



A Word from the Agent:

Happy New Year! As we ring in 2024, we decided it was probably time to get back in the swing of our Family & Consumer Sciences (FCS) newsletter! It has been quite some time since you've received one of these (over a year if we are being honest) but we are back and better than ever! The FCS newsletter will only be sent digitally at this time, but if you or someone you know needs a hard copy, please reach out via email or call the office. This newsletter will be full of upcoming FCS events and classes as well as useful quality-of-life information! I'll even include some info from our other Extension Program areas, 4-H, Horticulture, and Agriculture & Natural Resources (ANR). As you read, please feel free to reach out with class ideas or suggestion information topics. I want to make sure I'm keeping our program current! Also, be sure to like our Facebook page so you can stay in the loop between newsletters.



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This Issue:

- ◆ A Word from the Agent
- ◆ Office Closure
- ◆ Self Care
- ◆ Quilt Block of the Month
- ◆ Laugh & Learn Play Dates
- ◆ Pickleball... What is that?
- ◆ Homebased Microprocessing Workshop 2024
- ◆ Save the Date
- ◆ Big Blue Book Club





Self-Care and Staying Connected

Self-care refers to taking time to do things that can improve physical and mental health. When taken seriously, self-care contributes to stress management, lowering the risk of illness, and increasing energy (NIH, 2023). Self-care comes in a variety of forms such as nutrition, exercise, sleep, relaxation, and positivity. Staying connected with your family and community can also serve as a form of self-care. Staying connected and having a feeling of belonging provides not only practical help but also emotional support and improved motivation, health, and overall happiness.

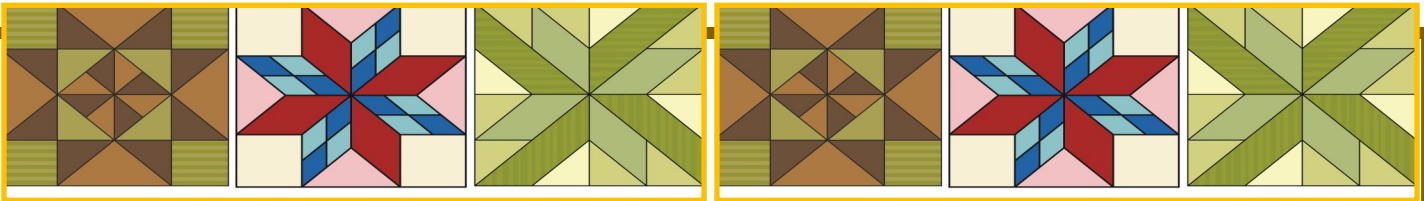
According to the National Alliance on Mental Illness (NAMI), having a sense of community is critical to survival. When you are a part of a community, you are more likely to experience a sense of belonging, support, and purpose. Communities provide a place to turn when you need help with something or you need to talk about a difficult situation. Whether you connect with one or two people or you connect with many, building a community and feeling a sense of belonging takes effort. Not every type of connection is equally satisfying or soul nourishing. Where you find community and what it means to you, is up to you.

Some examples include: • Family • Friends • Church • Social Media • Clubs • Volunteer Experiences • Support Groups • Community Events • Nature Finding a sense of community can start with self-reflection according to NAMI. When you are aware of what is important to you, you are more

likely to connect with others who share your values, beliefs, and interests. To increase a sense of belonging, the Mayo Clinic suggests being mindful of others, making conversation, listening to others, letting go of your judgments, keeping an open mind and trying new activities and/or meeting new people, practicing a positive attitude, validating and accepting the feelings of others, and focusing on similarities rather than differences.



- REFERENCES:**
- Mayo Clinic. (2023) Is having a sense of belonging important? Retrieved October 24, 2023 from <https://www.mayoclinichealthsystem.org/hometownhealth/speaking-of-health/is-having-a-sense-of-belonging-important>
 - NAMI. (2019). The Importance of Community and Mental Health. Retrieved October 24, 2023 from <https://nami.org/Blogs/NAMI-Blog/November-2019/The-Importance-of-Community-and-Mental-Health>
 - NIH. (2022). Caring for your mental health. Retrieved October 24, 2023 from <https://www.nlm.nih.gov/health/topics/caring-for-your-mental-health>



BLOCK OF THE MONTH

Block of the month quilts are an exciting and easy way to complete a quilt without spending a lot of time in one sitting. Each month will feature a different quilt block, as well as the fabric necessary to complete that month's project. We will be working on a different technique or skill each month, so by the time the final block is completed, you will have a wide variety of skills in your toolkit. At the end of the program, you have all the quilt blocks made and ready to assemble in to a finished top!

Beginning in January, we will be meeting on the 2nd Tuesday of each month at 1PM. We will be making a total of 9 different blocks and will spend the 10th month setting them in to a completed quilt top. Kits will be provided each month, so those participating do not have to prepare or bring any fabric. Each month's kit is \$10 (discount of \$5 for Clark County Homemakers).

Contact the Clark County Extension Office to register

Phone: 859-744-4682

Email: linda.winburn@uky.edu

LAUGH & LEARN PLAYDATES



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

Clark County Public Library

370 S. Burns Ave

Join FCS agent Shonda Johnston
as she leads monthly playdates
full of playful activities designed
for school readiness, ages 2-5.

