

# HENDERSON COUNTY EXTENSION FCS NEWSLETTER

## February

### IN THIS EDITION

- Homemaker Happenings
- Upcoming Events
- How to Prevent Dry Skin
- Information on Dementia Caregiver Workshop
- Information about KY DaD Academy

*Tracie Ettensohn*

Tracie Ettensohn  
Family and Consumer Sciences  
Agent

*Rohdene Rollins*

Rohdene Rollins  
Family and Consumer Sciences  
Program Assistant

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



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.

# Homemaker Happenings

## Homemakers

### 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 - 1st Thursday of each month at 6:00 p.m. at Redbanks Pleasant Pointe

### Roll Call:

January rings in the new year.  
What adventure do you hope  
to find this year?

### Thought for the Day:

“Lookin’ for adventure  
and whatever comes our way”  
Born To Be Wild  
Steppenwolf  
1968

## Reminders

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

**Boxes should include:**

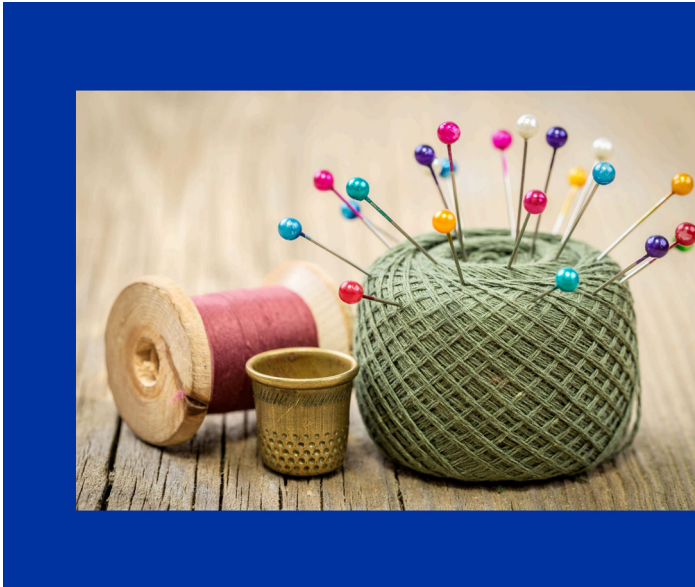
- Regular size can of soda
- Box of cake mix
- Cake icing
- 9 x 13 cake pan
- Sprinkles
- Candles



# 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:

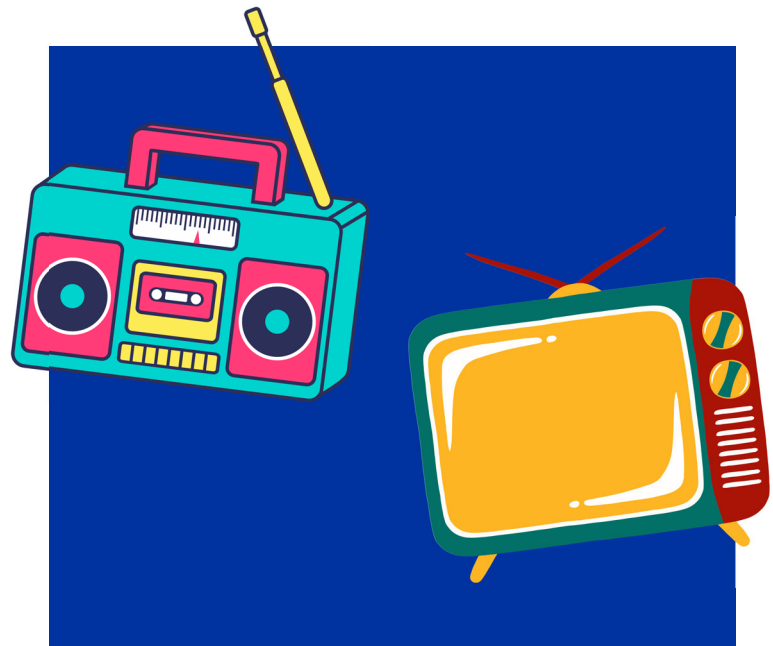
- Those who want to learn to sew
- Those interested in tackling a new project

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:

