

HENDERSON COUNTY EXTENSION FCS NEWSLETTER



APRIL

IN THIS EDITION:

- Homemaker Happenings
- Upcoming Extension Classes and Groups
- Managing Seasonal Allergies
- Spring Cleaning For Your Mental Health
- Get Your Home Garden Off To A Good Start
- Healthy Living with Diabetes
- AARP Refreshing Your Driving Skills
- Quilt Show Information

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HOMEMAKER HAPPENINGS

Club Meetings

Town and Country - 3rd Monday of each month at 6:00 p.m. in the Expo Kitchen

Happy Knitters - every Tuesday at 10:00 a.m. in the Expo Conference Room

Niagara - 3rd Wednesday of each month at 10:00 a.m. at Cash Creek Baptist Church

Central - 2nd Thursday of each month at 11:00 a.m. at St. Paul's Episcopal Church

Crafty Cats - 4th Thursday of each month at 4:00 p.m. at Redbanks Pleasant Pointe

Lesson for the Month:

Communication
Essentials for Good
Impressions

Roll Call:

April is National
Volunteer Month. What
is your favorite way to
volunteer?

Thought for the Day:

"A-we gonna do what they say
can't be done
We've got a long way to go, and
a short time to get there"
East Bound and Down (From
Smokie and the Bandit)
Jerry Reed and Deena Kaye Rose
1977

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Cancer Support Group

Open to Everyone

The group meets on the
3rd Monday of each
month at 3:00 p.m.

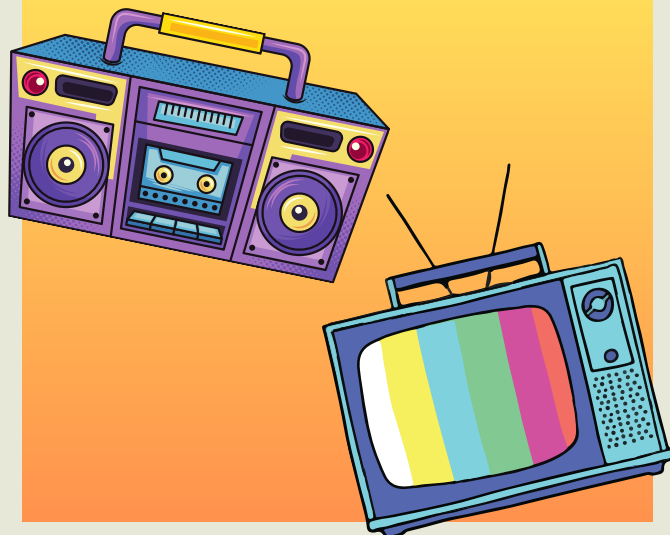
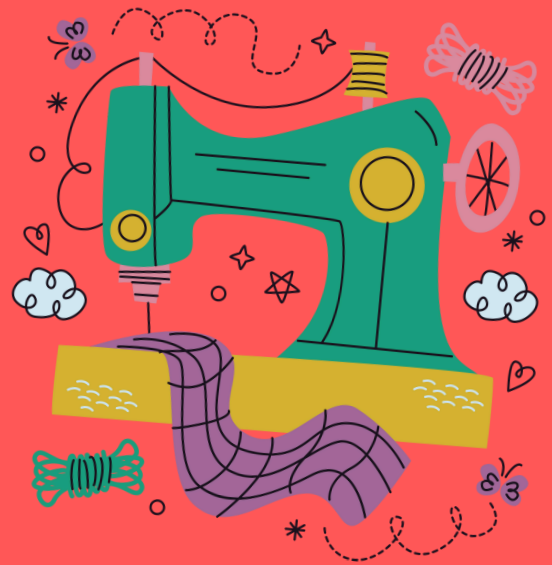
Sewing Class

We will meet every Thursday
at 10:00 a.m.

This group is for:

- Those who want to learn to sew
- Those interested in tackling a new project

Feel free to bring your own projects to work on, or we will provide a supply list for new projects based on the patterns available at each class.



Continue to Watch and Listen:

TV - Lifestyles on News25 on
the 2nd Tuesday of each month

Radio - every Thursday morning
on WSON at 6:50 a.m.

Craft Class

When: April 9, 2025

Where: Henderson County
Extension Expo Building

Time: 5:00 p.m.

