



Family & Consumer Sciences

# TAYLOR COUNTY FCS

## EXTENSION NEWSLETTER

May 2024



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*Patrick L. Hardesty*

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Taylor County Contact Agent  
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Science



**Cooperative Extension Service**  
Taylor County  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
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## Powered by Connection

Reports about the impact of loneliness and social isolation warn of the dangers to overall health and well-being. It is important to note that people can feel lonely, even when surrounded with people. Recognizing the power of meaningful social connection, the Administration for Community Living declared that the theme for the 2024 Older Americans Month, which takes place every May, is Powered by Connection. The ACL recognizes the research that supports the many ways meaningful connection and social relationships support overall health and well-being. These include reducing the risk of heart disease, stroke, dementia, anxiety, and depression. In addition, the Centers for Disease Control and Prevention reports that staying socially connected with others in meaningful ways can also improve recovery from stress, anxiety, and depression. It can also promote healthy lifestyle choices, improve sleep, reduce the risk of violent and suicidal behaviors, prevent death from chronic disease, and enhance overall well-being and quality of life. In addition to enhancing individual health, meaningful connection also powers a community's well-being, according to the CDC. Supportive and inclusive community connections can happen within neighborhoods, parks, work environments, recreations centers, schools, places of worship, and other community settings. These connections build overall community support, a sense of safety, and resilience. People living in supportive communities are more likely to give back, which further strengthens connection. To connect to an older adult in your life or to help your community engage older adults, the ACL, CDC, and the Virginia Senior Navigator suggest that you do the following:

- Promote a community event, club, or volunteer opportunity.
- Help older adults overcome barriers that prevent them from connecting, including transportation so they can get places where they can establish meaningful relationships.
- Create regular and meaningful social exchanges, like telephone calls, lunches, or outings.
- Tell an older adult in your life that you care for them, love them, value, and/or appreciate them.
- Select appropriate technology, including devices, apps, and websites, which are designed to help strengthen relationships and stay active and connected.
- Help someone step outside of their comfort zone and try something new like recreation, an education program, or craft.
- Provide a random act of kindness.
- Contact local resources such as the County Extension Office, senior center, or area agency on aging.
- Tap into friendship cafes, support groups, and telephone check-in programs.
- Add something to count on and look forward to on the calendar. Browse community events, look for virtual and in-person support groups.

If you or someone you know is struggling with loneliness and/or social isolation, reach out to a health-care provider. If you or someone you know is having thoughts of hurting themselves, call the Suicide and Crisis Lifeline at 988.

**References:**

- ACL. (2024). Older Americans Month 2024 Theme: Powered by Connection. Retrieved January 21, 2024 from <https://acl.gov/newsand-events/announcements/older-americansmonth-2024-theme-powered-connection>
  - CDC. (2024). How Does Social Connectedness Affect Health? Retrieved January 21, 2024 from <https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm>
  - Virginia Senior Navigator. (2024). 12 Ways for Older Adults to Stay Socially Connected. Retrieved January 21, 2024 from <https://seniornavigator.org/article/7738212-ways-older-adults-stay-socially-connected>
- Source: Amy F. Kostelic, associate Extension professor for adult development and aging



Disabilities  
accommodated  
with prior notification.



# LOW IMPACT FITNESS

Thursday's at 1:30 p.m.



## Decluttering & Organizing

How to declutter your entire home, room by room, step by step.

3rd Thursday of each month

March Meeting:

**Wednesday, May 15**

**1:00 p.m.**

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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# Quilting Group

**First Tuesday of each Month  
9:00 AM**

**Next meeting is May 7.**

We will be working as a group to create a quilt using the pattern seen below. The quilt will be approximately 68" x 77 1/2". We will be cutting fabrics during our May meeting and starting to sew blocks for this beautiful quilt!

### What to Bring:

Fabrics:

Black Fabric-1 yard  
White Fabric-1yard

1 Jelly Roll of 2 1/2 inch strips. There are 40 strips in a jelly roll and if you would rather use your own scraps or fabrics, you can just cut your own 2 1/2 inch strips. You will need all of the 40 strips in the jelly roll.