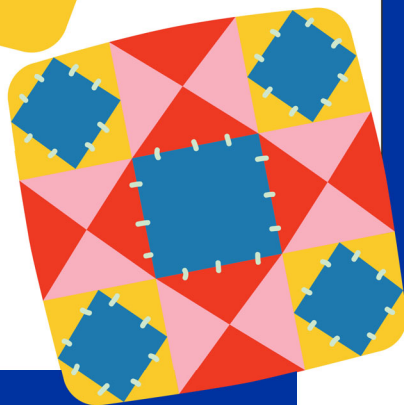
**TV - Lifestyles on News25 on the 2nd  
Tuesday of each month**

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



# 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.

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

Check out our new and improved  
website

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

**Come out and  
join the fun!**

## 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.

# Craft Class

**When:** February 11, 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:** February 24, 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



Henderson County FCS



Like  
and  
Follow



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

# Prevent Dry Skin in the Winter

Cold temperatures, gusting wind, and limited exposure to sunlight can be the perfect storm for producing dry skin and itching in the winter months. If you are prone to dry, itchy skin, there are some things you can do to prevent its onset.



Use creams instead of lotion, particularly on skin that is commonly exposed to the outdoor elements such your face or hands. Creams are thicker and provide a better barrier between skin and harsh weather conditions.

Avoid skin and hair products with fragrance. Many products that include synthetic fragrance can cause irritation and make itching worse when skin is already raw or inflamed.

Avoid long, hot showers. As tempting as a steamy shower can be to remedy cold weather blues, extreme heat can be additionally drying to your skin, compounding the problem.

Here are some products that can help your skin look and feel its best throughout the colder months.

## Facial cleanser

You want to make sure your cleanser puts moisture into the skin, rather than taking it out," says Joyce Davis, MD, a

board certified dermatologist practicing in New York City.

Look for: Products that specifically say "gentle" and "moisturizing" on the label. Avoid products that contain alcohol, as these can dry your skin.

## Body cleanser

Look for: Cleansers—liquid, gel, or mousse—the creamier the better. "Also look for products labeled

"fragrance-free," advises Benjamin Barankin, MD, FAAD, a board-certified dermatologist in Toronto.

## Facial moisturizer

Lighter lotions may not be enough to protect your skin from the elements in colder, drier climates.

Look for: Creams, oils, or balms.

## Body moisturizer

Moisturizing your body while your skin is still damp after a shower or bath is an effective way to keep skin hydrated. This is because moisturizer traps existing moisture in skin.

Look for: Ointments and creams that you squeeze from a tube or scoop from a tub, as opposed to ones you pump from a bottle, as thicker formulations typically pack more moisture.

## Rejuvenating products

Many dermatologists recommend minimizing the use of products containing antiaging ingredients in winter.

Look for: Products or brands you like with a lower concentration of harsh ingredients.

## Sunscreen

Yes, you should be wearing sunscreen year-round on areas not covered by clothing, like the face, neck, ears, and hands.

Look for: More moisturizing sunscreen products, such as creams instead of lotions or sprays.

# ADULT HEALTH BULLETIN



FEBRUARY 2023

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

Henderson County Extension Office  
3341 Zion Road  
Henderson, KY 42420  
270-826-8387

## THIS MONTH'S TOPIC: HEART-HEALTHY CHOICES EVERY DAY



Every February, the American Heart Association sponsors American Heart Month to increase awareness about heart disease. During February, and throughout the year, the AHA encourages all Americans to consider ways they can increase their heart health and decrease their risk of cardiovascular disease.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. By taking action, you can lower your risk of heart disease and improve your overall health and well-being.

Continued on the next page



## Small changes in dietary habits are often more sustainable than making a drastic change to eating patterns all at once.

### ➔ Continued from the previous page

Preventing heart disease starts with knowing what your risk factors are and what you can do to lower them. Some risk factors you cannot change. These include your age, sex, and a family history of early heart disease. Many others you can modify. For example, being more physically active, not smoking, and eating healthy are important steps for your heart health.

Risk factors such as high blood pressure or cholesterol do not have obvious signs or symptoms. A crucial step in determining your risk is to see your health-care provider for a thorough checkup and risk assessment. Your provider can be an important partner in helping you set and reach goals for heart health. Ask about your risk for heart disease at your annual checkup. Since your risk can change over time, keep asking each year.