Call the office to reserve a seat
at
270-826-8387



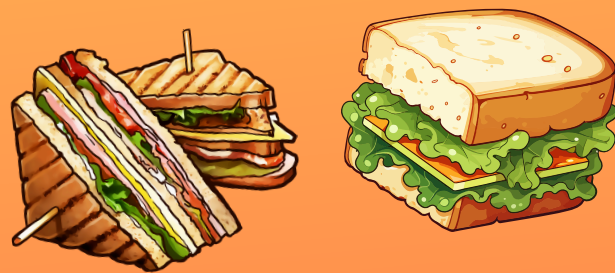
Cooking Class

When: April 22, 2025

Where: Henderson County
Extension Expo Building in the
Kitchen

Time: 11:00 a.m.

Call the office to reserve a seat
at
270-826-8387



Reminders

Remember to bring items for the birthday box for Christian Community Outreach.

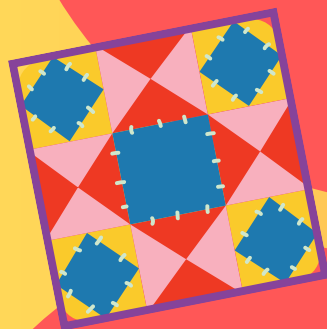
Boxes should include:

- Recipe
- Regular size can of soda (12 oz)
- Box of cake mix
- Cake icing
- 9 x 13 cake pan
- Sprinkles (optional)
- Candles



Beginners Quilt Piecing Class

- Basic sewing skills and machine knowledge are required.
- You may choose to follow along with the group project or work independently.
- String quilting is one of the projects we will complete.



When: 2nd Thursday of every month

Where: Henderson County Extension Expo Building in the project room

Time: 5:30-8:00 p.m.

Check out our new and improved website
<https://henderson.ca.uky.edu/fcs>

Call the office to reserve a seat at
270-826-8387

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Lexington, KY 40506



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Managing Seasonal Allergies

Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Safety



The onset of seasonal allergies and asthma cause a host of problems for the person suffering from them. It also places a substantial burden on the healthcare system. A variety of environmental exposures can cause seasonal allergies, but most come from the high amount of pollen during the spring. These allergens can cause a variety of symptoms including congestion, cough, ear pressure, sinus pressure, and itchy, watery eyes. To help manage your seasonal allergies, consider the following suggestions.

- Avoid outdoor activities during high pollen levels.
- Change your clothes after working outside during the spring months.

- If possible, avoid mowing or working outdoors. If you must work outdoors, wear a mask and goggles.
- Keep your windows and doors closed.
- If your symptoms persist and become unmanageable, ask your health-care provider for help.

References:

Schmidt, C. W. (2016). Pollen overload: seasonal allergies in a changing climate. In: National Institute of Environmental Health Sciences.

Staff, M. C. (2022). Seasonal allergies: Nip them in the bud. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/hayfever/in-depth/seasonal-allergies/art-20048343>

Spring Cleaning For Your Mental Health!

Beyond the physical benefits of a clean and organized home, spring cleaning can offer mental health rewards. Clutter can lead to feelings of anxiety, being overwhelmed, and even depression, while a tidy space can help mental clarity and provide a sense of calm. To boost the benefits of spring cleaning, try these strategies:



- **Plan your tasks:** Start with smaller, easy tasks to avoid feeling overwhelmed. This could involve decluttering a drawer, organizing a bookshelf, or washing windows.
- **Focus on one room at a time:** Instead of getting bogged down, clean one area at a time. This can help prevent burnout and give you a sense of success as you finish each space.
- **Use a timer:** Set time limits to keep your focus and stop procrastination. This can also help you break down larger tasks into, more workable chunks.
- **Spread out the cleaning:** Don't try to do everything at once. Spread out the cleaning process over days or weeks to avoid

feeling overwhelmed and to allow for rest and recovery.

- **Ask for help:** Reach out to friends or family for help, especially with heavy or time-consuming tasks. This can make cleaning more fun and efficient.
- **Mindful cleaning:** Practice mindfulness while cleaning by focusing on the present moment and the sensations of your body. This can help lower stress and aid relaxation.
- **Celebrate your progress:** Thank and reward yourself for your accomplishments along the way.

This can help boost your drive and keep a positive outlook.

By adding these tips, spring cleaning can become a refreshing and calming experience. Remember, the goal is not just to clean your space but also to help your mental well-being.

References

- <https://newsroom.clevelandclinic.org/2024/03/18/spring-cleaning-for-your-mental-health>
- <https://acendahealth.org/4-ways-spring-cleaning-impacts-your-mental-health>
- Source: Dr. Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being

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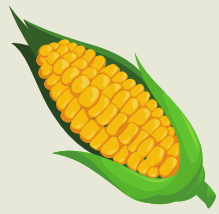
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GET YOUR HOME GARDEN OFF TO A GOOD START



Springtime in Kentucky is the perfect time to get outside and start your home garden. A few tasks will help you have a successful season.