Border Fabric-1 1/4 yard  
Binding Fabric-3/4 yard

Sewing Machine (cord, foot pedal & manual)  
Rotary Cutter  
Cutting Mat  
Thread (neutral colored)  
Scissors or Snips



# LUNCH & LEARN

**Wednesday, May 22**

**11:00 AM**

Learn Fun Facts about Memorial Day.

Watch a demonstration and enjoy trying the **Scrumptious Strawberry Salad** recipe.



RSVP by calling the Extension Office at (270) 465-4511 today!

**In observance of Memorial Day, the Taylor County Extension Office will be closed on Monday, May 27, 2024.**



# Blankets of Love



Join the Taylor County Homemakers in making no sew blankets for the Taylor County Cancer and Dialysis Centers.

**Tuesday, May 21  
1:00 PM**

# The Lavender Lady

The Lavender Lady will teach you all things lavender! This workshop will have recipes, samples, information on growing lavender, different ways to use lavender, where to buy lavender, inform you about lavender farms in Kentucky & more!



**Wednesday, May 29  
1:00 PM**

**\$5  
Class  
Fee**

To RSVP, stop by the Taylor County Extension Office to pay the \$5 class fee. 1143 South Columbia Avenue, Campbellsville, KY

The Taylor County Extension Homemakers are accepting donations for the Blankets of Love community project. Donations can be monetary or 4 yards of matching fleece fabric (2 yards for the front and 2 yards for the back). Donations can be dropped off to the Taylor County Extension Office at 1143 South Columbia Avenue, Campbellsville, KY.

# T-Shirt Quilt

Kris Fixari will be helping those who wish to create a t-shirt quilt. All are welcome to come, but all materials needed to create the quilt must be brought with you! There is no fee!

**Tuesday, May 7  
10:00 a.m.**

**OR**

**Thursday, May 30  
3:00 p.m.**

No sign up required.

For questions, call the Extension Office at (270) 465-4511

# Fun With Kitchen Towels

Choose between this southern style country hat or flower pattern for May's kitchen towel workshop!

**THURSDAY, MAY 23  
11:00 AM**

Stop by the Extension Office at 1143 South Columbia Avenue to pay the class fee to reserve your spot!

**\$5  
Class Fee  
required**



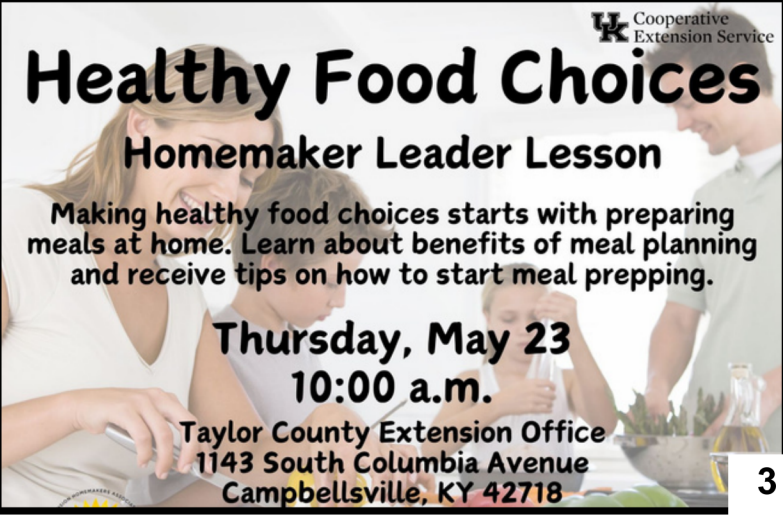
# Healthy Food Choices

## Homemaker Leader Lesson

Making healthy food choices starts with preparing meals at home. Learn about benefits of meal planning and receive tips on how to start meal prepping.

**Thursday, May 23  
10:00 a.m.**

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718





Join Camp Do Good

DONATE BLOOD. HELP SAVE LIVES.

## Taylor County Extension Homemakers Blood Drive

Thursday, June 27, 2024  
1:00 PM - 6:00 PM

Taylor County Cooperative Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718

For an appointment, please visit [RedCrossBlood.org](http://RedCrossBlood.org)  
Or call 1-800-RED CROSS (1-800-733-2767). You may also call the Extension Office at (270) 465-4511 for further assistance.

1-800-RED CROSS | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App



# Scholarship Quilt

Help the Taylor County Extension Homemakers raise money for their Scholarship Fund by purchasing an opportunity to win this beautiful quilt. Cost is \$5 a ticket.

