

# Homemakers F&CS



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University of Kentucky.

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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

MARCH 2024

## Thoughts from Ronda

Hello All,

Spring is coming and I could not be happier. I am sure you all are looking forward to some nice sunny weather as much as I am.

I have a few reminders for you this month:

The Gallatin County Homemaker Council is April 1<sup>st</sup> at 11:30

The Northern KY Area Homemaker Council is April 24<sup>th</sup> at the Owen County Extension Office. Lunch is 11:30 with the meeting beginning at 1:00.

Look for the Peony Festival 5K Fun Run/Walk flyer/application in this newsletter.

The KEHA Homemaker Convention will be in Bowling Green, KY May 7-9 at the Sloan Convention Center and Holiday Inn University Plaza.

And, last but certainly not least, as many of you know, Cindy Sullivan, our Administrative Staff Support, will be retiring in April. On April 26<sup>th</sup>, there will be a retirement celebration for Cindy here at the Gallatin County Extension Office. It will be an open house celebration from 2:00—6:00 p.m. Please stop by the Extension Office during this time to wish her well as she begins a new chapter in her life. Let her know how much her 37 years of service has meant to Extension and to our community (an invitation is enclosed in this Newsletter).

See you at the celebration.

Ronda ☺

**Ronda Rex** *Ronda Rex*  
Co. Extension Agent for Family & Consumer Sciences

## Upcoming Dates to Remember

**March 7—9 am—4 pm—The Embroidery Club** will meet at the Extension Office.

 **March 10—Daylight Savings Time Begins—Spring forward!**

**March 12—9 am—4 pm—The Fun Time Quilters Club** will meet at the Extension Office.

**March 12—12 pm—The Back to Basics Homemakers** will meet at the Extension Office

**March 12—6:30 pm—The Napoleon Homemakers** will meet at Zalla Lodge.

**March 13—10:30 am—The Cross County Homemakers** will meet at the Extension Office.

**March 17—Happy St. Patrick's Day**

**March 19—First Day of Spring!**

**March 31—Happy Easter!**



## Cooperative Extension Service

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4-H Youth Development  
Community and Economic Development

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities  
accommodated  
with prior notification.

## Clean Up Your Financial Apps

This year, there's a new item to incorporate into your spring-cleaning ritual: thoroughly examining your financial applications.

Right now is an opportune moment to sift through your financial apps, checking for any lingering balances. If you discover surplus funds sitting idly, consider moving this money to a high-yield savings account. Such accounts often offer more favorable interest rates and increased safety, allowing your money to grow.

Additionally, extend this routine to include any rebate or coupon applications you regularly use. It's easy to accumulate rewards and forget, but periodically checking these apps can reveal significant redeemable value. Converting these rewards into cash or depositing them into a savings account provides security and potentially earns you interest. This practice tidies up your digital financial footprint, enhancing your financial security and growth.



The decline in cash usage underscores a broader shift in consumer payment preferences. According to a 2022 study by the Pew Research Center, 41% of Americans reported not using cash for any purchases within a typical week. This trend highlights a pivot towards alternative payment methods, including debit and credit cards, digital wallets and money transfer applications.

Such statistics reflect a changing landscape where digital transactions are becoming the norm, underscoring the importance of managing digital finances wisely.

Digital payment platforms like Venmo, PayPal and Cash App are on the rise. These apps offer convenience and flexibility, making them popular choices for a wide range of transactions.

A survey conducted by NerdWallet, in partnership with the Harris Poll, found that about two-thirds of mobile payment app users keep funds in their accounts. Notably, nearly half of these users have more than \$100 in their account at any given time, suggesting a significant level of trust and reliance on these platforms for financial management.

However, this trust may be somewhat misplaced regarding the security of stored funds. While these apps excel at facilitating quick transfers, they are not designed with the same protective measures as traditional banking institutions.

Banks and credit unions provide insurance through organizations like the Federal Deposit Insurance Corporation – more commonly known as the FDIC – ensuring that customers' deposits are protected up to certain limits. Unfortunately, many mobile payment apps do not offer this level of security, leaving users' balances potentially exposed.

This distinction is crucial for users to understand, as it affects the safety and security of their funds. In the digital age, being vigilant about where and how money is stored is more important than ever, prompting a need for greater awareness and careful financial management.

