

FCS NEWS & NOTES

MAIN TOPIC

Honor a caregiver

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

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. RespectCaregivers.Org calls caregivers “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



HEALTHY RECIPE

Master Mix Pancakes

Master Mix

- 4 cups all-purpose flour
- 2 cups whole-wheat flour
- 2/3 cup sugar
- 2 tablespoons baking powder
- 1 tablespoon baking soda

Plain Pancakes

- 1 egg
- 3/4 cup skim milk
- 1 teaspoon vanilla
- 1/4 teaspoon cinnamon
- 1 cup master mix

Master Mix

In a mixing bowl, mix all ingredients until well blended. In a cool, dry place, store mixture in an airtight container. You can store this for up to six months. Stir mixture each time before measuring.

Plain Pancakes

1. In a mixing bowl, combine egg, milk, vanilla, and cinnamon.
2. Whisk in 1 cup dry master mix.
3. Using a 1/3 measuring cup, pour batter onto a hot griddle or nonstick skillet lightly sprayed with nonstick cooking spray.
4. Flip pancakes when bubbles form on top. Cook second side until golden brown.

Variation:

Banana or Berry Pancakes

Add 1 medium, ripe, mashed banana, or fold in 3/4 cup of fresh blueberries, strawberries, or raspberries to the batter.

Servings: Makes six 5-inch pancakes;
Serving size: 2 pancakes; **Recipe cost:** \$0.67;
Cost per serving: \$0.33; **Nutrition analysis:** 200 calories; 2g total fat; 0.5g saturated fat;



0g trans fat; 55mg cholesterol; 200mg sodium; 37g carbohydrate; 2g fiber; 10g sugar; 7g added sugar; 8g protein; 6% Daily Value of vitamin D; 20% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

Source: Danielle Fairchild, Lawrence County SNAP-Ed program assistant senior

KEHA Updates

March 1 is the entry deadline for several Kentucky Extension Homemaker Association (KEHA) contests, scholarships, and grants. All details and requirements can be found in the KEHA Manual at <https://keha.ca.uky.edu/content/keha-manual>. Be sure to submit your entries on time and to the correct address or email!

- **Contest entries** include creative writing (pages 37-39), Adopt-A-Highway awards (page 49), Ovarian Cancer Fundraising and Promoting a Healthy Kentucky (page 60),

Homemakers Support 4-H (pages 64-65), international contests and awards (page 73), and Community Volunteerism Awards (page 88). Contest entries are sent to the respective chairpeople who oversee the contests, as noted in the Manual.

- **Scholarships** include the Evans/Hansen/Weldon Scholarship (pages 94-98) and KEHA Homemaker Member Scholarship (pages 99-102). Scholarship applications are due to the state Leadership Development Chairman.
- **Grant opportunities** include KEHA Mini-Grants for Study or



Research (pages 104-106) and KEHA Development Grants (pages 107-111). Grant proposals and applications are due to the state 2nd Vice President.

For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

Attention motivated job seekers!

Meet, connect, share, and learn: Job Club Kentucky is free and open to the public. Meetings take place 9 a.m. to 10:15 a.m. every month on the 2nd and 4th Tuesdays. Business attire is encouraged. Recruiters and employers are always welcome.

February 14, 2023, 9-10:15 a.m.

Topic: Beat the bots! Get your resume past the applicant tracking system

Presented by Shelly Trent, SHRM-SCP, SPHR, CAE, JCTC, JCDC, CDF, Career Coach, Your Career Collaborator, LLC

February 28, 2023, 9-10:15 a.m.

Topic: Current economic and workforce trends

Presented by Ryan Kaffenberger, Senior Associate, Finance and Workforce Development, Kentucky Council on Postsecondary Education

Here's what you can learn:

- New ideas for a successful interview
- Best practices for improving your resume
- Directives for advancing your career

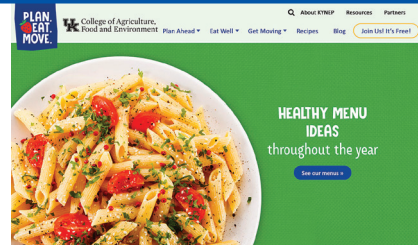
Ways to attend:

- In-person: Fayette County Extension Office, 1140 Harry Sykes Way, Lexington
- Register for the Zoom webinar: bit.ly/JobClubKY
- Facebook.com/FayetteCoFCS



Connect with us!

-  FCS.uky.edu
-  Facebook.com/UKFCSExt
-  Instagram.com/UKFCSExt
-  UKFCSExt.podbean.com
-  YouTube.com/UKFCSExtension



Feeling better happens one small step at a time.

We know, because that's what we've done -- and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling good. So take a look at some of our useful tips and maybe even take a free class for free tips. You can do it! Small steps make a world of difference.

PLANEATMOVE.COM

Connect with or contact your county to learn about free classes in your community! Visit PlanEatMove.com/free-classes to learn more.

LOCAL EVENTS

2023 Program Calendar for Casey County Homemakers

Thursday, February 2nd

10:00am - Cultural Arts Work Day
11:00am - Savor the Flavor
at the Casey County Public Library

Thursday, March 2nd

11:00am - Making the Most of Meals when Traveling
at the Casey County Extension Office

Thursday, April 6th

11:00am - Healthy Outdoor Cooking
at the Casey County Extension Office

Mark your calendars!