For more information call 250-465-4511



\$5  
per ticket

## Book of the Month

### *The Kitchen House*

Kathleen Grissom (2010)

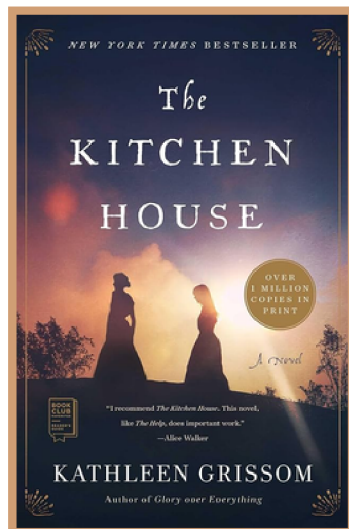
This historical fiction story with family dynamics is told from the perspective of an Irish indentured servant in the home of a Virginian planter. The story brings to life the underworld of the slaves, the bonds they formed and the twisted connections with the members of the family.

Orphaned during her passage from Ireland, young, white Lavinia arrives on the steps of the kitchen house, and is placed, as an indentured servant, under the care of Belle.

Through the eyes of Lavinia and Belle, Grissom's debut novel unfolds in a heartbreaking and ultimately hopeful story of class, race, dignity, and deep-buried secrets.

This is a two book series. The second book is 'Glory Over Everything'. Both books can be found at the Taylor County Library. It is listed in the KEHA booklist under 'Classics and Old Favorites.'

Debbie Wilcoxson: Vice-President of Modern Day Homemakers and Cultural Arts Chairperson for Taylor County.



## Area Annual Meeting



### INFO

Join us for 'Let's Have a Garden Party' presented by Adair County Homemakers. Enjoy fellowship, regional history, and delicious food for \$15 payable at your county extension office. Cost includes lunch, activities, and don't miss out on our door prizes! A few reminders for counties before your visit...

- Bring one check payable to Adair County Homemakers for all attendees.
- Provide one envelope labeled with the county name, containing slips of paper with all attendee's names.
- Bring one door prize valued at \$25
- Remember our name tag contest, garden themed entries are encouraged

Thursday, May 16th 9:30 AM CST  
Registration opens at 9:00 AM CST  
Adair County Extension Office  
409 Fairground St. Columbia, KY 42728

**RSVP DUE TO YOUR COUNTY BY FRIDAY, MAY 3RD**

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 40506



### FINE DINING

Main Course:  
Italian Chicken Cutlets or Roast Beef Sides:  
Mashed potatoes, Green Beans, Rolls, Broccoli & Cauliflower Salad  
Dessert:  
Variety of Cupcakes



# CALENDAR OF EVENTS

# May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Homemaker Council Meeting 10:00 AM Low Impact Fitness 1:30 PM	3 Area Annual Meeting RSVP Due	4
5	6	7 Quilters Group 9:00 AM T-Shirt Quilt 10:00 AM	8	9 Low Impact Fitness 1:30 PM	10	11
----- KEHA STATE MEETING -----						
12	13	14	15 Decluttering & Organizing Series 1:00 PM	16 Area Annual Meeting 10:30 AM Low Impact Fitness 1:30 PM	17	18
19	20	21 Blankets of Love 1:00 PM	22 Lunch & Learn 11:00 AM	23 Homemaker Leader Lesson 10:00 AM Kitchen Towels 11:00 AM \$5 Low Impact Fitness 1:30 PM	24	25
26	27 <b>MEMORIAL DAY</b> Taylor County Extension Office Closed Today	28	29 Lavender Lady 12:00 PM \$5	30 Low Impact Fitness 1:30 PM T-Shirt Quilt 3:00 PM	31	

## Monthly Meetings

Bunco Club:  
Third Tuesday  
6:00 pm

Circle of Friends:  
Second Tuesday  
6:30 pm

Harmony Club:  
Second Tuesday  
12:30 pm

Mannsville:  
Second Thursday  
6:00 pm

Mastering Skills:  
Second Monday  
12:30 pm

Modern Day Homemakers:  
Second Monday  
6:00 pm

Quilters Group:  
First Tuesday  
9:00 am

Quilts of Honor:  
Fourth Wednesday  
10:00 am

Saloma Road:  
Second Thursday  
10:00 am

Sidetracked Homemakers  
Second Tuesday  
6:00 pm

# ADULT

# HEALTH BULLETIN



**MAY 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>

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
(270) 465-4511

## THIS MONTH'S TOPIC MENTAL HEALTH AWARENESS



**M**ay is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

**Continued on the next page** ➔



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***If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://www.988lifeline.org) to live chat with a counselor at any time.***

