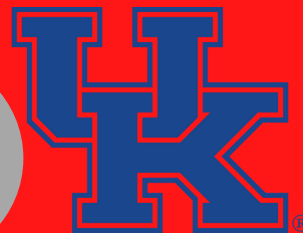




# BUILDING STRONG FAMILIES FOR KENTUCKY

February 2023



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

## Bingocize

**Bingocize- A way to have fun playing bingo and light exercises!**  
**Will take place on Mondays -February 6, 13, 20, 27 and March 6th at 11:00 a.m.**  
**The program will be at the Henderson County Library.**  
**Just show up class is free!**

HAPPY VALENTINE'S DAY

3341 Zion Road  
Henderson, KY 42420  
(270) 826-8387

Check out our new and improved website

<https://henderson.ca.uky.edu/fcs>

## 2022 Cooking Thru the Calendar

*We will continue our virtual Cooking Classes on 3rd Thursday of every month at 11 a.m. via Facebook Live.*

*Cooking classes can be found on the Henderson County Extension Family and Consumer Sciences Facebook Page.*

## Craft & APP

*Come join us on February 13th for a Craft & App.*

*This will be a Plate It Up Recipe & activity at 5:00 p.m. in the Extension Expo Project Room.*  
**FREE Class - Call office to sign up or register online at <https://henderson.ca.uky.edu/fcs>**

## Monthly Cooking Class

We will be having our next in-person FREE cooking class on February 15th at 11:00 a.m. and 5:00 p.m. in the Expo Kitchen.

Please call the office to reserve your spot or register online at <https://henderson.ca.uky.edu/fcs>

*Amanda L. Hardy*

Amanda L. Hardy  
County Extension Agent  
for Family and Consumer Sciences



# FEBRUARY

## Homemakers

### Club Meetings

Roll Call:  
February is National bird feeding month.  
What is your favorite bird?

Thought for the month:  
"No bird soars too high if he soars with his  
own wings." -William Blake



2023 KEHA State Meeting – May 9-11, 2023

Crowne Plaza  
Louisville, KY

for more Information check our website:

<https://keha.ca.uky.edu/content/state-meeting-information>

Town and Country- 3rd Monday of each month  
at 6 p.m. in Expo Building. This month the club  
will be going out to eat.

Happy Knitters- every Tuesday at 10 a.m. in  
Expo Conference Room.

Niagara- Wednesday, February 15th 11 a.m. at  
The Feed Mill Resturant in Morganfield in the  
back room.

Central-Thursday, February 9th at 11:00 a.m. in  
Expo Building Project Room. Bring your own  
lunch

### Homemaker Leader Lessons

February Lesson- Transferring Cherished  
Possession: Estate Planning for Non-Titled  
Property- Management and Safety Lesson

### *Lesson Leader Training*

*\*Please note the date  
change\**

*Due to conflicts in scheduling, the trainings  
in April and May lessons have been moved  
to Tuesday, March 14 In Daviess Co. and  
March 15 In Henderson Co. Times are the  
same: The April Lesson, Savoring the Eating  
Experience: The Art of Eating Mindfully will  
begin at 10:00 a.m., followed by the May  
Lesson, Entertaining Little Ones at 11:00 a.m.*

*In February, we will be  
collecting items for the  
Central Academy Backpack  
program. Please bring  
items during the month  
before February 20th.*

*The Green River Area  
Homemaker Council will meet  
Monday, February 6th at 4:00  
p.m. at the Daviess County  
Extension Office.*

*If you would be interested in joining a club  
or starting a new club, please give our office  
a call at 270-826-8387.*

**Online Auction**  
*Henderson County Homemakers will be hosting  
an online auction to raise money for Ovarian  
Cancer. The bidding will take place starting  
February 6th-10th. You can access this through  
the Henderson County Ky Extension  
Homemakers Facebook Page and Henderson  
County Extension-Family and Consumer  
Sciences Facebook Page!*