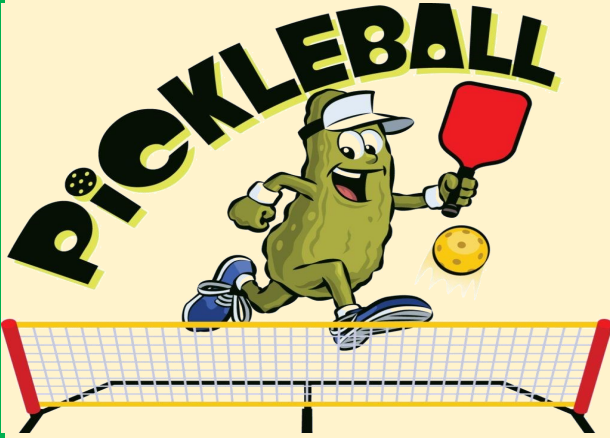
No registration required!

The Following
Tuesdays @ 10am

January 9th
February 13th
March 12th
April 16th



PICKLEBALL ...WHAT IS THAT?



Over the last two years, what is the fastest growing sport in America that combines features of badminton, ping-pong, and tennis? If you said pickleball, you are correct.

Pickleball is an easy-to-learn, affordable, fun, social, and friendly game played with a large paddle and plastic ball. According to the Sports and Fitness Industry Association (SFIA) (2022), 60% of core pickleball participants are 55 or older and 33.7% are 65 or older. It has grown in popularity because most ages, body types, and skill levels can play.

Some of the reasons that people enjoy pickleball include:

- The courts are smaller and require less running than tennis (four pickleball courts fit in one tennis court).
- The game is easy to learn and score and can evolve into a more fast-paced competitive match for more experienced players.
- All skill levels from beginner to professional can play.
- The game is familiar because it is like other racquet sports.
- The game is designed to be fun and carefree.

- It is social and associated with less frustration than some other sports.
- The game encourages physical and social activity as well as a sense of personal mastery.

There are lots of opportunities to play through open play, leagues, clubs, senior and recreation centers, etc.

Not only is pickleball fun and accessible, but there are benefits for your health as well. These include the physical activity of moving, improving hand-eye coordination, improving reflexes and balance, along with other physical health aspects. By getting out and playing with others, pickleball is associated with enhanced social health. It promotes fun, friendly competition and combats social isolation and loneliness. It is also associated with enhanced mental health by reducing stress and boosting your mood through exercise.

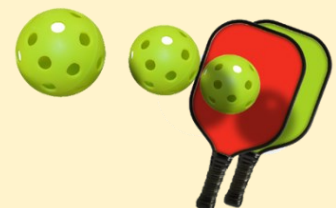
The USA Pickleball Association website is a great place to start to learn the basic rules and regulations, and how to play this popular sport. When you're ready to try it, our own Winchester-Clark County Parks and Recreation offers pickleball as part of their adult fitness program classes!

References:

<https://thepickleballplayer.com/pickleball-popularity-statistics-demographics-infographic> - Accessed 10/09/23

<https://www.silversneakers.com/blog/pickleball-health-benefits> - Accessed 10/09/23

<https://usapickleball.org/>



HOMEBASED MICROPROCESSING WORKSHOP 2024



The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

Tuesday, March 1st

9:30 am - 2:30 pm

Clark County

Cooperative Extension Service

 **Cooperative
Extension Service**

Cost: \$50

**In-person
and
virtual**

For more information and to register call 859-744-4682
or visit

https://uky.az1.qualtrics.com/jfe/form/SV_9Yo5F1BUNLHUFF

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BEER CHEESE FESTIVAL

JUNE 8TH, 2024

APPLICATIONS

NOW LIVE

FOLLOW
WINCHESTER FIRST
ON FACEBOOK FOR INFORMATION

beercheesefestival.com

Think your beer cheese recipe is the best?
Go to beercheesefestival.com/applications
to apply for the chance to win prizes and
bragging rights!

4-H camp applications are
available beginning
February 1st.
Camp dates will be
June 3-7, 2024



Save the Date



Quick Tuscan Soup

Servings: 6

Serving Size: 1 cup

Recipe Cost: \$4.25

Cost per Serving: \$0.71

Nutrition: 100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 300mg sodium; 18g total carbohydrate; 5g dietary fiber; 4g sugar; 7g protein.

INGREDIENTS

- 1/2 cup onions, diced
- 1/2 cup celery, diced
- 1/2 cup carrots, diced
- 2 cups kale or spinach, stems removed and chopped
- 1 14.5-ounce can no salt added diced tomatoes
- 3 cups low-sodium chicken broth
- 1 15-ounce can low-sodium navy beans, drained and rinsed
- 1/4 teaspoon ground black pepper
- 2 tablespoons Italian seasoning
- 2 teaspoons garlic powder
- 1/2 teaspoon salt

DIRECTIONS

1. Heat a large saucepan over medium-high heat; coat pan with nonstick cooking spray.
2. Place onions, celery, carrots and kale in pan. Cook, stirring frequently until vegetables are soft and onions are translucent.
3. Add diced tomatoes with juice, chicken broth, beans, black pepper, Italian seasoning, garlic powder and salt.
4. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
5. Serve hot.



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BIG BLUE BOOK CLUB

Big Blue Book Club is back with ***Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth*** by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for 2024 will be April 11, 18, and 25. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. Sessions will be recorded so those unavailable during the day are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. *The link will not be active until registration opens.* The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

We are excited to read with you this year!