**→ Continued from the previous page**

Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

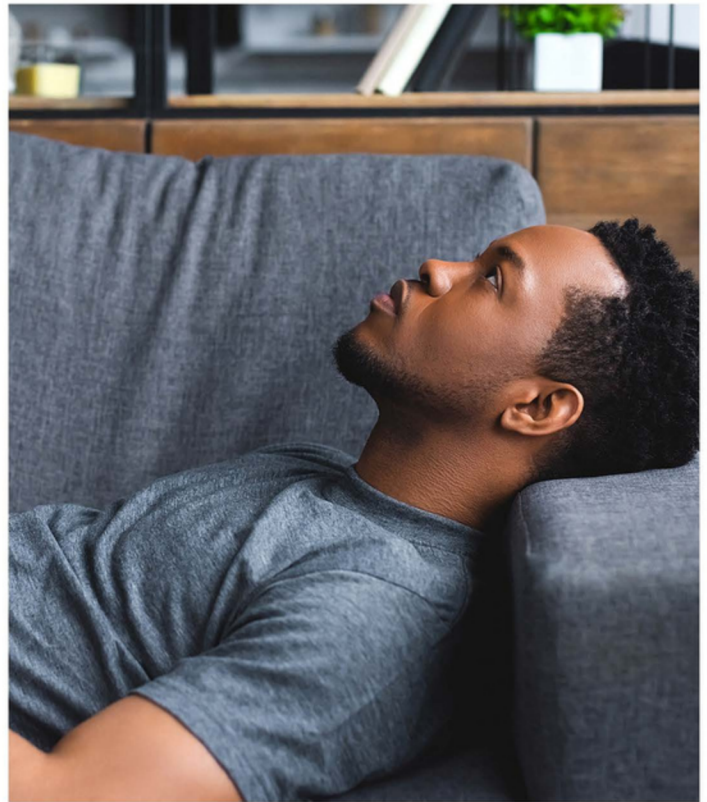
**Common signs of mental illness include:**

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://www.988lifeline.org) to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

**REFERENCES:**

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

**ADULT  
HEALTH BULLETIN**

**Written by:** Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2024

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## INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.



### DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the “defined benefit”) is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

### DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise

a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee’s current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).





## RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse – the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

### HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

### WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up – from medical emergencies to home repairs to

inflation. Ask yourself questions like: “Do I want to travel?” “What do I want to splurge on in retirement?” “Am I prepared for unexpected expenses that may arise?” “Will I need to provide for a loved one?” Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

### REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

Contributing Author: Jared Borders, Family Financial Counseling Student, University of Kentucky

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## Roasted Root Vegetables

**6** medium beets  
**2** large sweet potatoes  
**3** parsnips  
**2 tablespoons** olive oil

**1 teaspoon** salt  
**1 teaspoon** black pepper  
**Dressing** (recipe follows)

### Dressing

**1/3 cup** white wine vinegar  
**1/4 cup** olive oil  
**2 tablespoons** horseradish  
**1 tablespoon** Dijon mustard  
**2 teaspoons** honey  
**1/2 teaspoon** salt  
**1/2 teaspoon** pepper  
Stir together and set aside.

**Preheat** oven to 400° F.

**Peel** beets, sweet potatoes and parsnips. Cut into 1/2 inch thick cubes.

**Toss** vegetables with olive oil and place in a single layer on a greased baking sheet.

**Sprinkle** with salt and pepper.

**Bake** at 400°F for 20 to 25 minutes, or until tender. Cool. Arrange vegetables on a serving dish and drizzle with dressing.

**Yield:** 6 servings

**Nutritional Analysis:** 210 calories, 10 g fat, 1.5 g sat fat, 3 g protein, 30 g carbohydrate, 0 mg cholesterol, 750 mg sodium, 7 g fiber.

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