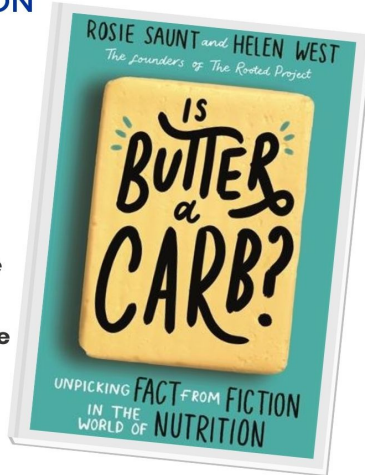
# BIG BLUE BOOK CLUB

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

## IS BUTTER A CARB?

UNPICKING FACT FROM FICTION  
IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD  
ON THURSDAYS

**MARCH 2, 9, 16, 23 AT 10AM (ET)**

**REGISTER BY JANUARY 27, 2023**

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



*Reminder:  
If schools are closed or  
dismissed early due to  
weather we will cancel our  
programs that day.*

Watch, Listen and Follow

Tune into Lifestyles on News 25 the 2nd Tuesday of each month at 11 a.m. Listen to WSON Thursday mornings at 6:45 a.m. Follow us on Facebook-Henderson County Extension-Family and Consumer Sciences.

## Cancer Support Group- Open to Everyone

*If you are a cancer survivor or have a family member or friend with cancer then come out and support each other. The group meets on the 3rd Monday of each month at 3:00 p.m.*



### Charcuterie Class

*We will be having a Valentine's Charcuterie Class at Beachbum Farms on Saturday, February 11th at noon.*

*There is a fee for this class.*

*Call Beachbum Farms at*

*270-577-1996*

*to sign up and for more Information.*

## Feel the love - but be cautious online

According to a Pew Research Center report, at least 30% of U.S. adults have used a dating site or app. While some people end up finding the right person for a committed relationship, others see the need for caution. One thing to be aware of when using these sites is romance scams.

In romance scams, a con artist may use social media, dating platforms, or messaging apps to build trust with someone in hopes of taking their money. A scammer may seek you out on social media sites and build a profile you find attractive, pretending to have common interests. A close match isn't always a red flag, but it may be a sign to proceed with caution.

A big red flag would be if your new love interest does not want to meet in person. Sometimes the scammer will move quickly, but other times they are patient while building your trust. Eventually though, the romance scammer will say they need money. Maybe they need extra cash to visit, or they can't afford to move closer without your help. Other requests for money come in the disguise of the person being in trouble, such as needing money to settle accounts.

The Federal Trade Commission compiles scam reports and notes victims lost a record \$457 million in romance scams in 2021. People in those reports paid the scammer with gift cards and cryptocurrency payments more than other payment methods. That is another red flag - when your new love asks for money in a form that cannot be tracked or reversed, such as gift cards, cryptocurrency, wire transfers, or money transfer apps.

If you suspect a romance scam, talk to someone you know and trust and do some online research. Report scams to the FTC at <https://reportfraud.ftc.gov/#/> or 877-FTC-HELP and notify the site of where you met the scammer as well.

### Reference:

Federal Trade Commission. (August 2022). What to Know About Romance Scams. Retrieved Dec. 12, 2022, from <https://consumer.ftc.gov/articles/what-know-about-romance-scams>.

Pew Research Center. (Feb. 6, 2020). The Virtues and Downsides of Online Dating. Retrieved Dec. 12, 2022, from <https://www.pewresearch.org/internet/2020/02/06/the-virtues-and-downsides-of-online-dating/>.

Source: Kelly May, senior Extension associate for family finance and resource management





## Honor a Caregiver: February 17 is National Caregivers Day

It is likely that you know someone who is a caregiver. A caregiver is someone who provides help with someone's daily living and/or medical needs because of temporary or long-term limitations caused by injury, illness, disability, aging, etc.