**Source:** Kelly May, senior extension associate for Family Finance and Resource Management

## Cooking Through the Calendar

### March—Veggie Egg Rings

#### Ingredients:

1 large bell pepper of any color, tomato or onion  
Nonstick cooking spray  
2 eggs (1/2 egg per ring)  
Pinch of Salt  
Pinch of Pepper  
4 Tbsp. grated cheese of your choice (1 Tbsp. For each ring)

\*Optional Ingredients: tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

#### Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch round rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes.
3. Preheat a large skillet over medium-high heat and spray with nonstick cooking spray.
4. Sauté the vegetable rings until the rings are slightly soft. Bell peppers may take longer (5 to 10 minutes) than over veggies.
5. While the vegetables soften crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, slipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours



**Makes 4 servings—Serving Size: 1 veggie egg ring; Cost per recipe: \$1.94; Cost per serving: \$.49**

**Nutrition facts per serving:** 60calories; 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

**Source:** Benita Wade, Christian County SNAP-Ed Program Assistant

# Homemaker Happenings

The "Stich & Lounge" class is was in full swing at the Extension Office during the month of February. Participants getting hands-on instruction of basic sewing.



Be sure to check out the February 14th edition of the Gallatin County News! The Gallatin County Chamber Spotlight of the month is the Gallatin County Homemakers! Way to go Homemakers! 👍



The Back to Basics Club members enjoyed their "Gallentine" meeting at the Extension Office in February ♥



Christy Eastwood, Carroll Co. FCS Agent, taught the Basics of Chocolate Class in February. It was a great class learning all about Chocolate with over 35 in attendance!

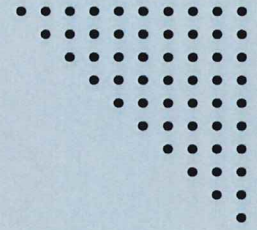
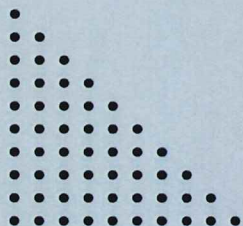


Be sure to send us your pictures of club activities! You can email those to Ronda at: [rrex@uky.edu](mailto:rrex@uky.edu) or Cindy at: [cindy.sullivan@uky.edu](mailto:cindy.sullivan@uky.edu)

26  
APRIL  
2024



*37 years of service*



YOU ARE INVITED TO A

# Retirement Celebration

IN HONOR OF

## Cindy Sullivan

Gallatin County Extension

395 US Hwy 42 W  
Warsaw, KY 41095

**2:00 PM - 6:00 PM**

Light Refreshments provided.



Presented by: Mark Viehmann

# MEDICARE 101

THURSDAY, MARCH 7 - 1:00 PM—GALLATIN CO. EXTENSION OFFICE

An Education based class to discuss Medicare, drug plans, Medicare supplement plans, what coverage is like from an employer's perspective and what coverage is like from an employee's perspective.

*This class is for you if...*

- ◆ You are turning 65 within the next year or two
- ◆ Retiring within the next year or two
- ◆ Already retired and not confident with your current benefits

*Call the Extension Office at (859) 567-5481 to register!*

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Lexington, KY 40506



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# PEONY

*Spring Festival*

# May 18

## Courthouse Square

*Washington & Franklin Streets*

## WARSAW, KY

### 11 am - 6 pm

## RIVERBOAT RIDES

*Peony Plants*

*Gardening*

*Workshops*

*Vendors*

**5k** Run/  
walk

• Cornhole  
Tournament

**FACE**

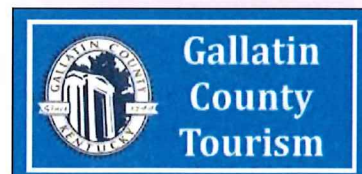
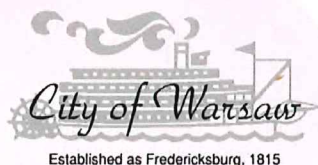
**PAINTING**

• Free Horse &  
Carriage Rides

**LIVE  
MUSIC**

## FOOD

For more information, a schedule of events, or vendor booth inquiries please call the Mary Jane Day at (859) 643-3118





# PEONY Spring Festival

## May 18, 2024

### Fun 5k run/walk

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Age on Race Day \_\_\_\_\_  Male  Female

**NOTE: Race will begin at the Warsaw City Riverfront Park at 9am. Registration is from 8:30-9am.** Races may be cancelled due to inclement weather (thunder and lightning). If weather is questionable on race day, visit our facebook page [www.facebook.com/GallatinCountyFCS](http://www.facebook.com/GallatinCountyFCS) or call the Extension Office (859) 567-5481 to verify cancellation.

