

Hart County Homemaker Newsletter



University of
Kentucky®

College of Agriculture,
Food and Environment

July-August 2023



Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Bonnieville Club
July 12
August 9

Cub Run Club
July 19
August 16

Outreach Too
July 18
August 15

Quilt Club- Sew & Sew
July 27
August 24

Waterloo
July 13
August 10

Hardyville
July 20
August 17

Walk & Talk in July & August
Every Thursday at 9:30AM at
Thelma Stovall Park

A Note from Sonya

Summer is here! Summer brings Day Trips and the Fair. Here at the Extension office we are planning for the Hart County Fair. Come join in the fun at the fair. Make plans now to enter items in the fair.

The next Day Trip will be July 18. We will be going to Jackson's Orchard. See inside for details.

We are also setting dates and making plans for the upcoming homemaker year. Encourage your friends to join Homemakers and get in on the fun activities that we will be participating in.

Sonya Carter

Extension Agent for
Family and Consumer Sciences

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

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Summer 2023

HAPPENINGS IN JULY & AUGUST

Hart County Fair 2023

July 3rd -8th the Hart County Fair will be happening! There is something for everyone. You can see all the events that are happening at the fair on Facebook on the the Hart County Fairgrounds page.

The floral hall has numerous categories that you can bring an item to enter. Look through those categories and bring in something that you have made in the past year. If not, just stop by the floral hall. It's so much fun to see creativity from our fellow Hart Countians.



Hart County Homemaker Annual Meeting

The Hart County Homemaker Annual Day will be held at Hardyville Community Center on Thursday, July 13, 2023 at 11AM. Our guest speaker is Rev. Kendall Ford. The Homemaker yearbook will be given out that day. The meal is being catered by Murray's restaurant. The cost is \$12. Last day to register is July 3rd.

Save the Date

DAY TRIP

We are going on another Day Trip on July 18. The destination is Jackson's Orchard. We will be enjoying yummy peach treats and touring the farm. Bill Jackson himself will be giving us a tour. We will be taking a hayride. It's always just a fun outing for us to enjoy time together and learn about different area places or activities. Cost for the tour and hayride is \$5.

Be sure to sign up to ride in the van. Space is limited.

Area Annual Day

The Mammoth Cave Area Annual day will be held on October 19. It is being held in Edmonson County at Tayvin Gardens. The date this year is October 19, 2023. Watch for more details about registering and cost. Hart County will be hosting the area annual day in 2024. Start thinking about possible venues for us to be a wonderful host.



Cook Book Sales

Don't forget! We are still selling cookbooks.

The following is a list of suggested events for each club to set up at.

Bonnieville-July 4th Days
Cub Run -Quilting Bee
Outreach Too- MCA Annual Day
Sew & Sew - Heritage Festival
Healthy Living- Dolly Parton Imagination Day
Waterloo- KEHA State Meeting
Hardyville - Battle of the Bridge

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FAMILY CAREGIVER

HEALTH BULLETIN



JULY 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC:

THE POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



ocial connections enhance health and overall well-being. Yet, the Centers for Disease Control and Prevention reports that 1 in 3 adults, age 45 and older feel lonely. Loneliness and social isolation increase the risk of dementia, stroke, and heart disease. Research has even demonstrated that a lack of social connection can be just as bad as smoking, obesity, and physical inactivity.

According to the CDC, social connectedness means that you feel like “you belong and have the support and care you need, as well as the number, quality, and diversity of relationships you want.” Socially connected people sleep better, experience less stress, live longer, maintain

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Supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

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better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To be more socially connected consider this list of behavior changes:

- Set aside time each week for connecting with a friend or family member.
- Join a club or take a class to meet new people.
- Change socially isolating or disconnecting behaviors.
- Talk to a health-care provider about mental health, especially if you feel stressed, lonely, or depressed.
- Spend time with people who are important to you.
- Prioritize, develop, and maintain friendships and other meaningful relationships.

The Mayo Clinic reinforces the importance of friendships on overall health and well-being. Friends can increase your sense of belonging and purpose. They boost happiness, make you laugh, and can reduce stress. Friendships can enhance self-confidence and self-worth. Friends are

there for you during the *Socially connected* highs and lows of life *people sleep better*, events and transitions, including loss and *experience less stress*, illness. As we get older, *live longer, maintain* meeting new friends *better health habits*, can be challenging. Do *experience better* not be afraid to reach out to people you enjoy *overall health, feel* talking to at events or *a greater sense* gatherings you attend. *of belonging and* Introduce yourself to your neighbors. Reach quality of life out to old friends you have not seen for some time. Stay in touch with people whose company you enjoy. Take the initiative to reach out versus waiting for someone to contact you.

To find people with whom you may connect, the Mayo Clinic suggests the following social activities:



- Volunteering
- Finding new interests
- Joining a club, faith-based community, or online chat group
- Walking in a public park or around your neighborhood
- Attending community events
- Extending and accepting invitations
- Maintaining a positive attitude and open mind

When connecting with people in meaningful ways, it is important to be kind, trustworthy, and respectful. People value a relationship in which you build reciprocal intimacy through listening, empathy, openness, and availability. Social connections take time and effort, but supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

REFERENCES:

- CDC. (2023). The Power of Connection: How it Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.htm>
- Mayo Clinic (2022). Friendships: Enrich your life and improve your health. Retried May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

**FAMILY CAREGIVER
HEALTH BULLETIN**

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THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully



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think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around – whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

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One-pot Pasta with Fresh Tomato Sauce

12 ounces tri-colored pasta	1 teaspoon dried oregano with stems removed	6 ounces baby spinach
8 medium tomatoes, diced**	1 tablespoon fresh Parmesan cheese	
2 cups low-sodium chicken broth	1 small yellow onion, sliced	
1 small yellow onion, minced or 2	4 garlic cloves, minced or 2	tablespoons garlic powder
12 ounces tri-colored pasta	1 teaspoon dried basil, chopped or to top	1 teaspoon dried Fresh basil for garnish (optional)

**Substitute 2, 14-ounce cans low-sodium diced tomatoes when tomatoes are out of season.

Yield: 6, 1 1/2 cup servings

Nutritional Analysis:

260 calories, 2g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 460mg sodium, 51g carbohydrate, 3g fiber, 8g total sugars, 0g added sugars, 12g protein

Place all of the ingredients except the spinach, parmesan, and additional fresh basil in a large pot. **Cover** pot with lid and **bring** to boil over medium-high heat. **Reduce** heat to medium-low and let **simmer** for 6 minutes or until pasta is slightly al dente, **stir** occasionally. **Remove** from heat. **Stir** in spinach; **cover** and let stand 5 minutes. **Top** with parmesan cheese and basil just before serving.



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RETURN SERVICE REQUESTED