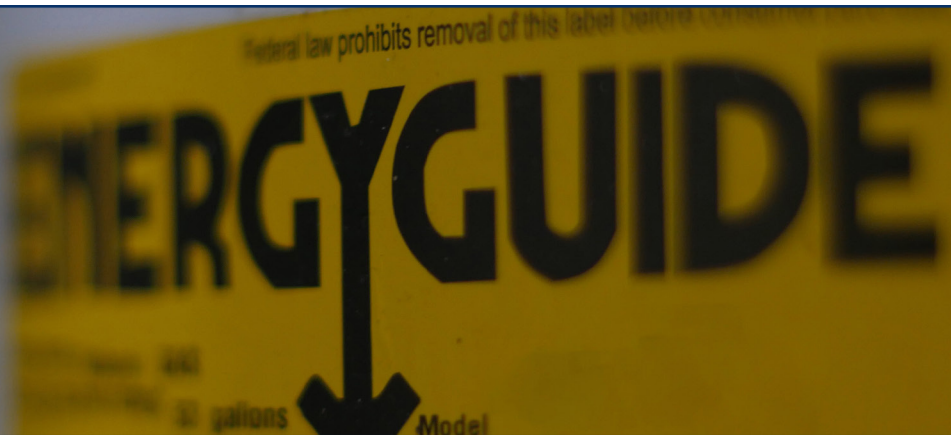
interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's



DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" *model* may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

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ADULT

HEALTH BULLETIN



APRIL 2024

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

WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page ➔



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Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

➔ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

ADULT
HEALTH BULLETIN

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