**Registration**

\$15.00—5k Run/Walk  \$20.00—Same Day Registration

**Please circle T-Shirt Size**

**Age Division**

S    M    L    XL    2XL     0-10     11-14     15-19     20-29     30-39  
 40-49     50-59     60-64     65- 69     70+

**Release of Responsibility**

Runners must be careful to register and run under their proper name, sex, and age division to avoid disqualification. In consideration of accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, my executors and administrators, do waive and release forever, any and all rights and claims for damages I may accrue against the Gallatin County Homemakers or Gallatin County Extension Service, their agencies, and the employees and agents involved with promoting and/or staging the race for any and all injuries suffered by me while traveling to and from and while participating in the Peony Spring Festival 5K run/walk competition on the dates listed above. I further state that I am in proper physical condition to participate in this event. I release publication rights to photographs of me shot during the Peony 5K run/walk for purposes of publicity for this and future events. I understand, the use of headphones is discouraged.

Name (print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent/Guardian (if under 18)  
\_\_\_\_\_

**Make Checks Payable to:**  
Gallatin County Extension Homemakers

**Mail to:**  
Gallatin County Extension Office  
Attn: 5K run/walk  
PO Box 805  
Warsaw, KY 41095-0805

**Mail-in entries must be postmarked at least 1 week prior to event date - May 11, 2024.**

# ADULT HEALTH BULLETIN

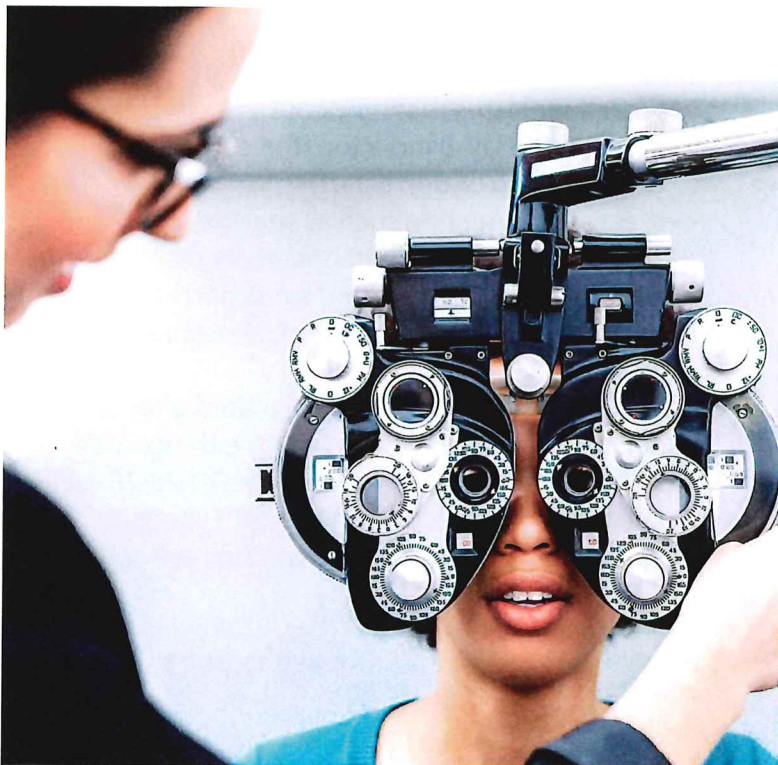


**MARCH 2024**

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

Gallatin County Extension Office  
395 US Hwy. 42 West  
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(859) 567-5481

## THIS MONTH'S TOPIC SAVE YOUR VISION



**M**arch is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

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Disabilities accommodated with prior notification.



***If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.***



**➔ Continued from the previous page**

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

**Other ways to protect your vision include:**

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

**REFERENCE:**

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

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**ADULT  
HEALTH BULLETIN**

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Adobe Stock