Healthy choices that everyone should take also decrease a person's chances of developing heart disease. These include eating a healthy diet and being physically active. A heart-healthy eating plan includes fruits, vegetables, whole grains, lean protein, and low-fat dairy. It also limits sodium (salt), saturated fat, added sugars, and alcohol. Small changes in dietary habits can add up over time. They are often more sustainable than making a drastic change to eating patterns all at once.

Regular physical activity can help you lose excess weight, improve physical fitness, lower many heart disease risk factors such as "bad" LDL cholesterol levels, increase "good" HDL cholesterol levels, and manage high blood pressure, lower stress, and improve your mental health. Talk with your health-care provider before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

To encourage people to add heart-conscious practices into their daily routine, the AHA partnered with the National Institute of Health. They created a calendar for the month of February that includes one heart-healthy activity to complete each day.



These activities range from completing a specific physical activity, to adding heart-healthy foods, to health behaviors such as having your blood pressure checked. You can download *28 Days to a Healthy Heart* at <https://www.nhlbi.nih.gov/resources/28-days-towards-healthy-heart>.

#### REFERENCE:

<https://www.nhlbi.nih.gov/health/heart-healthy-living>

ADULT  
**HEALTH BULLETIN**

#### Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com







# KYDaD Academy

## SPRING 2025 COHORT

# EARN UP TO \$1500!

KYDaD Academy is a 5-week intensive program that seeks to promote responsible fatherhood and strengthen families across Kentucky. Fathers will deepen their understanding of their roles and responsibilities and gain tools to engage more effectively with their children, families, and communities.

**\$100 PER SESSION**



### Training Topics Include:

- ✓ Self-Reflection
- ✓ Parenting/Co-Parenting Roles and Skills
- ✓ Men's Physical & Mental Health
- ✓ Advocacy for Self and Others
- ✓ Financial Stability

### Academy Objectives

- ✓ Increase critical parenting skills for fathers to better engage with their children and families.
- ✓ Equip fathers with tools to civically engage and work closely with programs and services within their community, while enhancing their understanding of fathers' rights, roles and responsibilities.
- ✓ Empower fathers to go beyond individual growth and to emerge as fatherhood ambassadors/advocates for others

# ACCEPTING APPLICATIONS

## January 13th- March 1st

Sessions held virtually

**TUESDAYS & THURSDAYS 6:00pm-7:30pm EST** on zoom

Zoom Sessions **Start March 25th- April 17th**

**TO APPLY SCAN THE QR CODE OR VISIT [CCFFKY.ORG](http://CCFFKY.ORG)**



**SCAN ME**

**For More Information Contact Us Or Email: [tmoore@ccffky.org](mailto:tmoore@ccffky.org)**



**859-440-4001**



**[www.ccffky.org](http://www.ccffky.org)**



**436 Georgetown Street Lexington, KY**

Henderson County  
3341 Zion Road  
Henderson KY 42420

RETURN SERVICE REQUESTED

# Chicken and Brussels Sprouts One Pan Meal

|  |   |   |                         |
|--|---|---|-------------------------|
| 2 skinless, boneless chicken breasts (about 1 pound) | 12-14 Brussels sprouts, trimmed and quartered | 1 medium yellow onion, diced, about 1 cup | 2 cloves garlic, minced |
| 1 tablespoon olive oil                               | 1 cup sliced fresh mushrooms                  | 1/2 cup half-and-half                     | 1/4 teaspoon nutmeg     |
| Salt and pepper to taste                             | 1 red bell pepper, diced                      | 3/4 cup Parmesan cheese                   |                         |

pepper to taste. **Pour** mixture over chicken and vegetables. **Sprinkle** with Parmesan cheese. **Bake** 25-30 minutes until lightly golden on top. **Serve** hot.

**Yield:** 6, 1 cup servings

**Nutritional Analysis:**  
220 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 11 g carbohydrate, 3 g fiber, 4 g sugars, 23 g protein.

**Preheat** oven to 425 degrees F. **Cut** chicken into bite-sized pieces. **Heat** oil in a heavy, oven-safe skillet or pan over medium heat. **Add** chicken and saute 3-4 minutes. Lightly **season** with salt and pepper. **Add** vegetables and **stir** gently to combine. **Cook** 3-5 minutes until vegetables are tender. **Remove** from heat. If skillet or pan is not oven-safe, transfer mixture to a baking dish. In a small bowl, **combine** half-and-half, nutmeg and salt and



**HAPPY**  
*Valentine's Day*