RespectCaregivers.org (2022) reports that 1 in 5 Americans (21.3% of the population) serves as a caregiver. Caregivers include formal caregivers like paid health-care providers (doctors, nurses, therapists, social workers, aides, etc.) and informal caregivers that can include family members, neighbors, clergy, and others who are most often unpaid for their time or care. AARP reported that approximately 53 million people across the United States provide care for partners, children with disabilities, friends, and other loved ones (2022).

Informal caregivers will provide a range of care including medical and personal care, meal preparation and feeding, running errands, cooking, transportation, financial help, cleaning, communicating with health-care professionals, serving as a patient advocate, and monitoring medication. According to RespectCaregivers.Org (2022) caregivers are "unsung heroes." They call them the "backbone of our country."

To celebrate the tireless work of caregivers, the Providers Association for Home Health & Hospice Agencies created National Caregivers Day to remind people that caregivers are important and should be honored. Let Feb. 17, be a reminder to support caregivers just as they support the people we care about. Honor a family member, friend, or neighbor who provides selfless personal, physical, and/or emotional care and support to someone who needs it. You can write them a note, send them a picture, or give them a gift. There are endless ways to thank a caregiver.

### References:

AARP. (2020). Caregiving in the United States 2020. Retrieved <https://www.aarp.org/ppi/info-2020/caregiving-in-the-united-states.html>

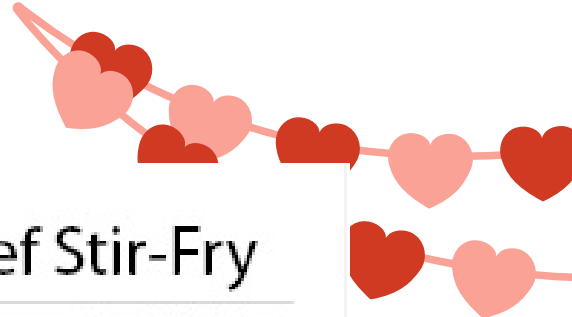
RespectCareGivers.org. (2022). Caregiver statistics: 1 in 5 Americans is a Caregiver! Retrieved <https://respectcaregivers.org/caregiver-statistics/>

NationalToday.com. (2022). National Caregivers Day–February 17, 2023. Retrieved <https://nationaltoday.com/national-caregivers-day/#history>

Source: Amy F. Kostelic, Associate Extension Professor for Adult Development and Aging

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# Broccoli and Beef Stir-Fry

- |  |  |  |
|--|--|--|
| 1 pound lean beef steak, sliced diagonally across the grain into thin strips | 4 tablespoons canola oil, divided          | squash, cut into 1/4 inch slices       |
| 1 tablespoon plus 1/2 cup stir-fry sauce                                     | 1 medium red onion, cut into 1/2 inch dice | 2 cups fresh broccoli florets          |
| 1 clove minced garlic  | 1 sweet red pepper, cut into 1/2 inch dice | 1 cup cauliflower florets              |
|  | 1 medium yellow                            | 1/2 teaspoon crushed red pepper flakes |

- Combine 1 tablespoon stir-fry sauce and minced garlic in a bowl. Add the beef strips. Let stand 15 minutes.
- Heat 1 tablespoon canola oil in a large skillet or wok.
- Add beef and stir fry for one minute. Remove beef from skillet.
- Heat the remaining 3 tablespoons canola oil in the skillet or wok. Add vegetables. Stir-fry for four minutes or until vegetables are crisp-tender.
- Return beef to skillet.
- Add the remaining 1/2 cup stir-fry sauce and red pepper flakes. Cook and stir 1 to 2 minutes longer, until heated through.

**Yield:** 8, 1 cup servings  
**Nutrition Analysis:** 180 calories; 10 g fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 630 mg sodium; 9 g carbohydrate; 2 g fiber; 3 g sugar; 15 g protein.  
 90% recommended allowance for vitamin C.

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



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