Lake Cumberland Cultural Arts Contest
Thursday, March 16th at the Taylor County CL

Please share with others! Contact us at 606-787-7384 to be added to our mailing list.

 University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service
 Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development
 Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and are delivered 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, veterans status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. LEADERSHIP, KY 40528
 Disabilities acknowledged with your notification.

Meeting Reminder!

The Casey County Homemakers meet on the **First Thursday** of each month at **11:00am**. Changes in time and/or location will be noted in the monthly FCS newsletter.



Save the Date

HOMEMAKERS AREA ANNUAL MEETING

THEME: BASKETS OF BLESSINGS

APRIL 27, 2023

ASPIRE CENTER
90 AIRPORT RD.
MONTICELLO, KY 42633
REGISTRATION: 5:30 P.M. EST
MEETING: 6:00 P.M. EST
MORE DETAILS & REGISTRATION COMING SOON!



BIG BLUE BOOK CLUB



The first 200 registered participants will receive a free copy of the book.

March 2, 9, 16, and 23

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*.

This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10 a.m. ET/9 a.m. CT.

Register at:
<https://ukfcs.net/BBBC23Book1>



SAUSAGE-MAKING AND CHARCUTERIE DESIGN WORKSHOP

FEBRUARY 6TH AT 5:00PM

SAUSAGE-MAKING

PARTICIPANTS WILL BE MAKING THEIR OWN SUMMER SAUSAGE AND PREPARING IT FOR THE FERMENTATION AND SMOKING PROCESS. GROUND PORK, GROUND BEEF, SEASONINGS, ADD-INS & ALL SUPPLIES PROVIDED.

OPTIONALLY YOU MAY BRING YOUR OWN GROUND VENISON OR ELK TO SUBSTITUTE PART OF THE GROUND BEEF. THE SAUSAGE WILL BE FINISHED OUT AT THE EXTENSION OFFICE AND YOU WILL RECEIVE IT AT THE NEXT CLASS.



FEBRUARY 15TH AT 5:00PM

CHARCUTERIE BOARDS

PUTTING IT ALL TOGETHER! YOU WILL RECEIVE YOUR SUMMER SAUSAGE ONCE IT HAS GONE THROUGH THE FERMENTATION AND SMOKING PROCESS. THEN YOU WILL LEARN HOW TO CREATE YOUR OWN CHARCUTERIE BOARD USING YOUR SUMMER SAUSAGE AND SOME OTHER INGREDIENTS.

Cost: \$25/person or couple

Call 606-787-7384 to register and save your spot!



Homebased Microprocessing Workshop



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

For more information & to register:
ukfcs.net/HBM

or call

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.
Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.
The cost of the workshop is
\$50.00.

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



Disabilities
accommodated
with prior notification.

Floral Design Workshop

February 13th at 5:00 pm
Casey County Extension Office Educational Building

Be your own secret admirer this Valentine's Day!
Join us for a workshop on designing floral arrangements.
Participants will take home their own creations.

Cost: \$12

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LEXINGTON, KY 40546



GRAFTING WORKSHOP

February 28th at 5:00pm
Casey County Extension Office Educational Building

Join us to learn how to graft
your own fruit trees.

Participants will take home their
own apple and pear trees to
plant.

Cost: \$5/tree

Call 606-787-7384 to register.



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LEXINGTON, KY 40546



WIN A FREE MICROWAVE!!!
Attend all 7 classes, make up dates available

February 6th, 13th, 20th, 27th
March 6th, 13th, 20th

**COME JOIN US FOR FELLOWSHIP, A GOOD
MEAL, & CLASS**

**NOT SURE WHAT TO DO WITH THE FOOD IN
YOUR KITCHEN? COME FIND OUT!!!**

LET'S MAKE GOOD FOOD TOGETHER!!!

at 5:00pm - 7:00pm EST

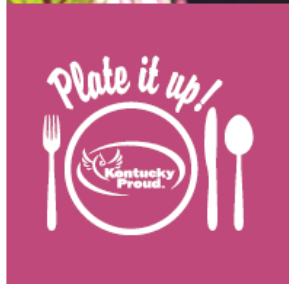
**MONDAY NIGHTS
OF COMMODITIES**

CASEY COUNTY COOPERATIVE EXTENSION OFFICE
1517 S. WALLACE WILKINSON BLVD, LIBERTY
KINDRA MICHKA, NUTRITION EDUCATION PROGRAM
606-787-7384

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ATTENTION!!!

Due to the rising costs of postage we will only be mailing our FCS newsletters to those who wish to receive them. If you would like to stay on our mailing list please call the Casey County Extension Office at 606-787-7384 or email Sebrina at sebrina.lee@uky.edu.



Kentucky Red Velvet Muffins

1 1/4 cups whole-wheat flour	Zest of one orange	1 teaspoon vanilla extract
1/3 cup cocoa powder	Juice of one orange	1 cup finely chopped
1 1/2 teaspoons baking powder	(about 4 tablespoons)	cooked beets (see back
1/2 teaspoon salt	2 large eggs, at room	of card for cooking
1/2 cup sugar	temperature	instructions)
4 tablespoons unsalted butter,	1/2 cup unsweetened	1/2 cup semisweet
softened	applesauce	chocolate chips

Preheat oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter

equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

Yield: 12 muffins

Serving size: 1 muffin

Nutrition analysis: 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.