Planning your garden on paper before you begin allows you to visualize the plants you want to grow and when they will be ready to harvest.

Next, select a good gardening site. Plan a site in full sun, relatively level, well-drained, close to a water source, and that dries quickly from morning dew. You may need to get a soil test to best prepare the soil. Add fertilizer according to soil test results.

Remember to only plan a garden as large as you can easily maintain. Beginning gardeners often overplant and fail because they can't keep up with the required tasks. You must manage weeds and pests and apply water so your plants will be ready to harvest on time.

A few other important tips:

- Grow vegetables that will produce the maximum amount of food in your available space.
- Plant during the correct season for the crop.
- Choose varieties recommended for Kentucky.
- Harvest vegetables at their proper stage of maturity. Consider how you will store them if you don't use them right away.

Consult the University of Kentucky College of Agriculture, Food and Environment's Home Vegetable Gardening publication ID-128, available online at <http://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>.

Source: Rachel Rudolph, UK horticulture extension specialist

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Healthy *living with* Diabetes

Kentucky Department for Public Health

Diabetes Education Sessions

April 10, 17, & 24, May 1, 2025

3:00 pm to 5:00 pm
at

UK Cooperative Extension Expo Center
Conference Room
3099 Zion Road (behind Farm Bureau)
Henderson, KY 42420

ADCES  **DEAP**
DIABETES EDUCATION
ACCREDITATION PROGRAM

Call [270-826-8387](tel:270-826-8387) to sign up!
Registration required.
Space is limited.



Kentucky Public Health
Prevent. Promote. Protect.

Green River District
HEALTH DEPARTMENT





REFRESH YOUR DRIVING SKILLS



Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!*

- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Understand how to reduce traffic violations, crashes and the risk of injury.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

Date & Time:

Friday, April 25, 2025
 Registration at 8:30 AM
 Course from 9:00 AM until 1:30 PM
 A box lunch will be served.

Location:

Henderson County Cooperative Extension
 Service (Back Expo Building)
 3099 Zion Rd
 Henderson KY 42420

Register Now:

270.827.3505
 or online at www.gov Vaughn.com/driversafety

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

FOR MORE INFORMATION

Call: 1-888-773-7160
 Visit: www.aarp.org/driving36

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

◆ ◆ ◆ QUILT SHOW ◆ ◆ ◆

Carryin' on the *tradition* XIII



Opening Reception
Sunday,
April 13, 2025
2:00 - 3:30pm

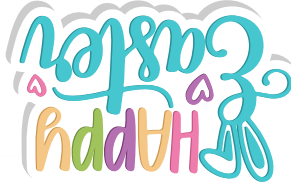
Traditional Quilts by the
Piecemakers Quilt Club of Hopkins County
April 14 – July 11, 2025



The Anne P. Baker Gallery
Madisonville Community College Campus
2000 College Drive • Madisonville, Kentucky
270-821-2787 • Gallery Hours: M-F 9:00am-4:00pm

Henderson County
 3341 Zion Road
 Henderson KY 42420

RETURN SERVICE REQUESTED



in salted water about 7 minutes, until al dente. **Drain.** Toss pasta with vegetable mixture until incorporated. **Sprinkle** with Parmesan cheese. **Serve** warm.
Yield: 4, 2-cup servings
Nutritional Analysis: 390 calories, 16 g fat, 3.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 52 g carbohydrate, 1 g fiber, 6 sugars, 0 g added sugars, 10 g protein

In large skillet, **heat** 1 tablespoon olive oil over medium heat. **Add** minced garlic and **cook** one minute, until fragrant. **Add** chopped zucchini, squash, tomatoes, and green onions, pepper to taste. In a large bowl, **whisk together** 3 tablespoons olive oil, balsamic vinegar, and dried basil. **Stir in** zucchini, squash, tomatoes, and green onions. Let **sit** for 5 to 10 minutes. In a large pot, **cook** pasta

| | | | | |
|---------------|------------------------|----------------------------|-------------------|------------------------|
| 1 teaspoon | dried basil | 8 ounces whole wheat pasta | 1 tablespoon | Parmesan, grated |
| 1/2 cup | green onions, chopped | Salt and pepper to taste | 2 tablespoons | balsamic vinegar |
| 4 tablespoons | olive oil, divided | 2 cloves garlic, minced | 1 small | yellow squash, chopped |
| 1 small | zucchini, chopped | 1 small | zucchini, chopped | 1 small |
| 1 small | yellow squash, chopped | | | |

Balsamic Veggie Pasta

